

Diabetic[™]
MUSCLE & FITNESS

INTERMEDIATE TRAINING PLAN

DISCLAIMER

The author of this work has no medical qualifications of any nature and has no expertise in the diagnosis or treatment of diabetes or any other medical condition. Advice and treatment in respect of such conditions can only be provided by an appropriately qualified medical professional.

Inappropriate physical activity can have a highly detrimental effect on your health and consequently readers are advised in the strongest possible terms to seek comprehensive advice from an appropriately qualified medical professional before engaging in physical activity of any nature. This is particularly important where you have a serious underlying medical condition such as diabetes.

Any change in your diet can lead to serious health complications and this is particularly so where you have a serious underlying medical condition such as diabetes. Anyone considering changing their diet, whether in line with suggestions contained in this work or otherwise, should ensure that they do not do so until they have taken comprehensive advice from an appropriately qualified medical professional.

The author of this work accepts no responsibility for any injuries, illnesses or accidents caused by or arising out of dietary or exercise choices taken by readers who have not sought appropriate medical advice prior to making those choices.

UNDERSTANDING THE WORKOUTS

In order to get the most out of your training you must understand the structure and layouts of the workouts.

I've highlighted some of the key elements below.

EXERCISE GROUPING

Your exercises are listed in groups. Each specific group of exercises is labelled with a letter, for example A.

The number of exercises in a specific group will be listed after the group letter.

For example, A1, B1, C1 would denote 1 exercise for each group.

Whereas A1, A2, A3 would symbolise three exercises in Group A. These exercises are performed in this exact order with designated rest times between each.

Multiple exercises within one group are often termed supersets or giant sets due to the fact they are combined together.

Example:

Exercise	Sets	Reps	Rest
A1. Dumbbell Curls	3	10	10 sec
A2. Triceps Press Downs	3	10	10 sec
A3. Hammer Curls	3	10	1.5 Minutes

EXERCISE SELECTION AND DISTRIBUTION

Generally speaking, exercise selection depends on skill level, individual anatomy, previous injury and the equipment you have available.

I've tailored each programme specifically to skill level, with simplified and more advanced exercise variations for the five basic human movements we discussed previously: squat, push, pull, hip hinge and carry/lift.

TEMPO

Tempo defines the speed of the rep. If you're a beginner, feel free to ignore this and simply focus on training the movement in a controlled fashion.

Tempo is typically written like this 2/1/X/1, which means:

2 - 2 seconds on the lowering phase.

1- 1 second pause at the midpoint of the rep.

X- Perform the positive part of the rep as quickly as possible.

1 - 1 second rest at the end of the movement.

Then repeat.

This example rep should take four seconds to complete.

Generally speaking, perform your reps in a CONTROL and DRIVE fashion. Smooth descent (feel the stretch), pause (create tension) then explode with force!

REST PERIODS

The rest periods for each exercise are outlined in your programme. Rest periods are longer for compound exercises compared to smaller isolation exercises because they are more stressful on the system.

Rest times between grouped exercises like supersets are shorter for both a desired training effect and efficiency.

FAQS

Q. How many sets do I need to do?

The number of working sets is outlined in the set training programmes. Note these are full effort work sets. Feel free to perform a number of lighter warm-up sets prior to the work sets to prime your brain and body with the movement.

Q. How much weight do I need to lift?

How much you lift will depend on your current level of physical strength and fitness. There are no set weights to lift, simply ensure you are lifting as heavy as possible for in and around the prescribed number of reps.

If you fall short, it's too heavy. If you complete the set with ease, you've gone too light. Find the sweet spot.

Q. Do I need to go to failure on every set?

Not always, especially on the days when you feel tired and drained. Remember, progressive overload is the name of the game. Do your best to shift more weight from workout-to-workout – not just on one lift but across the whole session.

Exercise Volume = Sets x Reps x Load

Extra volume could be in the form of an extra rep, or even an extra 1 kg (2.2 lbs) on the bar.

If you find yourself lifting less, you may be under-recovered and need to back off training effort. Resort to the auto-regulation scale I talked about in the training principles section.

You could also be under-fed, dehydrated or stressed out. Make sure diet, sleep and glycemic control are kept in check

Q. Do I have to warm up before every training session?

No, if you feel ready to rock the minute you walk into the gym – go for it!

However, if you skip mobility and warm-up work just to save time, you may not be training at your full potential.

There is a fully actionable warm up guide in the book – The Diabetic Muscle and Fitness guide.

