



**THE**  
**COVER**  
**MODEL**  
**BODY**

**12 WEEK SHREDDING SYSTEM**

**BY ALAIN GONZALEZ**

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Published by:  
Human Evolution Publishing

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We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

## MUSCLE-BUILDING DISCLAIMER

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

# PROGRAM NOTES

The Cover Model Workout is a 12-week program that follows a unique split where you will alternate training 4 days per week and 3 days per week. Odd weeks (1, 3, 5, etc.) focus on muscle building across all of the major muscle groups, while even numbered weeks (2, 4, 6, etc.) use targeted muscle building to focus on a specific muscle (or muscle groups). I'll admit, it's not a traditional approach, but in my experience, it's brutally effective for bringing out your best physique in 12 weeks.

This is by far the highest volume program I've ever written, and it's not the kind of workout you'd want to follow long-term. But as long as you follow this up with one of my other programs that is lower volume, there shouldn't be an issue with overtraining. However, if you get into this workout and notice you're losing strength, struggling with fatigue and motivation to train, then you need to switch to something else until your lifestyle is conducive to an advanced program like this. Let me be clear: this is NOT a program for beginners. If you have less than 2-3 years of solid, consistent training experience, then you should start with a different program (Basic To Beast would be your best bet).

While anyone can follow this program and see fantastic results, people who are already fairly lean and are looking to bring out their best body will see the best results with this program. I'm not talking about trying to compete in a bodybuilding show or anything, but if you're already lean enough to see pretty good muscle definition, following the Cover Model Workout while using nutrition to lose a bit more fat are going to get in really good shape.

The exercises performed as Straightsets should be performed to "technical failure", stopping when form begins to break down - you should NEVER need a spotter to complete any of the reps. Focus should be on proper form and maintaining maximum muscle tension throughout the entire movement. The goal of these exercises is strength - aim to maintain or increase strength in these lifts.

The exercises included in the "Aesthetic Muscle Finisher" section of the workouts can be performed to muscular failure for the final 1-2 sets. So, if you are performing 5 sets of a dumbbell lateral raise, the first 3 sets should be to technical failure and for the final two you should really push through and train at or near muscular failure. The goal of these exercises is hypertrophy - the amount of weight used is not important - you should be selecting whatever weights allow you to perform prescribed sets/reps with perfect form and while maintaining maximum tension on the target muscle throughout the entire movement. Expect to decrease weights as you work through multiple sets of these exercises with limited rest.

The Fat Loss Extra Credit is optional - if you have time to do the cardio listed and want to get the benefit of burning more calories during your workout - I would advise you to do it as listed. If, you are having issues with recovery from the workouts (feeling lethargic during workouts, decreasing strength, etc.), or if you just don't have time, feel free to skip it - just know you may have to adjust your nutrition slightly if rapid fat loss is your goal.

This workout was designed to be accompanied by a nutritional approach focused on fat loss, but you can still follow The Cover Model Workout using a Recomp or Muscle Gain approach to nutrition while following this workout will produce great results in terms of the overall density and fullness of your muscles.

The Cover Model Workout is designed to challenge your body and push your limits at times, it is important – especially if you are using this while following an aggressive caloric deficit – to get proper nutrition and rest (sleep) while following this workout.

Always do some kind of warm-up prior to starting the actual workouts. This could be 5-10 minutes on the elliptical, rowing machine, bike, or jump rope. Also make sure to do 1-2 warm-up sets prior to each exercise.

## SUPERSETS VS. STRAIGHTSETS

Any exercises listed with a number after a letter (A1, A2, etc.), indicated that they are to be performed as a superset.

**Supersets** – or those exercise listed as A1, A2, etc. are to be performed back to back in alternating fashion. For example:

- A1. Seated Shoulder Press 3 x 6-8 x 120 seconds rest
- A2. Pullup 3 x 6-8 x 120 seconds rest

For this example, you would perform seated shoulder press, rest 120 seconds, perform pullups, rest 120 seconds – repeat for a total of three sets.

**Straightsets** – or those exercise listed as B, C, etc. are to be performed as a stand-alone exercise (no alternating with another exercise). For example:

- C. Squat & Press 3 x 6-8 x 120 seconds rest
- D. Cable Curls 3 x 6-8 x 120 seconds rest

For this example, you would perform all three sets of Squat & Press as prescribed before moving on to Cable Curls.

