



McCOY
FITNESS & HEALTH



10-Week Best Shape of YOUR LIFE Challenge!

DOUBLE SPLIT ROUTINE:

**Legs and Chest Workout
Back, Shoulders and Arms Workout**



Strengthening the House!

Weeks 3 to 6

Going deeper with our training and nutrition?!



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Alright Warrior Women! It's time to get more serious.....

We are heading into deeper waters now, as we progress to our ***Double Split Routine!***

With this workout, we are free to train several days in a row (4 or even 5 if you like) because we are breaking the body up into smaller muscle groups, which means that each muscle group gets more rest in between workout days.

Having 2, 3 or 4 different workouts (like we do in the *Monthly Warrior Woman Program*) is actually more beneficial for training, results and time (you spend less time in the gym as opposed to doing a full body workout where you need to hit each muscle group with a minimum of 9 sets in order to see results...if that's the case, you'd be in there for over 2 hours! Lol!)

That's why the whole body workout is a great starter, for sure, but you simply cannot stay there! You are NOT progressing in any way!

As usual, we work *all* our muscles in these workouts, but now we progress to *free weights*. This hits our bodies from different angles, strengthens supporter muscles, builds balance and coordination, and works our body better! You'll see. A bicep curl is NEVER just a bicep curl...we always changes it up with varying grips, apparatuses (dumbbells, barbells, cables, machines), reps, sets, training techniques...whew!

Warm Up: Yep, two full body Hybrid-style Warm up for you is included, with a med ball and a BOSU ball.

Core work: We again have 2 different ab workouts for you to try (and you can still use the ones from weeks 1 and 2 too!) You can even do abs in the middle of your workout, or at the start. No rules here, but best to do a full circuit (of all 3 exercises) as one unit, rather than 1 exercise at a time.

Glutes: Ah yes, the female athlete needs glute work, so I throw it in for you, and I highly recommend you do glutes 1-2 times a week (I've never had any woman say, 'oh it's ok, I don't need any glute work!'). Trust me on this one..more on the need for glute work on page 5 of this card!

WEEK 5: Introducing Supersets and Drop Sets
In Week 5 we will be playing with these two popular trainign techniques, just using our same workout card. Same moves, but just incorporating a different way of doing them. You'll see! The video will come to you in week 5! First, let's get this workout pinned down!



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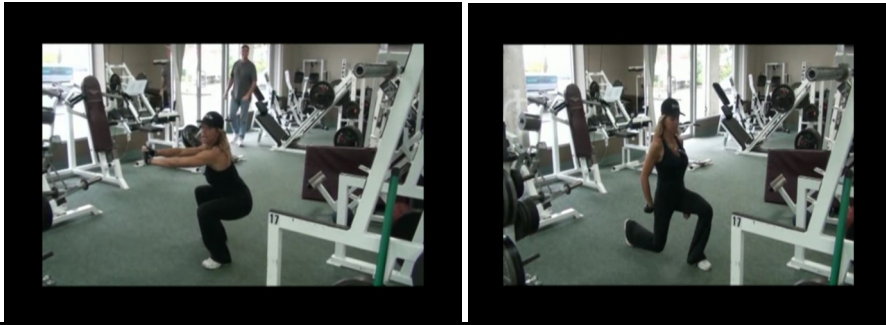


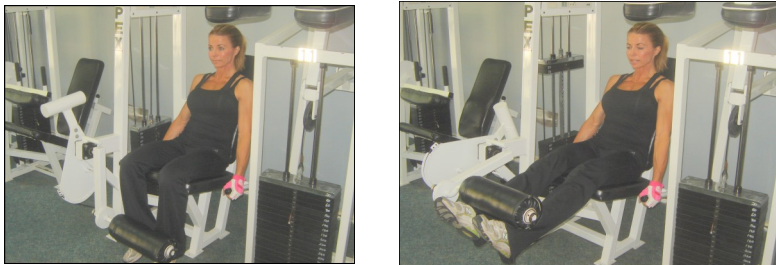
Day 1: Legs, Chest, glutes & abs!

Warm UP: [BOSU Side Lunges and Squats](#)

LOVE this nifty thing! If you don't have one, just improvise with a step or something! GREAT for glutes, fat burning and shape and tone!

Aim for 2-3 circuits, 10-15 reps each!



DAY 1: LEGS, CHEST, glutes, abs- LINK to Exercise Videos		sets	reps	weight
Warm up: Bodyweight Squats and Forward Lunges..yep, again! 		2-3 sets of each	10-15 reps	none
SQUAT: Optional...if you did well with these in the first two weeks and you are comfortable with the form, KEEP THEM IN! 		3 sets total	10 reps	Try with small wgt on bar
Leg Press: Vary your foot stance again to hit all the leg area. 		1	10	
		2	10	
		3	10	
		4	10	
Leg Extensions: pad is on ankles (not foot). No hold at top. 		1	10	
		2	10	
		3	10	
		4	10	

Day 1: LEGS, CHEST, Glutes & Abs [LINK to Exercise Videos](#)

Leg Curl: Focus on keeping your hips down bench and give a slight squeeze at the top of the movement.