TRAINING BLOCK 1

WEEK 1-7 - TRAINING



MAIN HEAVY LIFTS

A1. BARBELL HIP THRUST

WEEK	SETS	REPS	REST
1	3	5	1.5 MIN
2	3	5	1.5 MIN
3	4	5	1.5 MIN
4	4	5	1.5 MIN
5	5	5	1.5 MIN
6	5	5	1.5 MIN
7	5	5	1.5 MIN

B1. BACK SQUAT

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	4	8	1.5 MIN
4	4	8	1.5 MIN
5	4	10	1.5 MIN
6	4	10	1.5 MIN
7	4*	10	1.5 MIN

C1. CHR

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	4	8	1.5 MIN
4	4	8	1.5 MIN
5	4	10	1.5 MIN
6	4	10	1.5 MIN
7	4*	10	1.5 MIN

PUMP WORK

C1. LUNGES

WEEK	SETS	REPS	REST
1	3	10	1 MIN
2	3	10	1 MIN
3	3	10	1 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	4	10	1 MIN
7	4*	10	1 MIN

FINISHERS

D1. PROWLER PUSH

WEEK	SETS	REPS	REST
1	3	30 SEC SPRINT	1.5 MIN
2	3	30 SEC SPRINT	1.5 MIN
3	3	30 SEC SPRINT	1.5 MIN
4	4	30 SEC SPRINT	1.5 MIN
5	4	30 SEC SPRINT	1.5 MIN
6	4	30 SEC SPRINT	1.5 MIN
7	4	30 SEC SPRINT	1.5 MIN



MAIN HEAVY LIFTS

A1. CONVENTIONAL DEADLIFT

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	5	5	2 MIN
5	5	5	2 MIN
6	5	5	2 MIN
7	5	5	2 MIN

B1. WIDE GRIP PULL UPS

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	4	8	1.5 MIN
5	4	8	1.5 MIN
6	4	10	1.5 MIN
7	4	10	1.5 MIN

C1. INCLINE BENCH PRESS

WEEK	SETS	REPS	REST
1	3	8	20 SEC
2	3	8	20 SEC
3	3	8	20 SEC
4	4	8	20 SEC
5	4	8	20 SEC
6	4*	10	20 SEC
7	4*	10	20 SEC

PUMP WORK

C1. SEATED PULLEY ROW

WEEK	SETS	REPS	REST
1	3	12	1.5 MIN
2	3	12	1.5 MIN
3	3	12	1.5 MIN
4	4	12	1.5 MIN
5	4*	12	1.5 MIN
6	4*	10	1.5 MIN
7	4*	10	1.5 MIN

FINISHERS

D1. CABLE CROSSOVER

WEEK	SETS	REPS	REST
1	3	12	10 SEC
2	3	12	10 SEC
3	3	12	10 SEC
4	3	12	10 SEC
5	4	15	10 SEC
6	4*	15	10 SEC
7	4*	15	10 SEC

C1. INCLINE BENCH PRESS

WEEK	SETS	REPS	REST
1	3	12	1 MIN
2	3	12	1 MIN
3	3	12	1 MIN
4	3	12	1 MIN
5	4	15	1 MIN
6	4*	15	1 MIN
7	4*	15	1 MIN



MAIN HEAVY LIFTS

A1. FRONT SQUAT

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	4	8	1.5 MIN
5	4	8	1.5 MIN
6	4	8	1.5 MIN
7	4	8	1.5 MIN

B1. LEG PRESS

WEEK	SETS	REPS	REST
1	3	20	1.5 MIN
2	3	20	1.5 MIN
3	3	20	1.5 MIN
4	3	15	1.5 MIN
5	3	15	1.5 MIN
6	3	15	1.5 MIN
7	3*	15	1.5 MIN

PUMP WORK

B1. KB SWINGS

WEEK	SETS	REPS	REST
1	2	10	10 SEC
2	2	10	10 SEC
3	2	10	10 SEC
4	3	10	10 SEC
5	3	10	10 SEC
6	3	10	10 SEC
7	3	10	10 SEC

B2. LUNGES

WEEK	SETS	REPS	REST
1	2	10	1.5 MIN
2	2	10	1.5 MIN
3	2	10	1.5 MIN
4	3	10	1.5 MIN
5	3	10	1.5 MIN
6	3	10	1.5 MIN
7	3	10	1.5 MIN