# THE COVER MODEL WORKOUT

## WEEK 1 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Seated Alternating Shoulder Press	4	8	1m 30s					
B. Barbell Romanian Deadlift	4	8	1m 30s					
C. Neutral Grip Chinup	4	8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Dumbbell Lateral Raise	5	12, 10, 8, 6, 15 (1 set of 12, rest 45-60s, 1 set of 10, rest 45-60s, etc.)	45-60s					
E. Straight Arm Pulldown	5	12, 10, 8, 6, 15	45-60s					
F. Triceps Rope Extensions	5	12, 10, 8, 6, 15	45-60s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 1 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	8	1m 30s					
B. Dumbbell Squat	4	8	1m 30s					
C. Bent Barbell Row	4	8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover High-To-Low	5	12, 10, 8, 6, 15	45-60s					
E. Cable Curls	5	12, 10, 8, 6, 15	45-60s					
F. Seated Palms-up Grip Cable Row	5	12, 10, 8, 6, 15	45-60s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 1 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Curl & Press	4	12	1m 15s					
B. Dumbbell Reverse Lunge	4	12 per leg	60s b/t legs					
C. Wide Grip Lat Pulldown	4	12	1m 15s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	5	12, 10, 8, 6, 15	45-60s					
E. Dumbbell Pullover	5	12, 10, 8, 6, 15	45-60s					
F. Lying Dumbbell Triceps Extension	5	12, 10, 8, 6, 15	45-60s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 1 DAY 4

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Alternating Incline Press	4	12	1m 15s					
B. Calf Raises	4	12	1m 15s					
C. Neutral Grip Incline Dumbbell Row	4	12	1m 15s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover Mid	5	12, 10, 8, 6, 15	45-60s					
E. Seated Dumbbell Curls	5	12, 10, 8, 6, 15	45-60s					
F. Cable Face Pulls	5	12, 10, 8, 6, 15	45-60s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# WEEK 2

# THE COVER MODEL WORKOUT

## WEEK 2 DAY 1

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Dumbbell Bench Press	4	10	1m					
A2. Standing Calf Raises	4	10	1m					
B1. Seated Overhand Grip Cable Row	4	10	1m					
B2. Dumbbell Romanian Deadlift	4	10	1m					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Upright Row	4	8	45s					
C2. Standing Dumbbell Press	4	8	45s					
C3. Dumbbell Bent Lateral Raise	4	8	45s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 4 total circuits (so you will perform each exercise 4 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 2 DAY 2

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Pike Pushup	4	12	1m					
A2. Dumbbell Squat	4	12	1m					
B1. Neutral Grip Lat Pulldown	4	12	1m					
B2. Single Leg Romanian Deadlift	4	12	1m					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Lateral Raise	2	12, 10, 8, 6	45s					
C2. Dumbbell Shrug	2	12, 10, 8, 6	45s					
C3. Dumbbell Curl & Press	2	12, 10, 8, 6	45s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 4 total circuits (so you will perform each exercise 4 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 2 DAY 3

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Flat Dumbbell Press	4	8	1m					
A2. Deadlift (Trap bar or Sumo)	4	8	1m					
B1. Pullup	4	8	1m					
B2. Seated Calf Raise	4	8	1m					

### AESTHETIC MUSCLE FINISHER

C1. Face Pull	4	12	90s					
C2. Seated Lateral Raise	4	12	90s					
C3. Dumbbell Squat and Press	4	12	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 4 total circuits (so you will perform each exercise 4 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# WEEK 3

