

## Personalized Isometric Routine

### - The 7 day daily rotation -

This is based on my own program. In this I simply took each muscle per day, and trained it, thus allowing me 7 days off between training that muscle again. For me, this is the optimal program.

#### Monday – Focus on Neck

1. Forward neck press
2. Rear Neck Press
3. Side Neck press
4. Jaw Jut Flex
5. The Bridge

Total Training time: 91-156 seconds (approximately 2-3 minutes)

#### Tuesday – Focus on Legs

1. Side Kick Contraction
2. Abductor Squeeze
3. Abductor Push
4. Wall Toe Press
5. Wall Squat
6. Cross Leg Contraction
7. Wall Pull
8. Lying Leg Curl
9. Seated Calve Raises
10. Calf Chair Raise
11. Elevated Calf Raise
12. Elevated Tibialis Raise

Total Training time: 315- 540 seconds (approximately 8-9 minutes)

#### Wednesday – Focus on Chest and Abs

1. Lower Pec Border Builder
2. Pec Mid Chest Definer
3. Pec Upper Pec Thickener
4. ISO Push Up
5. Atlas Push Up
6. 7 Second Stomach Flattener
7. The ISO Vacuum
8. The Side Bridge

Total Training time: 310 -516 seconds (approximately 7-8 minutes)

### **Thursday – Focus on Back**

1. Trapezius Chair Pull
2. Upper back Squeeze
3. ISO Row
4. Leg Pull
5. Standing Leg Pull
- 6. Book Press**
7. Lying Back Extension
8. The Superman

Total Training time: 161-276 seconds (approximately 4-5 minutes)

### **Friday – Focus on Arms**

1. Single Arm Shoulder Press
2. Single Arm Front Raise
3. Single Arm Lateral Raise
4. Single Arm Shoulder Pullback
5. Single Arm Triceps Press Down
6. Tea Table Triceps
7. Single Arm Bicep Curl
8. Double Arm Table Curl
9. Advanced Move – the Cross Arm Contraction
10. Desk Finger Firmers
11. Single Arm Forearm Curls
12. Single Arm Forearm Extension

Total Training time: 336 -576 seconds (approximately 9 - 10 minutes)

### **Saturday – Focus on Cardio and Endurance**

1. Hindu Squats – Goal 500 in 15 minutes
2. Hindu Pushups – Goal 250 in 10 minutes
3. Bridging – 5 minutes hold

You may of course build up to these in sets of however many you need to do. My personal favorite routine was to apply a Tabatha protocol to these – 20 Seconds as many Hindu Squats as possible (approx 25 per round), rest for 10 seconds. That is the end of one round. I'd do close to 30 rounds. (As I fatigue towards the end the number of Hindu Squats would drop per round). The same would be applied to the Hindu Pushups.

**Sunday –REST no training.**

## - Specialization Program -

Please note this program is designed to quickly over stimulate a particular muscle group per week to produce rapid growth – YOU CANNOT APPLY THIS PERMANENTLY – doing so will not allow sufficient time to recover and grow, leading to a plateau and / or injury.

Each week a single muscle group will be worked to complete exhaustion on a daily basis and then dropped for a week and slowly re-integrated.

This program can ONLY be followed for 7 weeks, then the trainee MUST switch to a **7 day daily rotation**.

- Week 1 – Neck
- Week 2 – Legs
- Week 3 - Back
- Week 4 – Chest
- Week 5 – Abs
- Week 6 – Arms
- Week 7 – COMPLETE REST NO EXERCISE
- Week 8 – Start DAILY Rotation Program Above

This Program involves working All the exercise of a body part DAILY, with 1 set of Leg exercises, 1 set of Back Exercises, 1 set of Exercises, 1 set of Chest Exercise, and 1 set of Abs Exercise. A sample template is provided below.