C1. LYING LEG CURLS

WEEK	SETS	REPS	REST
1	3	10	1 MIN
2	3	10	1 MIN
3	3	10	1 MIN
4	4	10	1 MIN
5	4	10	1 MIN
6	4*	10	1 MIN
7	4*	10	1 MIN

FINISHERS

D1. WEIGHTED CARRY

WEEK	SETS	REPS	REST
1	2	30 SEC WALK	1.5 MIN
2	2	30 SEC WALK	1.5 MIN
3	3	30 SEC WALK	1.5 MIN
4	4	30 SEC WALK	1 MIN
5	4	30 SEC WALK	1 MIN
6	5	30 SEC WALK	1 MIN
7	5	30 SEC WALK	1 MIN



MAIN HEAVY LIFTS

A1. MILITARY PRESS

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	3	8	1.5 MIN
5	3	10	1.5 MIN
6	3	10	1.5 MIN
7	3	10	1.5 MIN

B1. DB BENCH PRESS

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	3	8	1.5 MIN
5	3	10	1.5 MIN
6	3	10	1.5 MIN
7	3	10	1.5 MIN

C1. DIPS

WEEK	SETS	REPS	REST
1	3	8	10 SEC
2	3	8	10 SEC
3	3	8	10 SEC
4	3	8	10 SEC
5	3	8	10 SEC
6	3	8	10 SEC
7	3	8	10 SEC

C2. NEUTRAL GRIP CHIN UPS

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	3	8	1.5 MIN
5	3	8	1.5 MIN
6	3	8	1.5 MIN
7	3	8	1.5 MIN

PUMP WORK

C1. STANDING UNI LATERAL CABLE ROW

WEEK	SETS	REPS	REST
1	3	10	1 MIN
2	3	10	1 MIN
3	3	12	1 MIN
4	3	12	1 MIN
5	3	15	1 MIN
6	3	15	1 MIN
7	3	15	1 MIN

D1. DB SIDE RAISE

WEEK	SETS	REPS	REST
1	3	8	1 MIN
2	3	8	1 MIN
3	3	8	1 MIN
4	3	8	1 MIN
5	4	8	1 MIN
6	4*	8	1 MIN
7	4*	8	1 MIN

FINISHERS

E1. PALLOFF PRESS

WEEK	SETS	REPS	REST
1	3	5	1 MIN
2	3	5	1 MIN
3	3	5	1 MIN
4	3	5	1 MIN
5	4	5	1 MIN
6	4	5	1 MIN
7	4	5	1 MIN



MAIN HEAVY LIFTS

A1. WEIGHTED CARRY

WEEK	SETS	REPS	REST
1	3	30 SEC WALK	1.5 MIN
2	3	30 SEC WALK	1.5 MIN
3	3	30 SEC WALK	1.5 MIN
4	3	30 SEC WALK	1.5 MIN
5	3	30 SEC WALK	1.5 MIN
6	3	30 SEC WALK	1.5 MIN
7	3	30 SEC WALK	1.5 MIN

B1. GHR

WEEK	SETS	REPS	REST
1	3	8	1 MIN
2	3	8	1 MIN
3	3	8	1 MIN
4	4	8	1 MIN
5	4	8	1 MIN
6	4	8	1 MIN
7	4	8	1 MIN

C1. CLEAN AND PRESS

WEEK	SETS	REPS	REST
1	3	8	10 SEC
2	3	8	10 SEC
3	3	8	10 SEC
4	3	8	10 SEC
5	3	8	10 SEC
6	3	8	10 SEC
7	3	8	10 SEC

C2. BARBELL ROWS

WEEK	SETS	REPS	REST
1	3	8	1.5 MIN
2	3	8	1.5 MIN
3	3	8	1.5 MIN
4	3	8	1.5 MIN
5	3	8	1.5 MIN
6	3	8	1.5 MIN
7	3	8	1.5 MIN

PUMP WORK

E1. CLOSE GRIP EZ PRESS

WEEK	SETS	REPS	REST
1	4	8	1 MIN REST
2	4	8	1 MIN REST
3	4	8	1 MIN REST
4	4	8	1 MIN REST
5	4*	8	1 MIN REST
6	4*	8	1 MIN REST
7	4*	8	1 MIN REST

D1. DB HAMMER CURLS

WEEK	SETS	REPS	REST
1	4	8	1 MIN REST
2	4	8	1 MIN REST
3	4	8	1 MIN REST
4	4	8	1 MIN REST
5	4*	8	1 MIN REST
6	4*	8	1 MIN REST
7	4*	8	1 MIN REST