# THE COVER MODEL WORKOUT

## WEEK 3 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Seated Alternating Shoulder Press	4	12	1m 15s					
B. Barbell Romanian Deadlift + Shrug	4	12	1m 15s					
C. Neutral Grip Lat Pulldown	4	12	1m 15s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Dumbbell Lateral Raise	4	8	45-60s					
E. Straight Arm Cable Pulldown	4	8	45-60s					
F. Triceps Rope Extension	4	8	45-60s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 3 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	15	1m 30s					
B. Dumbbell Squat	4	15	1m 30s					
C. Bent Barbell Row	4	15	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover High-To-Low	3	10	75s					
E. Cable Curls	3	10	75s					
F. Seated Underhand Grip Cable Row	3	10	75s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 3 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Curl & Press	4	8	1m 30s					
B. Dumbbell Reverse Lunge	4	8 per leg	60s b/t legs					
C. Wide Grip Lat Pulldown	4	8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	4	15	1m					
E. Dumbbell Pullover	4	15	1m					
F. Lying Dumbbell Triceps Extension	4	15	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 3 DAY 4

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Alternating Incline Press	4	10	1m 15s					
B. Standing Calf Raises	4	10	1m 15s					
C. Wide Grip Seated Cable Row	4	10	1m 15s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Flat Dumbbell Squeeze Press	4	15	1m					
E. Dumbbell Hammer Curl	4	15	1m					
F. Cable Face Pull	4	15	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# WEEK 4

# THE COVER MODEL WORKOUT

## WEEK 4 DAY 1

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Dumbbell Bench Press	4	12	1m					
A2. Standing Calf Raises	4	12	1m					
B1. Seated Overhand Grip Cable Row	4	12	1m					
B2. Dumbbell Romanian Deadlift	4	12	1m					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Upright Row	4	12, 10, 8, 6	45s					
C2. Standing Dumbbell Press	4	12, 10, 8, 6	45s					
C3. Dumbbell Bent Lateral Raise	4	12, 10, 8, 6	45s					

\* Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 4 total circuits (so you will perform each exercise 4 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 4 DAY 2

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Pike Pushup	4	8	1m 30s					
A2. Dumbbell Squat	4	8	1m 30s					
B1. Neutral Grip Lat Pulldown	4	8	1m 30s					
B2. Single Leg Romanian Deadlift	4	8	1m 30s					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Lateral Raise	5	12	45s					
C2. Dumbbell Shrug	5	12	45s					
C3. Dumbbell Curl & Press	5	12	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 4 DAY 3

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Flat Dumbbell Press	4	10	1m 15s					
A2. Deadlift (Trap bar or Sumo)	4	10	1m 15s					
B1. Pullup	4	10	1m 15s					
B2. Seated Calf Raise	4	10	1m 15s					

### AESTHETIC MUSCLE FINISHER

C1. Face Pull	5	8	45s					
C2. Seated Lateral Raise	5	8	45s					
C3. Dumbbell Squat and Press	5	8	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45 seconds between the first two exercises and 90 seconds after C3. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 - age = max heart rate).

# WEEK 5

# THE COVER MODEL WORKOUT

## WEEK 5 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Seated Arnold Press	4	6-8	1m 30s					
B. Barbell Romanian Deadlift + Shrug	4	6-8	1m 30s					
C. Chinup	4	6-8	1m 30s					

### AESTHETIC MUSCLE FINISHER

D. Seated Lateral Raise	5	12, 10, 8, 6, 15	45s					
E. Dumbbell Pullover	5	12, 10, 8, 6, 15	45s					
F. Triceps Cable Overhead Extensions	5	12, 10, 8, 6, 15	90s					

\*For exercises D, E, and F, you will perform four progressively heavier sets (12, 10, 8, 6), then decrease weight and perform one final set of 15 reps at or near muscular failure.

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 5 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	10-12	1m 30s					
B. Dumbbell Squat	4	10-12	1m 30s					
C. Bent Barbell Row	4	10-12	1m 30s					

### AESTHETIC MUSCLE FINISHER

D. Incline Dumbbell Squeeze Press	5	12, 10, 8, 6, 15	45-60s					
E. Dumbbell Cross Body Hammer Curl	5	12, 10, 8, 6, 15	45-60s					
F. Seated Neutral Grip Cable Row	5	12, 10, 8, 6, 15	45-60s					

\*For exercises D, E, and F, you will perform four progressively heavier sets (12, 10, 8, 6), then decrease weight and perform one final set of 15 reps at or near muscular failure.

