



McCOY
FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE One:
Training Package



Ready, Set, Go!
Weeks 1 to 3

Rome wasn't built in a day, but it *was* built!



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Alright Elite Warrior Women! It's time to get those lovely bodies of yours moving!

In all our workouts, you will find a full body warm up (And there are LINKS to the videos in every workout this card, so you can easily access the videos!) The point is, we can warm up our blood and lungs with traditional cardio, like machines, but it doesn't really get our musculature, joints, tendons and ligaments all primed! We need more functional-style work, multi-planer and multi-directional work, with added weight, naturally (bootcamp or plyometrics alone are fine and fun, and usually only use bodyweight, but this approach will not give us the results we are after—SCULPTING!).

So we're going to use the **HYBRID approach to training**, which is IDEAL for the 40+ woman! It's my own brand of training for the mature female physique (don't worry, if you're not of the 'mature' age yet, you WILL be, so this is the BEST TIME to train for it! I have a lot of younger gals that join the Challenge, so one for all, and all for one!)

Cardio: You will notice that I don't focus on cardio, because we are here to change our bodies! And cardio is over emphasized (the 'diet' mentality at work!). BUT if you've been doing cardio to date, then you may not want to cut it out entirely, because your body has been used to needing it to keep your weight at a certain level. But we will be teaching our bodies to use nutrition and muscle building to manage our fat levels. But some cardio is good for heart and lung health, and for fat maintenance too! More on that as we progress!

Core work: I prefer core work that tightens our waist (rotational work), and works the abs as a unit that connects us to the rest of our lovely bodies (multi-directional work). Remember to FOCUS IN! This is all about YOU, and getting results! And we'll be moving your body in ways that you aren't used to...but you will LOVE it!

You will have several CORE circuits to choose from, and we'll add more on as we progress through the Challenge. And hey, you can do your ab work at the start too, if you wish. We don't have to stick to tradition and do it at the end. The World is your OYSTER!

Warm Up: It's OK to warm up on a bike or treadmill, but it's not appropriate for the 40+ woman. Our muscles need pre-workout nourishment, and our cells—all our cells—need to wake up! And with a good full-body warm up, you need to engage all your muscles, and especially the ones we are using that day. And as 'mature' athletes, a warm up is ESPECIALLY important! We need to show extra love for our joints and tendons and ligaments (muscles are usually not the issue).

Alright, Onward Advanced Warrior Woman!



Phase 1—Training Tips and Tidbits



Type - Quadruple Split—four-day split routine (4 different workouts).

Length - 45 minutes-1 hour, 4 days a week.

Sequence - 3 sets, 12-15 reps at 70% maximum. **Rest**—30-60 seconds

Total sets—12-15 (not including abs)

Cardio - none!

Lifting Type: Straight Sets

WEEKS 1, 2 and 3 in review:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	W/O 1	W/O 2		W/O 3	W/O 4		
Week 1	Legs, Calves & Abs	Chest & Triceps	OFF	Shoulders & abs	Back & Biceps	OFF	OFF
Week 2	Legs, Calves & Abs	Chest & Triceps	OFF	Shoulders & abs	Back & Biceps	OFF	OFF
Week 3	Legs, Calves & Abs	Chest & Triceps	OFF	Shoulders & abs	Back & Biceps	OFF	OFF

I've got direct video links under each days' workout on the following pages, it easy! Use your Challengers password to get into all Adv BSC videos. (I emailed this out to you at the start of the Challenge! If you forgot, email me! :)

Watch the exercise videos closely: We are really going to look at form in this Challenge, so get your brain engaged, ok? This first phase is all about building your lifting experience, so be consistent and focus in! Note: If your schedule requires different days off, then work around your schedule, but I want you to ensure you're having a day off in the middle, and 2 days off in a row. There is a method to my madness, I'm building your recuperative abilities and your immune system, while perfecting your form! So stick with the 4 days a week, ok? Check out your [Real Training and other cool stuff!](#) For your **Calories and Portions** and **Macro-Nutrients—Thinking in Food Groups** videos.

Rest 30-60 seconds between sets. The rest length depends on how hard you're training. When in doubt, just check in...Is your breath steady? Are you feeling refueled? This isn't a race!