FINISHERS

E1. PRESS UPS

WEEK	SETS	REPS	REST
1	3	20	10 SEC
2	3	20	10 SEC
3	3	20	10 SEC
4	3	20	10 SEC
5	3	20	10 SEC
6	3	20	10 SEC
7	3	20	10 SEC

E2. HANGING LEG RAISE

WEEK	SETS	REPS	REST
1	3	8	1 MIN
2	3	8	1 MIN
3	3	8	1 MIN
4	3	8	1 MIN
5	3	8	1 MIN
6	3	8	1 MIN
7	3	8	1 MIN

DE-TRAIN

WEEK 8 - DE-TRAINING



A1. WEIGHTED CARRY

SETS	REPS	REST
4	30 SEC WALK	1.5 MIN

B1. BARBELL HIP THURST

SETS	REPS	REST
5	5	1.5 MIN

C1. SQUAT

SETS	REPS	REST
3	20	1.5 MIN

D1. LYING LEG CURLS

SETS	REPS	REST
4*	10	1 MIN

E1. STANDING CALVE RAISE

SETS	REPS	REST
4*	10	1 MIN

DAY 2 - UPPER

A1. WIDE GRIP PULL UPS

SETS	REPS	REST
5	10	1.5 MIN

B1. DB INCLINE BENCH

SETS	REPS	REST
4	10	1.5 MIN

C1. DB ROWS

SETS	REPS	REST
4*	10	1 MIN

D1. ARNOLD PRESS

SETS	REPS	REST
3*	10	1 MIN

E1. HANGING LEG RAISE

SETS	REPS	REST
4	10	1 MIN

DAY 3 - LOWER

A1. ROMANIAN DEADLIFTS

SETS	REPS	REST
4	8	1.5 MIN

B1. MILITARY PRESS

SETS	REPS	REST
4*	8	1.5 MIN

C1. DIPS

SETS	REPS	REST
4	10	1 MIN

D1. STEP UPS

SETS	REPS	REST
4*	10	1.5 MIN

E1. GHR

SETS	REPS	REST
3	8	1.5 MIN

TRAINING BLOCK 2

WEEK 9-15 - TRAINING



MAIN HEAVY LIFTS

A1. GHR

WEEK	SETS	REPS	REST
9	3	10	1.5 MIN
10	3	10	1.5 MIN
11	4	10	1.5 MIN
12	4	10	1.5 MIN
13	5	10	1.5 MIN
14	5	10	1.5 MIN
15	5	10	1.5 MIN

B1. SAFETY BAR SQUAT

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	4	8	1.5 MIN
12	4	8	1.5 MIN
13	4	10	1.5 MIN
14	4	10	1.5 MIN
15	4	10	1.5 MIN

C1. STEP UPS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	4	8	1 MIN
13	4	8	1 MIN
14	4	8	1 MIN
15	4	8	1 MIN

PUMP WORK

C1. LEG PRESS (OCCLUDED)

WEEK	SETS	REPS	REST
9	3	20	1 MIN
10	3	20	1 MIN
11	3	20	1 MIN
12	4	20	1 MIN
13	4	20	1 MIN
14	4	20	1 MIN
15	4	20	1 MIN

FINISHERS

D1. LEG EXTENSIONS

WEEK	SETS	REPS	REST
9	3	15	1 MIN
10	3	15	1 MIN
11	3	15	1 MIN
12	4	15	1 MIN
13	4	15	1 MIN
14	4	15	1 MIN
15	4	15	1 MIN

C1. STANDING CALVE RAISE

WEEK	SETS	REPS	REST
9	4	8	1 MIN
10	4	8	1 MIN
11	4	8	1 MIN
12	4	8	1 MIN
13	4*	8	1 MIN
14	4*	8	1 MIN
15	4*	8	1 MIN



MAIN HEAVY LIFTS

A1. SNATCH GRIP DEADLIFT

WEEK	SETS	REPS	REST
9	3	5	2 MIN
10	3	5	2 MIN
11	3	5	2 MIN
12	5	5	2 MIN
13	5	5	2 MIN
14	5	5	2 MIN
15	5	5	2 MIN

B1. NEUTRAL GRIP PULL UP

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4	8	1.5 MIN
14	4	10	1.5 MIN
15	4	10	1.5 MIN