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 5 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Barbell Shoulder Press	4	10-12	1m 30s					
B. Hip Thrust (barbell/ dumbbell/band)	4	10-12	1m 30s					
C. Dumbbell 1-arm Row	4	10-12	1m 30s					

### AESTHETIC MUSCLE FINISHER

D. Bent Dumbbell Lateral Raise	5	12, 10, 8, 6, 15	45-60s					
E. Dumbbell Cross Body Hammer Curl	5	12, 10, 8, 6, 15	45-60s					
F. Dumbbell Pullover	5	12, 10, 8, 6, 15	45-60s					

\*For exercises D, E, and F, you will perform four progressively heavier sets (12, 10, 8, 6), then decrease weight and perform one final set of 15 reps at or near muscular failure.

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 5 DAY 4

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Barbell Bench Press	4	6-8	1m 30s					
B. Calf Raise	4	6-8	1m 30s					
C. Seated Wide Grip Cable Rows	4	6-8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Hyght Flies	5	12, 10, 8, 6, 15	45-60s					
E. Palms-Down Grip EZ Bar Curls	5	12, 10, 8, 6, 15	45-60s					
F. Barbell Shrugs	5	12, 10, 8, 6, 15	45-60s					
*For exercises D, E, and F, you will perform four progressively heavier sets (12, 10, 8, 6), then decrease weight and perform one final set of 15 reps at or near muscular failure.								
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# WEEK 6

# THE COVER MODEL WORKOUT

## WEEK 6 DAY 1

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Seated Narrow Grip Row	4	10	1m					
A2. Dumbbell Squat	4	10	1m					
B1. Weighted Pushups	4	10	1m					
B2. Deadlift (Trap Bar or Sumo)	4	10	1m					

### AESTHETIC MUSCLE FINISHER

C1. Wide Grip Pulldown	5	12, 10, 8, 6, 15	45-60s					
C2. Cable Face Pull	5	12, 10, 8, 6, 15	45-60s					
C3. Dumbbell Biceps Curls	5	12, 10, 8, 6, 15	45-60s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 6 DAY 2

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Chinup	4	8	1m					
A2. Dumbbell Split Squat	4	8 per leg	30s b/t legs					
B1. 1-arm Dumbbell Clean & Press	4	8 per arm	30s b/t arms					
B2. Single Leg Romanian Deadlift	4	8 per leg	30s b/t legs					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Bent Row	5	10-12	45-60s					
C2. Dumbbell Shrug	5	10-12	45-60s					
C3. Dumbbell Hammer Curls	5	10-12	45-60s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 6 DAY 3

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Bent Barbell Row	4	12	1m					
A2. Goblet Squat	4	12	1m					
B1. Cable Crossover High-to-Low	4	12	1m					
B2. Standing Calf Raise	4	12	1m					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Pullover	4	8	45-60s					
C2. Dumbbell Bent Lateral Raise	4	8	45-60s					
C3. Seated Dumbbell Curls	4	8	45-60s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 4 total circuits (so you will perform each exercise 4 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# WEEK 7

# THE COVER MODEL WORKOUT

## WEEK 7 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Standing Neutral Grip Shoulder Press	4	6-8	1m					
B. Sumo Deadlift	4	6-8	1m					
C. Pullups	4	6-8	1m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	4	10	1m 15s					
E. Neutral Grip Lat Pulldown	4	10	1m 15s					
F. Cable Triceps Extension	4	10	1m 15s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 7 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	10-12	1m 30s					
B. Dumbbell Squat	4	10-12	1m 30s					
C. Dumbbell 1-arm Row	4	10-12	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Dumbbell Flat Bench Squeeze Press	4	10	1m 15s					
E. Cable Rope Curls	4	10	1m 15s					
F. Standing Cable Row	4	10	1m 15s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 7 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Squat and Press	4	10-12	1m 30s					
B. Hip Thrust (Barbell/Band/ Dumbbells)	4	10-12	1m 30s					
C. 1-arm Cable Row	4	10-12 per arm	45s b/t arms					

### AESTHETIC MUSCLE FINISHER

D. Dumbbell Upright Row	4	15	1m					
E. Straight Arm Pulldown	4	15	1m					
F. Close Grip Pushup	4	15	1m					

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate ( $220 - \text{age} = \text{max heart rate}$ ).