How hard should I train? We'll look at that in more detail next week, so for now I want you to just focusing on the lifts—making every lift a work of art, getting your body back in gear, learning to maneuver around the Exercise Library and such... Watch the videos closely...form is key, ladies!

Write everything down. It makes you accountable, and you get excited to see all that you've accomplished! (Use your Tracking Sheet found in this package or use your own method, whatever works for you!) Tip—When I write down my weight, I put down the *weight used per side*. For example, if I *do a Leg Press with 25 pounds, I write down 25* for my weight, referring to using a 25-pound plate per side. A Barbell curl with 10 pounds refers to adding a 10-pound plate on each side of the barbell. I find it just makes it easier for me, but you can use whatever method you currently use

Empty bars have varying weights, usually from 25-45 pounds so you can either weigh them yourself or ask a trainer at the gym...they usually know the weight of each. It's tougher to know the weight of machinery, so we don't even factor this in.

Advanced BSC—PHASE 1**WORKOUT 1: Legs, Calves, Abs****NOTE:** (DB = dumbbell, BB = barbell)

Write down your weights in this workout card, or in your own journal. Remember, we calculate the weights *per side*, to make it easy! (Example, a leg press with 45 lbs means it is 45 *per side*) And never mind adding in the weight of the mechanism (who cares?). Please follow my suggested number of sets and reps as shown.

Don't forget to do your MET **warm up** at the top of your workout card (accompanying video is in your Exercise Album). Very IMPORTANT. This **HYBRID-style of warm up**, that includes multi-planar, multi-directional moves, with speed and explosiveness, is KEY to upping the metabolism and adding shape and tone. They are tough, but they are not just a warm up, they are part of your workout, as well!

In time, speed and explosiveness will increase with these starter moves (that's the key). So work into it. Give yourself a few weeks.

For now, we're working in the **70% intensity range** (12-15 reps), to build recovery, strengthen ligaments and tendons and to get our body in gear!

LOWER BODY Warm up / Opening up work:

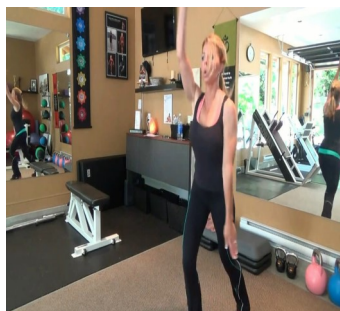
Front and Side Jacks, Split Lunges and Jump Squats

These are HARD, but sooo important! Ready...? Two full circuits! [VIDEO LINK HERE!](#)

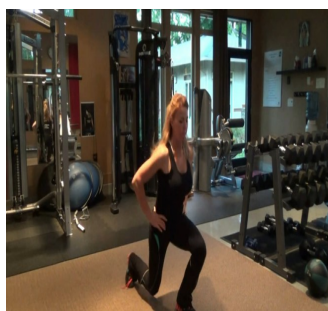
Side Jacks
50



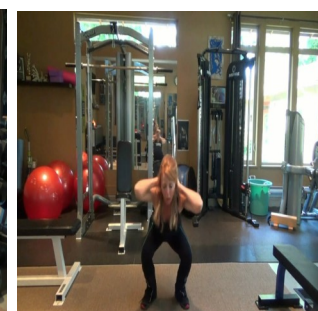
Front Jacks
50







Split Lunges
10






Jump Squats
10



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WORKOUT 1: Legs, Calves, Abs		sets	reps	weight
Leg Press 		1	12	
		1	12	
		1	12	
Leg Extension: 		1	12-15	
		1	12-15	
		1	12-15	
Leg Curl (seated or lying): 		1	12	
		1	12	
		1	12	
Alternating Barbell Lunges 		1	12	
		1	12	
		1	12	

WORKOUT 1: Legs, Calves, Abs		sets	reps	weight
Bench DB Step ups 		1	12-15	
		1	12-15	
		1	12-15	
CALVES: Seated Raises 		1	15	
		1	15	
Standing Calf Raise 		1	15	
		1	15	

ABS / CORE: 2 sets of 15 reps each of these three way Cable Woodchops! [VIDEO HERE!](#)

Low to High



Straight Across

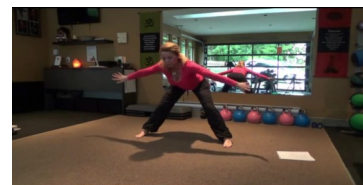
15 each side, for all moves. Two circuits!