C1. SEATED MILITARY PRESS

WEEK	SETS	REPS	REST
9	3	8	20 SEC
10	3	8	20 SEC
11	3	8	20 SEC
12	4	8	20 SEC
13	4	8	20 SEC
14	4	10	20 SEC
15	4	10	20 SEC

PUMP WORK

C1. BENCH SUPPORTED ROW

WEEK	SETS	REPS	REST
9	3	10	10 SEC
10	3	10	10 SEC
11	3	10	10 SEC
12	3	10	10 SEC
13	4	12	10 SEC
14	4*	12	10 SEC
15	4*	12	10 SEC

C1. FACE PULLS

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	3	8	1.5 MIN
13	4	8	1.5 MIN
14	4*	8	1.5 MIN
15	4*	8	1.5 MIN

FINISHERS

D1. INCLINE DB BICEP CURLS

WEEK	SETS	REPS	REST
9	3	12	10 SEC
10	3	12	10 SEC
11	3	12	10 SEC
12	3	12	10 SEC
13	4	12	10 SEC
14	4*	12	10 SEC
15	4*	12	10 SEC

D2. TRICEP PRESS DOWNS

WEEK	SETS	REPS	REST
9	3	12	1 MIN
10	3	12	1 MIN
11	3	12	1 MIN
12	3	12	1 MIN
13	4	12	1 MIN
14	4*	12	1 MIN
15	4*	12	1 MIN



MAIN HEAVY LIFTS

A1. SINGLE LEG SPLIT SQUAT

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4*	8	1.5 MIN
14	4*	8	1.5 MIN
15	4*	8	1.5 MIN

B1. LEG PRESS

WEEK	SETS	REPS	REST
9	3	15	1.5 MIN
10	3	15	1.5 MIN
11	3	15	1.5 MIN
12	3	15	1.5 MIN
13	3*	15	1.5 MIN
14	3*	15	1.5 MIN
15	3*	15	1.5 MIN

PUMP WORK

B1. FROG PUMPS

WEEK	SETS	REPS	REST
9	3	10	10 SEC
10	3	10	10 SEC
11	3	10	10 SEC
12	3	10	10 SEC
13	3	10	10 SEC
14	3	10	10 SEC
15	3	10	10 SEC

B2. LUNGES

WEEK	SETS	REPS	REST
9	2	10	1.5 MIN
10	2	10	1.5 MIN
11	2	10	1.5 MIN
12	3	10	1.5 MIN
13	3	10	1.5 MIN
14	3	10	1.5 MIN
15	3*	10	1.5 MIN

C1. SLED DRAGS

WEEK	SETS	REPS	REST
9	3	30 SEC DRAG	2 MIN
10	3	30 SEC DRAG	1 MIN
11	3	30 SEC DRAG	1 MIN
12	3	30 SEC DRAG	1 MIN
13	3	30 SEC DRAG	1 MIN
14	3	30 SEC DRAG	1 MIN
15	3	30 SEC DRAG	1 MIN

FINISHERS

D1. SEATED CALVE RAISE

WEEK	SETS	REPS	REST
9	3	12	1 MIN
10	3	12	1 MIN
11	3	12	1 MIN
12	3	12	1 MIN
13	4*	12	1 MIN
14	4*	12	1 MIN
15	4*	12	1 MIN



MAIN HEAVY LIFTS

A1. DECLINE BENCH PRESS

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4	10	1.5 MIN
14	4	10	1.5 MIN
15	4	10	1.5 MIN

B1. OVER THE BAR PULL UPS (NEUTRAL GRIP)

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4	8	1.5 MIN
14	4	8	1.5 MIN
15	4	8	1.5 MIN

C1. SCOTT PRESS

WEEK	SETS	REPS	REST
9	3	8	10 SEC
10	3	8	10 SEC
11	3	8	10 SEC
12	3	8	10 SEC
13	3	8	10 SEC
14	3	8	10 SEC
15	3	8	10 SEC

C2. LAT PULL DOWNS

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	3	8	1.5 MIN
13	3*	8	1.5 MIN
14	3*	8	1.5 MIN
15	3*	8	1.5 MIN

PUMP WORK

C1. PRONE TRAP RAISE (WITH ROPE ATTACHMENT)

WEEK	SETS	REPS	REST
9	3	10	10 SEC
10	3	10	10 SEC
11	3	12	10 SEC
12	3	12	10 SEC
13	3*	15	10 SEC
14	3*	15	10 SEC
15	3*	15	10 SEC