## Week 1 – Neck

### Monday

- 1. All Neck Exercises**
  - a. Forward neck press
  - b. Rear Neck Press
  - c. Side Neck press
  - d. Jaw Jut Flex
  - e. The Bridge
- 2. The Trapezius Exercises**
  - a. Trapezius Chair Pull
  - b. ISO Row
- 3. The Pec Low Border Builder**
- 4. The Stomach Flattener**
- 5. All the Shoulder Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback

6. **All the Adductor Exercises**
  - a. Side Kick Contraction
  - b. Adductor Squeeze
7. **Seated Calf Raise**

## Tuesday

1. **All Neck Exercises**
  - a. Forward neck press
  - b. Rear Neck Press
  - c. Side Neck press
  - d. Jaw Jut Flex
  - e. The Bridge
2. **The Rhomboid Exercises**
  - a. Upper back Squeeze
3. **The Pec Mid Chest Definer**
4. **The Vacuum**
5. **All the Triceps Exercises**
  - a. Single Arm Triceps Press Down
  - b. Tea Table Triceps
6. **All the Abductor Exercises**
  - a. Abductor Push
7. **Calf Chair Raise**

## Wednesday

1. **All Neck Exercises**
  - a. Forward neck press
  - b. Rear Neck Press
  - c. Side Neck press
  - d. Jaw Jut Flex
  - e. The Bridge
2. **The Latissimus Dorsi Exercises**
  - a. Leg Pull
  - b. Standing Leg Pull
  - c. Book Press
3. **The Pec Upper Chest Thickener**
4. **The Side Bridge**
5. **All the Biceps Exercises**
  - a. Single Arm Bicep Cur
  - b. Double Arm Table Curl
6. **All the Quadriceps Exercises**
  - a. Wall Squat
  - b. Cross Leg Contraction
7. **Elevated Calf Raise**

## Thursday

- 1. All Neck Exercises**
  - a. Forward neck press
  - b. Rear Neck Press
  - c. Side Neck press
  - d. Jaw Jut Flex
  - e. The Bridge
- 2. The Erector Spinae Exercises**
  - a. Lying Back Extension
  - b. The Superman
- 3. Cross Arm Chest Crush**
- 4. All the Forearm Exercises**
  - a. Desk Finger Firmers
  - b. Single Arm Forearm Curls
  - c. Single Arm Forearm Extension
- 5. All the Hamstring Exercises**
  - a. Wall Pull
  - b. Lying Leg Curl
- 6. Elevated Tibialis Raise**

## Friday

- 1. All Neck Exercises**
  - a. Forward neck press
  - b. Rear Neck Press
  - c. Side Neck press
  - d. Jaw Jut Flex
  - e. The Bridge
- 2. Maxick's Back Exercises**
  - a. Isolation in Contraction of the Latissimus Dorsi
  - b. Single Isolation of the Trapezius Muscle
  - c. Double Isolation of the Trapezius Muscle
  - d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
- 3. Chest Exercises**
  - a. McSweeny Twist
  - b. The Iso Push Up
  - c. The Atlas Push Up
- 4. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 5. Maxick's Arm Exercises**
  - a. Shoulder (Deltoid) Control
  - b. Control of Extensor Muscles of the Arms

- c. Control of Extensor Muscles of the Arms (Biceps)
- d. Control of the Flexor Muscles of the Arm
- 6. Maxick's Leg Exercises**
  - a. Control of the Extensor Muscles of the Thigh
  - b. Control of the Extensor Muscles of the Thigh Continued
  - c. Control of Biceps of Thigh
- 7. Maxick's Calves Exercises**
  - a. Control of the Biceps of the Thigh, and Gastronomius of the Calf

**Saturday & Sun – Rest**

## Week 2 – Legs

### Monday

#### 1. All Leg Exercises

- a. Side Kick Contraction
- b. Abductor Squeeze
- c. Abductor Push
- d. Wall Toe Press
- e. Wall Squat
- f. Cross Leg Contraction
- g. Wall Pull
- h. Lying Leg Curl
- i. Seated Calve Raises
- j. Calf Chair Raise
- k. Elevated Calf Raise
- l. Elevated Tibialis Raise

#### 2. Forward neck press

#### 3. The Trapezius Exercises

- a. Trapezius Chair Pull
- b. ISO Row

#### 4. The Pec Low Border Builder

#### 5. The Stomach Flattener

#### 6. All the Shoulder Exercises

- a. Single Arm Shoulder Press
- b. Single Arm Front Raise
- c. Single Arm Lateral Raise
- d. Single Arm Shoulder Pullback