High to Low



And don't neglect to **s-t-r-e-t-c-h!** Here's my fav Lower Body Stretch, using Yoga moves! [HERE!](#)



Advanced BSC—PHASE 1

WORKOUT 2: Chest & Triceps

NOTE: (DB = dumbbell, BB = barbell)

Remember: if you can't find a piece of equipment or you can't perform the exercise, email me and I'll find you an alternative, or fill in with what you know. The key is to make sure that you always do the total number of sets written for each body part, even if that means doubling up on the other exercises. We're working to keep your volume up! (remember, volume = shaping!)

Order matters: I've put them in the order that best suits shaping at this stage, so do try to stick to the order. Sometimes a gym can be busy, but remember to always let someone work in with you, so you can alternate...that makes for good gym etiquette.

Also, if you're working in with someone, alternating on a shared piece of equipment, it's nice to put the weight back to what he or she is using, for them (hopefully they'll do the same for you). It's just what we're supposed to do.

DO YOUR MET warm up! Very IMPORTANT. This **HYBRID-style of warm up**, that includes multi-planar, multi-directional moves, with speed and explosiveness, is **KEY** to upping the metabolism and adding shape and tone. They are tough, but they are not just a warm up, they are part of your workout, as well!

In time, speed and explosiveness will increase with these starter moves (that's the key). So work into it. Give yourself a few weeks. For now, we're working in the **70% intensity range** (12-15 reps), to build recovery, strengthen ligaments and tendons and to get our body in gear!

MET Warm up: Two Move WARM up—[LINK to Video!](#)

(It's also in your Exercise Portfolio)

Grab a body bar (or barbell, around 25-35 lbs) and an 8—15 lb **DB or kettlebell** (depending on your experience)





CIRCUIT the two together...




- 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 explosiveness of the moves as you get stronger / more conditioned.

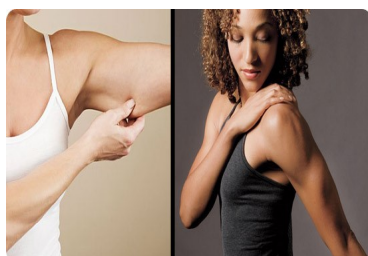
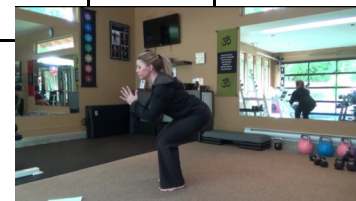
This should be a fast paced, explosive warm up!



WORKOUT 2: Chest & Triceps		sets	reps	weight
CHEST: Bench Press Free bar or Smith 		1	12	
		1	12	
		1	12	
Flat Dumbbell Press 		1	12	
		1	12	
		1	12	
Incline Dumbbell Flies 		1	12-15	
		1	12-15	
		1	12-15	
Alternating 1-leg Push ups 		1	5 reps each leg up	
		1	5 reps each leg up	

WORKOUT 2: Chest & Triceps		sets	reps	weight
TRICEPS: Bench Dips (easy to hard versions!) (Feet up / with weight recommended at this level!) Here are a bunch of versions 	1	12-15		
	1	12-15		
	1	12-15		
Cable Pressdown w/straight bar 	1	12		
	1	12		
	1	12		
Single Cable Pushdowns (palm down) 	1	12-15		
	1	12-15		
	1	12-15		

And don't neglect to **s-t-r-e-t-c-h!** Here's my fav UPPER Body Stretch, using Yoga moves! [CLICK HERE!](#) 



Why are triceps so tricky to work (and we see a lot of looseness there? Because most gals don't work them right. Always, ALWAYS keep your elbows tucked in: don't let them lift from your side while doing standing cable work or DB work. If your elbows lift up, you're using momentum.

And LOCK those elbows out! This muscle group is the ONLY one where we WANT you to lock out at the end of each movement...THAT flexes that lovely tricep and cuts into the muscle to SHAPE it up!