# THE COVER MODEL WORKOUT

## WEEK 7 DAY 4

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Barbell Bench Press	4	6-8	1m					
B. Standing Calf Raise	4	6-8	1m					
C. Wide Grip Seated Cable Row	4	6-8	1m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover Mid	4	15	1m 15s					
E. EZ Bar Curls	4	15	1m 15s					
F. Cable Face Pulls	4	15	1m 15s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# WEEK 8

# THE COVER MODEL WORKOUT

## WEEK 8 DAY 1

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Bent Dumbbell Row	4	10	1m					
A2. Standing Calf Raise	4	10	1m					
B1. Dumbbell Incline Press	4	10	1m					
B2. Dumbbell Romanian Deadlift	4	10	1m					

### AESTHETIC MUSCLE FINISHER

C1. Wide Grip Lat Pulldown	5	12, 10, 8, 6, 15	45-60s					
C2. Cable Face Pull	5	12, 10, 8, 6, 15	45-60s					
C3. Dumbbell Incline Curls	5	12, 10, 8, 6, 15	45-60s					

\* Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 - age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 8 DAY 2

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Chinup	4	8	1m					
A2. Dumbbell Squat	4	8	1m					
B1. 1-arm Dumbbell Clean & Press	4	8 per arm	45s b/t arms					
B2. Dumbbell Reverse Lunge	4	8 per leg	45s b/t legs					

### AESTHETIC MUSCLE FINISHER

C1. 1-arm Dumbbell Row	5	12	45-60s b/t arms					
C2. Dumbbell Shrug	5	12	45-60s					
C3. Dumbbell Cross Body Hammer Curl	5	12	45-60s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 8 DAY 3

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Seated Cable Row Wide Grip	4	12	1m					
A2. Bodyweight Squat	4	12	1m					
B1. Weighted Pushup	4	12	1m					
B2. Seated Calf Raise	4	12	1m					

### AESTHETIC MUSCLE FINISHER

C1. Cable Curls	5	8	45-60s					
C2. Dumbbell Bent Lateral Raise	5	8	45-60s					
C3. Straight Arm Cable Pulldown	5	8	45-60s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# WEEK 9

# THE COVER MODEL WORKOUT

## WEEK 9 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Alternating Incline Press	4	10	1m 30s					
B. Calf Raises	4	10	1m 30s					
C. Wide, Overhand Grip Seated Cable Row	4	10	1m 30s					

### AESTHETIC MUSCLE FINISHER

D. Pushups	4	15	1m					
E. Cable Curls	4	15	1m					
F. Cable Face Pulls	4	15	1m					

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 9 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Curl & Press	4	8	1m 30s					
B. Reverse Lunge	4	8	1m 30s					
C. Wide, Overhand Grip Lat Pulldown	4	8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	4	15	1m					
E. Dumbbell Pullover	4	15	1m					
F. Lying Dumbbell Triceps Extension	4	15	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 9 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	15	1m					
B. Dumbbell Squat	4	15	1m					
C. Bent Dumbbell Row	4	15	1m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover High-To-Low	3	10	1m 30s					
E. Cable Curls	3	10	1m 30s					
F. Inverted Row	3	10	1m 30s					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# WEEK 10

# THE COVER MODEL WORKOUT

## WEEK 10 DAY 1

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Seated Arnold Press	4	12	1m 15s					
A2. Standing Calf Raises	4	12	1m 15s					
B1. Seated Neutral Grip Cable Row	4	12	1m 15s					
B2. Dumbbell Romanian Deadlift + Shrug	4	12	1m 15s					

### AESTHETIC MUSCLE FINISHER

C1. Cable Crossover Mid	5	12, 10, 8, 6, 15	45-60s					
C2. Close Grip Pushup	5	AMRAP (as many reps as possible)	45-60s					
C3. Pushup	5	AMRAP (as many reps as possible)	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises C1 and C2 and 90 seconds after C3.. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 10 DAY 2

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Dumbbell Incline Press	4	8	1m 15s					
A2. Dumbbell Squat	4	12	1m 15s					
B1. Neutral Grip Lat Pulldown	4	8	1m 15s					
B2. Hip Thrust (barbell/ dumbbell/band)	4	12	1m 15s					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Bent Row	5	12	45-60s					
C2. Dumbbell Shrug	5	12	45-60s					
C3. Dumbbell Curls	5	12	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises C1 and C2 and 90 seconds after C3.. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# THE COVER MODEL WORKOUT