Set	reps	weight
1	10	
2	10	
3	10	
4	10	
1	10	
2	10	
3	10	

Standing Calf Raise: Grab a dumbbell, a ledge and hold on while you dip the heel down and rise on the toes, one at a time.



Flat Dumbbell Press: Dumbbells start around your armpit area, and push up and arc above your chest, slowly lower.



1	10	
2	10	
3	10	
4	10	

Flat Dumbbell Fly: Keep your elbows slightly bent, let them 'fly' out to the side, then connect over your chest area.



1	10	
2	10	
3	10	
4	10	

OK, can we talk, cheek to cheek?

For years, I never specifically worked my glutes, and it showed (back then, we thought squatting would do the trick!) And, well, I was in my 20's, then 30's, and all was well...until I hit my 40's. Oops! Flatter than a pancake (that was, though, when the weight came off. Until then, I assumed I had glute muscles. Nope, they were FAT! Surprise, surprise!). And even then, the fatty glutes were going south, BIG TIME! Low, wide, and all cottage cheesy, too!



I hiked, I biked, and I ran. Five km's, sometimes 10, for years. I thought running would keep my booty firm (and give my body shape. Boy, was I wrong! It didn't change at all). In fact, what I learned through trial and error, and research, was that running actually causes the butt to, well, SAG! Why is that? Because of the continuous thumping down of the butt area with every step, stretching out your backside skin even more, and then gravity intervenes over time, with 30, 40, 50+ years of continuous gravitational pulldown. Oh boy!

Now, if you are a sprinter, it's different. Ever notice the butts of sprinters (and I mean lifetime sprinters, it doesn't count if you sprint in your long distance cardio-based running)? They are full, tight, high! That's because when they sprint, they are doing great, bug long strides, and that knee is hiked up high. IN fact, my son laughs because my favourite athletes to watch in the Olympics are the male sprinters...what can I say?

Here's the rub: you HAVE TO have at least a 90% bend in your knee in order for your glutes to work. Or better, yet, even less than this. Put your leg up on a bench....is your knee in line with your hip? Is there a nice 90 degree bend in your knee? Most gym benches are the standard 21 inches high, which means, if you put your foot up there, you'll have that 90 degree angle in there, or better yet, if your hip is HIGHER than your knee. Now you will REALLY work the glutes!

Or...think of this. When you take the stairs, one at a time will give you a bit of a lift, but take 2 or even 3 steps at a time...now you REALLY have to hike that knee up high! And now your glute MUST come into play. Here's a video to explain what I mean. [CLICK HERE!](#)

Here's a nice glute workout for you. Aim for 10-15 each side. Start with low (or no weight) until you get the moves in, do one circuit (these 3 exercises in a row), then progress to 2-3 circuits (so that's 6-9 exercises total). I ALWAYS have my gals do a 3 x 3 glute circuit (3 exercises. 3 x around, so that's 9 exercises) 2x a week. Yep! Twice! So as you get stronger, aim to throw this one in at least twice a week! Trust me on this. You WILL thank me in a few months!

GLUTE CIRCUIT with Dumbbells—[VIDEO LINK HERE](#)

Bench Step ups (10-15 EL—Each leg)



Walking DB Lunges (10-15 Each Side)



DB Curtsy's (10-15 Each side)



Perform with BW (Bodyweight) to start, then add 10-15 lb dumbbells as your strength increases. Aim for at least 2 circuits (6 exercises) and work up to doing this circuit twice a week. If you're ready and able, then 3 x 3, twice a week!

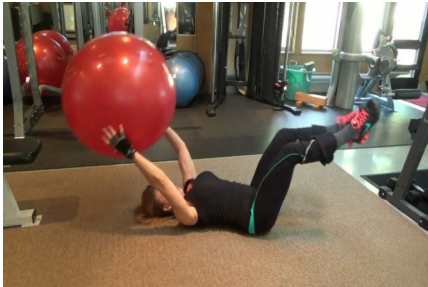
Two new Ab Circuits to try!

Choose one of the following ab workouts, and repeat for 1-2 circuits!

Three Swiss Ball Moves: [VIDEO LINK HERE](#)

1-2 circuits! So 3-6 total exercises, depending on your experience!

Hand to Foot Transfer



Side to Side Pull in



Step Offs



BOSU Moves: [VIDEO LINK HERE](#)

1-2 circuits! So 3-6 total exercises, depending on your experience!

Opposite Side Mtn Climbers (10 ES—Each side)



Rocking Plank (10-SLOWLY!)



Straight/Bent Bicycles (10 + 10)



I don't want Bulky Muscle!

Lots of gals say they don't want the 'bulky' look, rather, they want the long, lean look. Well, here's the deal ladies...you still train the same way!

That 'long, lean' look is generated in 2 ways...genetics (limb length, tendon insertion etc) and how you train (bodybuilders get that way with a LOT of weight lifted, which you can't lift at this point anyway!) And you can manage the amount of 'bulk' with how much weight you use, but don't worry, it takes YEARS to build big muscles, if your body is so inclined!