Advanced BSC—PHASE 1**Workout 3: Shoulders & Abs****NOTE:** (DB = dumbbell, BB = barbell)

Shoulders can be tricky, so listen to them well! ALWAYS error on the side of being lighter, and build slowly in weight.

You may hear ‘clicking’ in your shoulders. Usually this is not an issue, but if pain happens (and this usually shows up at night), then drop back in weight or cease for a bit.

Warm up your shoulders with the warm up (it’s VERY important in this workout) and also do some nice circles with your arms for a few minutes.

Write down your weights, *and* remember, we calculate the weights *per side*, to make it easy! (Example, a leg press with 45 lbs means it is 45 *per side*) And never mind adding in the weight of the mechanism (who cares?). Please follow my suggested number of sets and reps as shown.

Aim to get faster and more explosive with the warm up...and take less rest in between moves, This is the progressive nature of our work! In time, speed and explosiveness will increase with these starter moves (that’s the key). So work into it. Give yourself a few weeks.

I’ve got TWO NEW AB circuits for you, to choose from. Just keeping it FRESH! So now you have **3 ab circuits in Phase 1**: Cables (from LEG day), and these 2, so pick and choose...2-3 circuits of each one (that’s 6-9 ab exercises total). K?

MET Warm up: Two Move WARM up—[LINK to Video!](#)

(It’s also in your Exercise Portfolio)

Grab a body bar (or barbell, around 25-35 lbs) and an 8—15 lb **DB or kettlebell** (depending on your experience)





CIRCUIT the two together...


- 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 explosiveness of the moves as you get stronger / more conditioned.

This should be a fast paced, explosive warm up!



Workout 3: Shoulders & Abs		sets	reps	weight
Barbell (or Smith) Press		1	12	
		1	12	
		1	12	
Seated DB Presses		1	12	
		1	12	
		1	12	
Dumbbell Laterals		1	12-15	
		1	12-15	
		1	12-15	
Front Alternating DB Raises		1	12-15	
		1	12-15	
		1	12-15 12	

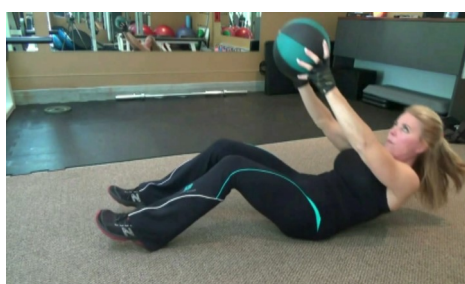
Workout 3: Shoulders & Abs		sets	reps	weight
Rear DB Laterals		1	12-15	
		1	12-15	
		1	12-15	

Two Core Workouts to choose from...choose one! Stay FRESH!
Aim for 6-9 total exercises, so grab a circuit and go thru two-three times!

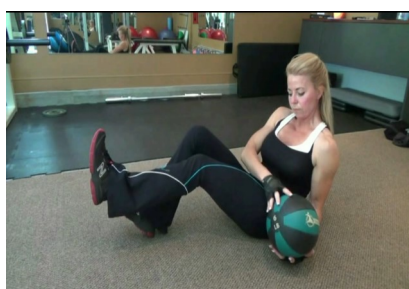
Three Med Ball Moves: [VIDEO LINK HERE](#)

Grab a 5-10 pound Med Ball, depending on your experience...1-2 circuits.

Med Ball Sit Up
(10-20 reps)



3-Pt Russian Twist
(10 ES—each side)



Med Ball Plank
(30 seconds). Try to lift a leg for a 5 second count!



Three Body Moves: [VIDEO LINK HERE](#)

Minimal Equipment needed in these 3 moves..1-2 circuits.

Wide Leg DB Punches (5-10 lbs)
(20 ES—Each side)



Floor Scissors
(20 ES—Each side)



End of Bench Circles
(10 ES—Each Side)



Remember to **s-t-r-e-t-c-h!** [CLICK HERE!](#)

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Advanced BSC—PHASE 1

Workout 4: Back and Biceps

NOTE: (DB = **dumbbell**, BB = barbell)

Remember: Form is key. Lift for 2 seconds, lower for 1-2 seconds, never let the weight drop down (gravity is your friend here, so don't let it take over, lower slowly).