## WEEK 10 DAY 3

SUPERSETS

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A1. Flat Dumbbell Press	4	10	1m 15s					
A2. Deadlift (Trap bar or Sumo)	4	10	1m 15s					
B1. Pullup	4	10	1m 15s					
B2. Seated Calf Raise	4	10	1m 15s					

### AESTHETIC MUSCLE FINISHER

C1. Dumbbell Upright Row	5	8	45-60s					
C2. Dumbbell Lateral Raise	5	8	45-60s					
C3. Dumbbell Squat and Press	5	8	90s					

\*Perform C1 - C3 back-to-back in circuit fashion resting 45-60s seconds between exercises C1 and C2 and 90 seconds after C3.. Perform 5 total circuits (so you will perform each exercise 5 times).

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate ( $220 - \text{age} = \text{max heart rate}$ ).

# WEEK 11

# THE COVER MODEL WORKOUT

## WEEK 11 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Alternating Incline Press	4	8	1m 30s					
B. Calf Raise	4	8	1m 30s					
C. Wide, Overhand Grip Seated Cable Row	4	8	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Pushups	5	12	1m					
E. Cable Curls	5	12	1m					
F. Cable Face Pull	5	12	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 11 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Curl & Press	4	10	1m 30s					
B. Reverse Lunge	4	10	1m 30s					
C. Wide, Overhand Grip Lat Pulldown	4	10	1m 30s					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	4	8	1m					
E. Dumbbell Pullover	4	8	1m					
F. Lying Dumbbell Triceps Extension	4	8	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 11 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Flat Dumbbell Bench Press	4	6	2m					
B. Dumbbell Squat	4	6	2m					
C. Bent Dumbbell Row	4	8	2m					

### AESTHETIC MUSCLE FINISHER

D. Cable Crossover High-To-Low	3	12	1m 30s					
E. Cable Curls	3	12	1m 30s					
F. Inverted Row	3	12	1m 30s					

**FAT LOSS FINISHER:** 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).

# WEEK 12

# THE COVER MODEL WORKOUT

## WEEK 12 DAY 1

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Alternating Incline Press	4	6-8	2m					
B. Calf Raises	4	12	2m					
C. Wide, Overhand Grip Seated Cable Row	4	8-10	2m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover High-to-Low	4	15	1m					
E. Dumbbell Hammer Curls	4	15	1m					
F. Cable Face Pull	4	15	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 12 DAY 2

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Curl & Press	4	6-8	2m					
B. Reverse Lunge	4	10 per leg	60s b/t legs					
C. Wide, Overhand Grip Lat Pulldown	4	8-10	2m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Plate Front Raise	4	15	1m					
E. Dumbbell Pullover	4	15	1m					
F. Lying Dumbbell Triceps Extension	4	15	1m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# THE COVER MODEL WORKOUT

## WEEK 12 DAY 3

EXERCISE	SETS	REPS	REST	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS	WEIGHT/ REPS
A. Dumbbell Incline Press	4	15	1m					
B. Dumbbell Squat	4	15	1m					
C. Dumbbell Incline Row	4	15	1m					
<b>AESTHETIC MUSCLE FINISHER</b>								
D. Cable Crossover High-To-Low	4	10	2m					
E. Cable Curls	4	10	2m					
F. Dumbbell Lateral Raise	4	10	2m					
<b>FAT LOSS FINISHER:</b> 15-20 minutes of steady-state cardio @ 60-70% Max Heart Rate (220 -age = max heart rate).								

# ENDING NOTES

If you've made it this far, congratulations, you just finished the "program from hell." The *Cover Model Workout* is the most brutal program I've ever written, but those who make it through, tend to end up with the best looking body they've ever had.

Once you finish the *12-week Cover Model Workout*, take an ENTIRE week off from any kind of training. Then, your next workout program should lower volume and intensity (The Main Athletic-Aesthetic Physique workouts are a great option).

Ease into your next workout program and play it safe the first few weeks, avoiding muscular failure and keeping intensity at around a 7 or 8 out of 10.