D1. REVERSE CABLE FLY

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	8	1 MIN
13	4*	8	1 MIN
14	4*	8	1 MIN
15	4*	8	1 MIN

FINISHERS

E1. KNEELING ROPE CHOPS

WEEK	SETS	REPS	REST
9	3	5	1 MIN
10	3	5	1 MIN
11	3	5	1 MIN
12	3	5	1 MIN
13	4	5	1 MIN
14	4	5	1 MIN
15	4	5	1 MIN



MAIN HEAVY LIFTS

A1. POWER CLEANS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	8	1 MIN
13	3	8	1 MIN
14	3	8	1 MIN
15	3	8	1 MIN

B1. RACK PULLS

WEEK	SETS	REPS	REST
9	3	8	1.5 MIN
10	3	8	1.5 MIN
11	3	8	1.5 MIN
12	4	8	1.5 MIN
13	4	8	1.5 MIN
14	4	8	1.5 MIN
15	4	8	1.5 MIN

C1. RACK CHINS

WEEK	SETS	REPS	REST
9	3	12	1 MIN
10	3	12	1 MIN
11	3	12	1 MIN
12	3	12	1 MIN
13	3	12	1 MIN
14	3	12	1 MIN
15	3	12	1 MIN

C2. STANDING SINGLE ARM KB PRESS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	8	1 MIN
13	3	8	1 MIN
14	3	8	1 MIN
15	3	8	1 MIN

PUMP WORK

E1. SMYTH MACHINE BANDED CLOSE GRIP PRESS

WEEK	SETS	REPS	REST
9	4	8	10 SEC
10	4	8	10 SEC
11	4	8	10 SEC
12	4	8	10 SEC
13	4	8	10 SEC
14	4	8	10 SEC
15	4	8	10 SEC

D1. BARBELL CURLS

WEEK	SETS	REPS	REST
9	4	8	1 MIN REST
10	4	8	1 MIN REST
11	4	8	1 MIN REST
12	4	8	1 MIN REST
13	4*	8	1 MIN REST
14	4*	8	1 MIN REST
15	4*	8	1 MIN REST

FINISHERS

E1. WEIGHTED CRUNCH

WEEK	SETS	REPS	REST
9	3	10	10 SEC
10	3	10	10 SEC
11	3	10	10 SEC
12	3	10	10 SEC
13	3	10	10 SEC
14	3	10	10 SEC
15	3	10	10 SEC

E2. ABS ROLL OUTS

WEEK	SETS	REPS	REST
9	3	8	1 MIN
10	3	8	1 MIN
11	3	8	1 MIN
12	3	8	1 MIN
13	3	8	1 MIN
14	3	8	1 MIN
15	3	8	1 MIN

DE-TRAIN 2

WEEK 16 - DE-TRAINING

**A1. PROWLER PUSH****SETS****REPS****REST**

4

30 SEC WALK

1.5 MIN

B1. LANDMINE SQUAT AND PRESS**SETS****REPS****REST**

3

15

1.5 MIN

C1. LYING LEG CURLS**SETS****REPS****REST**

4

10

1 MIN

D1. WEIGHTED CARRY**SETS****REPS****REST**

4

30 SEC WALK

1 MIN

E1. SEATED CALVE RAISE**SETS****REPS****REST**

4*

20

1.5 MIN

**A1. BEAR CRAWLS**

SETS	REPS	REST
5	30 SEC CRAWLS	1.5 MIN

B1. TRX ROWS

SETS	REPS	REST
3	3	10 SEC

B2. DUMBBELL FLY

SETS	REPS	REST
3	10	1 MIN

C1. SEATED DB SHOULDER PRESS

SETS	REPS	REST
3	3	10 SEC

C2. DB REVERSE FLY

SETS	REPS	REST
3	10	1 MIN

D1. HIGH TO LOW CABLE CHOPS

SETS	REPS	REST
4	10	1 MIN

**A1. ROMANIAN DEADLIFTS**

SETS	REPS	REST
4	8	1.5 MIN

B1. LANDMINE SHOULDER PRESS

SETS	REPS	REST
3	10	1 MIN

B2. STANDING SINGLE ARM PULLEY ROW

SETS	REPS	REST
3	10	1.5 MIN

C1. BULGARIAN SPLIT SQUAT

SETS	REPS	REST
3*	15	1.5 MIN

D1. STANDING CALVE RAISE

SETS	REPS	REST
4*	10	1.5 MIN



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