Did you know that most people think that all the shaping is happening on the *concentric* (lifting) phase, but there is just as much shaping being done if you resist dropping down fast and lower the weight slowly (*eccentric* phase), as shaping is done in this part of the movement too! So double money for your work!

Cool! Every part of the ascent and descent counts! So make sure you're getting 100% out of it, not just 50%! Concentrate going up, and going down! ZONE IN!

As you learn more about proper lifting, your eyes will shift...you'll soon spy all sorts of gym goers lifting incorrectly, which you may not have noticed before. NOW you can see why their bodies aren't changing shape much, yes? If only they knew....

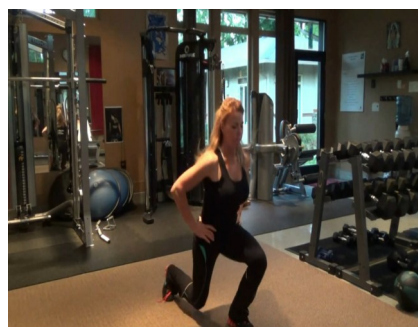
And remember to put your weights away, ok? Again, we're here to lift well and train with integrity (and to teach others!)

Choose your MET **Upper or Lower body Warm ups** we've done so far....





Upper Body WARM up: [VIDEO LINK HERE!](#)






LOWER BODY Warm up: [VIDEO LINK HERE!](#)



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Workout 4: Back and Biceps		sets	reps	weight
Wide Lat Pulldown 		1	12	
		1	12	
		1	12	
Seated Narrow (T-bar) Row 		1	12-15	
		1	12-15	
		1	12-15	
1-Arm DB Rows 		1	12-15	
		1	12-15	
		1	12-15	
Barbell Row 		1	12	
		1	12	
		1	12	

<u>Workout 4: Back and Biceps</u>		sets	reps	weight
Barbell Curls 		1	12	
		1	12	
		1	12	
Alternate DB Curls 		1	12-15	
		1	12-15	
		1	12-15	
Hammer Curls 		1	12-15	
		1	12-15	
		1	12-15	

Remember to **s-t-r-e-t-c-h!** [CLICK HERE!](#)

Everyone has their 'genetic' strengths.
For me, legs and shoulders are TOUGH!
What's tough for YOU?

Don't compare yourself to others. We all have our strengths and weaknesses. It's about knowing where you have to work extra hard!

Answers for Health IQ

(from your Pre Challenge KIT!)

Let's see how you did from your questionnaire from your pre-Challenge Kit from last week...

- 1) The average daily calories for a *lean* woman is:
1200-1400 **1500-1800** 1900-2000
- 2) The best way to shape a muscle is to train using: 6-8 reps, **8-12 reps**, 12-15 reps
- 3) *Too much protein* for an average woman is 100 grams, 150 grams, 200 grams—
none of the above!
- 4) The best number of total sets per large muscle group for maximum shaping is:
10-15 sets 15-20 sets **20-25 sets** **25-30 sets** (both are correct)
- 5) The best number of total sets per small muscle group for maximum shaping is:
10-15 sets **15-20 sets** 20-25 sets 25-30 sets
- 6) Science says the best time to train with weights for maximum benefit is.
First am, **10am-2 pm** (mid-day), early afternoon, early evening.
- 7) You have a party coming up in 24 hours...The fastest way to lose weight those extra lbs is: to cut your water, **to cut your carbs**, to stop eating for 24 hours.
- 8) When you squat, you should: stop just short of parallel, **go to parallel**, go slightly below parallel (this is assuming you have good knees and a good back).
- 9) An effective fat-burner is: **CLA** creatine branch chain amino acids
- 10) Glutamine helps build the immune system and aids recovery and is found naturally in: **meat** spinach fruit.

How'd you do? Don't worry, we'll be looking at all of this in more detail throughout the Challenge!



“The more you eat, the less flavour. The less you eat, the more flavour.”

- Chinese proverb



“Obsessed is a word used by the weak to describe the dedicated.”

- Ronnie Coleman



“A person’s health can be judged by what he takes two at a time—pills or stairs! ”

– Joan Welsh