### Tuesday

#### 1. All Leg Exercises

- a. Side Kick Contraction
- b. Abductor Squeeze
- c. Abductor Push
- d. Wall Toe Press
- e. Wall Squat
- f. Cross Leg Contraction
- g. Wall Pull
- h. Lying Leg Curl
- i. Seated Calve Raises
- j. Calf Chair Raise
- k. Elevated Calf Raise
- l. Elevated Tibialis Raise

2. **Rear Neck Press**
3. **The Rhomboid Exercises**
  - a. Upper back Squeeze
4. **The Pec Mid Chest Definer**
5. **The Vacuum**
6. **All the Triceps Exercises**
  - a. Single Arm Triceps Press Down
  - b. Tea Table Triceps

## Wednesday

1. **All Leg Exercises**
  - a. Side Kick Contraction
  - b. Abductor Squeeze
  - c. Abductor Push
  - d. Wall Toe Press
  - e. Wall Squat
  - f. Cross Leg Contraction
  - g. Wall Pull
  - h. Lying Leg Curl
  - i. Seated Calve Raises
  - j. Calf Chair Raise
  - k. Elevated Calf Raise
  - l. Elevated Tibialis Raise
2. **The Side Neck Press**
3. **The Latissimus Dorsi Exercises**
  - a. Leg Pull
  - b. Standing Leg Pull
  - c. Book Press
4. **The Pec Upper Chest Thickener**
5. **The Side Bridge**
6. **All the Biceps Exercises**
  - a. Single Arm Bicep Cur
  - b. Double Arm Table Curl

## Thursday

1. **All Leg Exercises**
  - a. Side Kick Contraction
  - b. Abductor Squeeze
  - c. Abductor Push
  - d. Wall Toe Press
  - e. Wall Squat
  - f. Cross Leg Contraction
  - g. Wall Pull
  - h. Lying Leg Curl



- i. Seated Calve Raises
  - j. Calf Chair Raise
  - k. Elevated Calf Raise
  - l. Elevated Tibialis Raise
- 2. Jaw Jut Flex**
  - 3. The Erector Spinae Exercises**
    - a. Lying Back Extension
    - b. The Superman
  - 4. Cross Arm Chest Crush**
  - 5. All the Forearm Exercises**
    - a. Desk Finger Firmers
    - b. Single Arm Forearm Curls
    - c. Single Arm Forearm Extension

## Friday

- 1. All Leg Exercises**
  - a. Side Kick Contraction
  - b. Abductor Squeeze
  - c. Abductor Push
  - d. Wall Toe Press
  - e. Wall Squat
  - f. Cross Leg Contraction
  - g. Wall Pull
  - h. Lying Leg Curl
  - i. Seated Calve Raises
  - j. Calf Chair Raise
  - k. Elevated Calf Raise
  - l. Elevated Tibialis Raise
- 2. The Bridge**
- 3. Maxick's Back Exercises**
  - a. Isolation in Contraction of the Latissimus Dorsi
  - b. Single Isolation of the Trapezius Muscle
  - c. Double Isolation of the Trapezius Muscle
  - d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
- 4. Chest Exercises**
  - a. McSweeny Twist
  - b. The Iso Push Up
  - c. The Atlas Push Up
- 5. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 6. Maxick's Arm Exercises**
  - a. Shoulder (Deltoid) Control
  - b. Control of Extensor Muscles of the Arms
  - c. Control of Extensor Muscles of the Arms (Biceps)
  - d. Control of the Flexor Muscles of the Arm

**Saturday & Sun – Rest**

## **Week 3 – Back**

**Monday**

- 1. All Back Exercises**
  - a. Trapezius Chair Pull
  - b. Upper back Squeeze
  - c. ISO Row
  - d. Leg Pull
  - e. Standing Leg Pull
  - f. Book Press
  - g. Lying Back Extension
  - h. The Superman
- 2. Forward neck press**
- 3. The Pec Low Border Builder**
- 4. The Stomach Flattener**
- 5. All the Shoulder Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
- 6. All the Adductor Exercises**
  - a. Side Kick Contraction
  - b. Adductor Squeeze
- 7. Seated Calf Raise**