So...just keep on training *hard*. If, at some point down the road, you are getting too bulky too fast (wow, I wish it were that easy), simply don't increase your weights any more! But ladies...it's not likely to happen! *Trust me on this!* And it's all about diet too...if you're carrying extra weight, you will, well, bulk out everywhere, right?? That 'long lean look' is on women that have LOW bodyfat!

Day 2: Back, shoulders, arms, abs (& glutes)

Warm up: [Med Ball WARM up—LINK to Video!](#)

Grab a 6-12 lb med ball (or a DB or kettlebell)

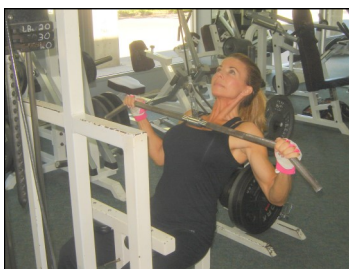
- 12-15 reps each move (that's per side, remember?)
- 2-3 X as a circuit (one exercise after the other)

Aim to lessen the rest and increase the speed of the moves as you get stronger / more conditioned.



Day 2: BACK, Shoulders, arms— [LINK to Exercise Videos](#)

Lat Pulldown: take a wide grip, lean back slightly and pull down to sternum area (not the tummy!) Repeat.



SETS	REPS	
1	10	
2	10	
3	10	

Seated Cable Row: Keep a slight bend in your legs, and bring handle into your belly, squeeze shoulder blades!



1	10	
2	10	
3	10	

DB Shoulder Press Push above shoulders, connect, return.


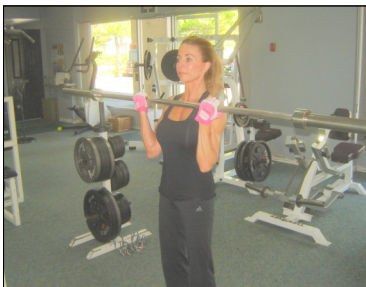








1	10	
2	10	
3	10	

DB Lateral Raise Slight elbow bend, raise to ear level, lower and repeat..



1	10	
2	10	
3	10	

Day 2: Back, Shoulders, Arms— LINK to Exercise Videos	Set	reps	weight
<p>Barbell Curl: Use a bar (short or long) and with elbows by your side, curl up to your chin, slowly lower and repeat.</p> <div style="display: flex; justify-content: space-around;">   </div>	1	10	
	2	10	
	3	10	
<p>Dumbbell Curl: Palms facing thighs, then lift & rotate until palms face up at the top of movement. Elbows at your side!</p> <div style="display: flex; justify-content: space-around;">   </div>	1	10	
	2	10	
	3	10	
<p>Bench Dip: (Easy version: legs bent, feet on ground). Intermediate version: aim to work to put your feet up, legs straight).</p> <div style="display: flex; justify-content: space-around;">   </div>	1	10	
	2	10	
	3	10	
<p>Cable Pushdown—Elbows by your side! Don't let them lift! Try to straighten your arms as much as possible.</p> <div style="display: flex; justify-content: space-around;">   </div>	1	10	
	2	10	
	3	10	

Two new Ab Circuits to try!

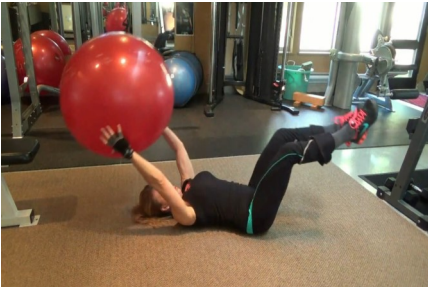
Choose one of the following ab workouts, and repeat for 1-2 circuits!

Three Swiss Ball Moves: [VIDEO LINK HERE](#)

1-2 circuits! So 3-6 total exercises, depending on your experience!

Hand to Foot Transfer

(10-20 reps)



Side to Side Pull in

(10 ES—each side)



Step Offs

(20 ES)

lift a leg for a 5 second count!



BOSU Moves: [VIDEO LINK HERE](#)

1-2 circuits! So 3-6 total exercises, depending on your experience!

Opposite Side Mtn Climbers

(10 ES—Each side)



Rocking Plank

(10-SLOWLY!)



Straight/Bent Bicycles

(10 + 10)



And if you're not too sore...repeat your GLUTE WORKOUT! We're aiming to work glutes two times a week! Go for it! No need to schedule them in with a specific workout, just ensure 2-3 days rest in between!

GLUTE CIRCUIT with Dumbbells — [VIDEO LINK HERE](#)

Bench Step ups

(10-15 EL—Each leg)



Walking DB Lunges

(10-15 Each Side)



DB Curtsy's

(10-15 Each side)



Perform with BW (Bodyweight) to start, then add 10-15 lb dumbbells as your strength increases. Aim for at least 2 circuits (6 exercises) and work up to doing this circuit twice a week. If you're ready and able, then 3 x 3, twice a week!