**Tuesday**

- 1. All Back Exercises**
  - a. Trapezius Chair Pull
  - b. Upper back Squeeze
  - c. ISO Row
  - d. Leg Pull
  - e. Standing Leg Pull
  - f. Book Press
  - g. Lying Back Extension
  - h. The Superman
- 2. Rear Neck Press**
- 3. The Pec Mid Chest Definer**
- 4. The Vacuum**
- 5. All the Triceps Exercises**
  - a. Single Arm Triceps Press Down
  - b. Tea Table Triceps
- 6. All the Abductor Exercises**
  - a. Abductor Push

## 7. Calf Chair Raise

### Wednesday

1. **All Back Exercises**
  - a. Trapezius Chair Pull
  - b. Upper back Squeeze
  - c. ISO Row
  - d. Leg Pull
  - e. Standing Leg Pull
  - f. Book Press
  - g. Lying Back Extension
  - h. The Superman
2. **The Side Neck Press**
3. **The Pec Upper Chest Thickener**
4. **The Side Bridge**
5. **All the Biceps Exercises**
  - a. Single Arm Bicep Cur
  - b. Double Arm Table Curl
6. **All the Quadriceps Exercises**
  - a. Wall Squat
  - b. Cross Leg Contraction
7. **Elevated Calf Raise**

### Thursday

1. **All Back Exercises**
  - a. Trapezius Chair Pull
  - b. Upper back Squeeze
  - c. ISO Row
  - d. Leg Pull
  - e. Standing Leg Pull
  - f. Book Press
  - g. Lying Back Extension
  - h. The Superman
2. **Jaw Jut Flex**
3. **Cross Arm Chest Crush**
4. **All the Forearm Exercises**
  - a. Desk Finger Firmers
  - b. Single Arm Forearm Curls
  - c. Single Arm Forearm Extension
5. **All the Hamstring Exercises**
  - a. Wall Pull
  - b. Lying Leg Curl
6. **Elevated Tibialis Raise**

### Friday

1. **All Back Exercises**

- a. Trapezius Chair Pull
  - b. Upper back Squeeze
  - c. ISO Row
  - d. Leg Pull
  - e. Standing Leg Pull
  - f. Book Press
  - g. Lying Back Extension
  - h. The Superman
- 2. The Bridge**
- 3. Maxick's Back Exercises**
- a. Isolation in Contraction of the Latissimus Dorsi
  - b. Single Isolation of the Trapezius Muscle
  - c. Double Isolation of the Trapezius Muscle
  - d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
- 4. Chest Exercises**
- a. McSweeney Twist
  - b. The Iso Push Up
  - c. The Atlas Push Up
- 5. Maxick's Ab Exercises**
- a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 6. Maxick's Arm Exercises**
- a. Shoulder (Deltoid) Control
  - b. Control of Extensor Muscles of the Arms
  - c. Control of Extensor Muscles of the Arms (Biceps)
  - d. Control of the Flexor Muscles of the Arm
- 7. Maxick's Leg Exercises**
- a. Control of the Extensor Muscles of the Thigh
  - b. Control of the Extensor Muscles of the Thigh Continued
  - c. Control of Biceps of Thigh
- 8. Maxick's Calves Exercises**
- a. Control of the Biceps of the Thigh, and Gastrocnemius of the Calf

**Saturday & Sun – Rest**

## Week 4 – Chest

### Monday

- 1. All Chest Exercises**
  - a. Lower Pec Border Builder
  - b. Pec Mid Chest Definer
  - c. Pec Upper Pec Thickener
  - d. McSweeny Twist
  - e. ISO Push Up
  - f. Atlas Push Up
- 2. Forward neck press**
- 3. The Trapezius Exercises**
  - a. Trapezius Chair Pull
  - b. ISO Row
- 4. The Stomach Flattener**
- 5. All the Shoulder Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
- 6. All the Adductor Exercises**
  - a. Side Kick Contraction
  - b. Adductor Squeeze
- 7. Seated Calf Raise**

### Tuesday

- 1. All Chest Exercises**
  - a. Lower Pec Border Builder
  - b. Pec Mid Chest Definer
  - c. Pec Upper Pec Thickener
  - d. McSweeny Twist
  - e. ISO Push Up
  - f. Atlas Push Up
- 2. Rear Neck Press**
- 3. The Rhomboid Exercises**
  - a. Upper back Squeeze
- 4. The Vacuum**
- 5. All the Triceps Exercises**
  - a. Single Arm Triceps Press Down
  - b. Tea Table Triceps
- 6. All the Abductor Exercises**
  - a. Abductor Push

## 7. Calf Chair Raise

### Wednesday

1. **All Chest Exercises**
  - a. Lower Pec Border Builder
  - b. Pec Mid Chest Definer
  - c. Pec Upper Pec Thickener
  - d. McSweeny Twist
  - e. ISO Push Up
  - f. Atlas Push Up
2. **Side Neck press**
3. **The Latissimus Dorsi Exercises**
  - a. Leg Pull
  - b. Standing Leg Pull
  - c. Book Press
4. **The Pec Upper Chest Thickener**
5. **The Side Bridge**
6. **All the Biceps Exercises**
  - a. Single Arm Bicep Cur
  - b. Double Arm Table Curl
7. **All the Quadriceps Exercises**
  - a. Wall Squat
  - b. Cross Leg Contraction
8. **Elevated Calf Raise**

### Thursday

1. **All Chest Exercises**
  - a. Lower Pec Border Builder
  - b. Pec Mid Chest Definer
  - c. Pec Upper Pec Thickener
  - d. McSweeny Twist
  - e. ISO Push Up
  - f. Atlas Push Up
2. **Jaw Jut Flex**
3. **The Erector Spinae Exercises**
  - a. Lying Back Extension
  - b. The Superman
4. **Cross Arm Chest Crush**
5. **All the Forearm Exercises**
  - a. Desk Finger Firmers
  - b. Single Arm Forearm Curls
  - c. Single Arm Forearm Extension
6. **All the Hamstring Exercises**

- a. Wall Pull
  - b. Lying Leg Curl
- 7. Elevated Tibialis Raise**

## **Friday**

**1. All Chest Exercises**

- a. Lower Pec Border Builder
- b. Pec Mid Chest Definer
- c. Pec Upper Pec Thickener
- d. McSweeny Twist
- e. ISO Push Up
- f. Atlas Push Up

**2. The Bridge**

**3. Maxick's Back Exercises**

- a. Isolation in Contraction of the Latissimus Dorsi
- b. Single Isolation of the Trapezius Muscle
- c. Double Isolation of the Trapezius Muscle
- d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles

**4. Maxick's Ab Exercises**

- a. Double Perpendicular Isolation
- b. Central Single Perpendicular Isolation
- c. One-Sided Perpendicular Isolation
- d. Abdominal Rolling

**5. Maxick's Arm Exercises**

- a. Shoulder (Deltoid) Control
- b. Control of Extensor Muscles of the Arms
- c. Control of Extensor Muscles of the Arms (Biceps)
- d. Control of the Flexor Muscles of the Arm

**6. Maxick's Leg Exercises**

- a. Control of the Extensor Muscles of the Thigh
- b. Control of the Extensor Muscles of the Thigh Continued
- c. Control of Biceps of Thigh

**7. Maxick's Calves Exercises**

- a. Control of the Biceps of the Thigh, and Gastrocnemius of the Calf

## **Saturday & Sun – Rest**

## Week 5 - Abs

### Week 1 –

#### Monday

- 1. All Abs Exercises**
  - a. The Stomach Flattener
  - b. The Vacuum
  - c. The Side Bridge
  - d. The Superman
- 2. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 3. Forward neck press**
- 4. The Trapezius Exercises**
  - a. Trapezius Chair Pull
  - b. ISO Row
- 5. The Pec Low Border Builder**
- 6. All the Shoulder Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
- 7. All the Adductor Exercises**
  - a. Side Kick Contraction
  - b. Adductor Squeeze
- 8. Seated Calf Raise**

#### Tuesday

- 1. All Abs Exercises**
  - a. The Stomach Flattener
  - b. The Vacuum
  - c. The Side Bridge
  - d. The Superman
- 2. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 3. Rear Neck Press**
- 4. The Rhomboid Exercises**



- a. Upper back Squeeze
- 5. The Pec Mid Chest Definer**
- 6. All the Triceps Exercises**
  - a. Single Arm Triceps Press Down
  - b. Tea Table Triceps
- 7. All the Abductor Exercises**
  - a. Abductor Push
- 8. Calf Chair Raise**

### Wednesday

- 1. All Abs Exercises**
  - a. The Stomach Flattener
  - b. The Vacuum
  - c. The Side Bridge
  - d. The Superman
- 2. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 3. Side Neck press**
- 4. The Latissimus Dorsi Exercises**
  - a. Leg Pull
  - b. Standing Leg Pull
  - c. Book Press
- 5. The Pec Upper Chest Thickener**
- 6. All the Biceps Exercises**
  - a. Single Arm Bicep Curl
  - b. Double Arm Table Curl
- 7. All the Quadriceps Exercises**
  - a. Wall Squat
  - b. Cross Leg Contraction
- 8. Elevated Calf Raise**

### Thursday

- 1. All Abs Exercises**
  - a. The Stomach Flattener
  - b. The Vacuum
  - c. The Side Bridge
  - d. The Superman
- 2. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation

- c. One-Sided Perpendicular Isolation
- d. Abdominal Rolling
- 3. Jaw Jut Flex**
- 4. The Erector Spinae Exercises**
  - a. Lying Back Extension
- 5. Cross Arm Chest Crush**
- 6. All the Forearm Exercises**
  - a. Desk Finger Firmers
  - b. Single Arm Forearm Curls
  - c. Single Arm Forearm Extension
- 7. All the Hamstring Exercises**
  - a. Wall Pull
  - b. Lying Leg Curl
- 8. Elevated Tibialis Raise**

## Friday

- 1. All Abs Exercises**
  - a. The Stomach Flattener
  - b. The Vacuum
  - c. The Side Bridge
  - d. The Superman
- 2. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation
  - d. Abdominal Rolling
- 3. Maxick's Back Exercises**
  - a. Isolation in Contraction of the Latissimus Dorsi
  - b. Single Isolation of the Trapezius Muscle
  - c. Double Isolation of the Trapezius Muscle
  - d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
- 4. Chest Exercises**
  - a. McSweeney Twist
  - b. The Iso Push Up
  - c. The Atlas Push Up
- 5. Maxick's Arm Exercises**
  - a. Shoulder (Deltoid) Control
  - b. Control of Extensor Muscles of the Arms
  - c. Control of Extensor Muscles of the Arms (Biceps)
  - d. Control of the Flexor Muscles of the Arm
- 6. Maxick's Leg Exercises**
  - a. Control of the Extensor Muscles of the Thigh
  - b. Control of the Extensor Muscles of the Thigh Continued
  - c. Control of Biceps of Thigh
- 7. Maxick's Calves Exercises**
  - a. Control of the Biceps of the Thigh, and Gastrocnemius of the Calf

**Saturday & Sun – Rest**

## **Week 6 – Arms**

**Monday**

### **1. All Arms Exercises**

- a. Single Arm Shoulder Press
- b. Single Arm Front Raise
- c. Single Arm Lateral Raise
- d. Single Arm Shoulder Pullback
- e. Single Arm Triceps Press Down
- f. Tea Table Triceps
- g. Single Arm Bicep Curl
- h. Double Arm Table Curl
- i. Advanced Move – the Cross Arm Contraction
- j. Desk Finger Firmers
- k. Single Arm Forearm Curls
- l. Single Arm Forearm Extension

### **2. Forward neck press**

### **3. The Trapezius Exercises**

- a. Trapezius Chair Pull
- b. ISO Row

### **4. The Pec Low Border Builder**

### **5. The Stomach Flattener**

### **6. All the Adductor Exercises**

- a. Side Kick Contraction
- b. Adductor Squeeze

### **7. Seated Calf Raise**

**Tuesday**

### **1. All Arms Exercises**

- a. Single Arm Shoulder Press
- b. Single Arm Front Raise
- c. Single Arm Lateral Raise
- d. Single Arm Shoulder Pullback
- e. Single Arm Triceps Press Down
- f. Tea Table Triceps
- g. Single Arm Bicep Curl
- h. Double Arm Table Curl
- i. Advanced Move – the Cross Arm Contraction
- j. Desk Finger Firmers
- k. Single Arm Forearm Curls
- l. Single Arm Forearm Extension

2. **Rear Neck Press**
3. **The Rhomboid Exercises**
  - a. Upper back Squeeze
4. **The Pec Mid Chest Definer**
5. **The Vacuum**
6. **All the Abductor Exercises**
  - a. Abductor Push
7. **Calf Chair Raise**

### Wednesday

1. **All Arms Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
  - e. Single Arm Triceps Press Down
  - f. Tea Table Triceps
  - g. Single Arm Bicep Curl
  - h. Double Arm Table Curl
  - i. Advanced Move – the Cross Arm Contraction
  - j. Desk Finger Firmers
  - k. Single Arm Forearm Curls
  - l. Single Arm Forearm Extension
2. **Side Neck press**
3. **The Latissimus Dorsi Exercises**
  - a. Leg Pull
  - b. Standing Leg Pull
  - c. Book Press
4. **The Pec Upper Chest Thickener**
5. **The Side Bridge**
6. **All the Quadriceps Exercises**
  - a. Wall Squat
  - b. Cross Leg Contraction
7. **Elevated Calf Raise**

### Thursday

1. **All Arms Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
  - e. Single Arm Triceps Press Down
  - f. Tea Table Triceps
  - g. Single Arm Bicep Curl

- h. Double Arm Table Curl
  - i. Advanced Move – the Cross Arm Contraction
  - j. Desk Finger Firmers
  - k. Single Arm Forearm Curls
  - l. Single Arm Forearm Extension
- 2. Jaw Jut Flex**
  - 3. The Erector Spinae Exercises**
    - a. Lying Back Extension
    - b. The Superman
  - 4. Cross Arm Chest Crush**
  - 5. All the Forearm Exercises**
    - a. Desk Finger Firmers
    - b. Single Arm Forearm Curls
    - c. Single Arm Forearm Extension
  - 6. All the Hamstring Exercises**
    - a. Wall Pull
    - b. Lying Leg Curl
  - 7. Elevated Tibialis Raise**

## Friday

- 1. All Arms Exercises**
  - a. Single Arm Shoulder Press
  - b. Single Arm Front Raise
  - c. Single Arm Lateral Raise
  - d. Single Arm Shoulder Pullback
  - e. Single Arm Triceps Press Down
  - f. Tea Table Triceps
  - g. Single Arm Bicep Curl
  - h. Double Arm Table Curl
  - i. Advanced Move – the Cross Arm Contraction
  - j. Desk Finger Firmers
  - k. Single Arm Forearm Curls
  - l. Single Arm Forearm Extension
- 2. The Bridge**
- 3. Maxick's Back Exercises**
  - a. Isolation in Contraction of the Latissimus Dorsi
  - b. Single Isolation of the Trapezius Muscle
  - c. Double Isolation of the Trapezius Muscle
  - d. Controlling of Deltoid, Latissimus Dorsi, and Trapezius Muscles
- 4. Chest Exercises**
  - a. McSweeney Twist
  - b. The Iso Push Up
  - c. The Atlas Push Up
- 5. Maxick's Ab Exercises**
  - a. Double Perpendicular Isolation
  - b. Central Single Perpendicular Isolation
  - c. One-Sided Perpendicular Isolation

- d. Abdominal Rolling
- 6. Maxick's Leg Exercises**
  - a. Control of the Extensor Muscles of the Thigh
  - b. Control of the Extensor Muscles of the Thigh Continued
  - c. Control of Biceps of Thigh
- 7. Maxick's Calves Exercises**
  - a. Control of the Biceps of the Thigh, and Gastronomius of the Calf

**Saturday & Sun – Rest**

**Week 7 – COMPLETE REST NO EXERCISE**

**Week 8 – Start DAILY Rotation Program Above**

