



McCOY

FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE Three: Training Package



The Nuts 'n Bolts of Training!

Weeks 7 to 9

Advancing Your Training with Supersets and Giant Sets!



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SUPER Sets and GIANT Sets!

OK. Time to get serious...

So far we've been doing *straight sets*, which means, you've been lifting and resting, then lifting some more. This is basic lifting 101, and it's what we use the majority of the time when we're sculpting, but let's shake it up and move up into the advanced ranks of training!

Now that we've got that mastered, we've moved into Advanced Training with this workout. This is where real **HYBRID training** comes in!

Remember: Watch your video(s) in your [Real Training Album](#) for examples of each technique!



Super-sets: A lot of women use super-sets as a way to get through their workout faster. This is certainly one reason, but it's also an advanced technique when applied correctly. There is a tendency to lose form when doing anything faster and with more repetition, like super sets and giant sets, so focus is still key, and you've gotta lift with a specific pace in mind. This is where we have to FOCUS IN!

Super-sets (for same muscle groups): This means you are doing *two* exercises for the same muscle group back to back, like doing a set of dumbbell presses immediately followed by dumbbell flies for chest. You rest after both exercises are done, about 30-60 seconds, then do it again, rest, again, rest. Got it?

Super-sets (for opposing muscle groups): If you're working *two* muscles groups together, like chest and back, you can superset a chest exercise with a back exercise...this allows a little bit more time for recovery as you perform an exercise on another muscle group, so there's more rest on your muscles. But the intensity is the same—bench press super-setted (SS) with a dead lift, rest, do it again, rest, do it again...Don't rush through the lifts, maintain your 2 up, 1-2 count down, and focus in.

Giant Sets: this just refers to doing *3 or 4* exercises in a row, again (it's actually super-setting but with more than 2 exercises, and like super-sets, you can do it for same muscle groups or opposing muscles.) I do this sometimes for legs, where I set up squat, leg press, hack, extension and curl, and move through them one after another without rest, then rest 1-2 minutes afterward. This one takes more energy, it's tougher but it's a great way to shake up your routine. It can be harder to do in a gym that's busy as you'll be monopolizing 4 different stations, so aim to do it when the gym is quiet.

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Phase 3—Training Tips and Tidbits

Type - **Five-Day Split** and adding in *Advanced Training Techniques—Supersets & Giant Sets*

Length - **1 hour**, 5 days a week.

Lifting - **3-4 sets, 8-12 reps per set**, at 80-85% intensity.

Rest—1-2 minutes

Total sets—**15- 20** (not including abs)

Cardio - 4-5 times / week, and introducing **Sprint Cardio**, 2-3 times a week.

WEEKS 7, 8 and 9 in review:

	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Day 6	Day 7
Week 7	Quads / Calves (LSD cardio)	Chest / Back & Abs (Sprint or HIIT cardio)	Shoulders / Glutes (Sprint or HIIT cardio)	Arms & Abs (Sprint or HIIT cardio)	Hams / Glutes (LSD cardio)	Cardio— optional...do you NEED it?	FULL DAY off from every- thing...!
Week 8	Quads / Calves (LSD cardio)	Chest / Back & Abs (Sprint or HIIT cardio)	Shoulders / Glutes (Sprint or HIIT cardio)	Arms & Abs (Sprint or HIIT cardio)	Hams / Glutes (LSD cardio)	Cardio— optional...do you NEED it?	FULL DAY off from every- thing...!
Week 9	Quads / Calves (LSD cardio)	Chest / Back & Abs (Sprint or HIIT cardio)	Shoulders / Glutes (Sprint or HIIT cardio)	Arms & Abs (Sprint or HIIT cardio)	Hams / Glutes (LSD cardio)	Cardio— optional...do you NEED it?	FULL DAY off from every- thing...!

As we head into Phase 3 of the Challenge, we are playing with some advanced techniques like **Giant Sets** and **Super Sets**. We are stirring the pot, here! BOTH are in your [Real Training Album](#)!

We are now working in the **80-85% rep range**, which means 8-12 reps. This means the weight is definitely heavier at 8, lighter at 12. There's no set formula here, on how many sets to do 8 reps on, and how many to do 12 on, because I want you to experiment with heavy weights, but ALL sets heavy would be too much. And some are **unilateral** (one arm) work, up to 15 reps, often with SPEED, ok? We're upping your nervous system capabilities AND your conditioning with these....

Days off training: I recommend having a day off when needed, or separating them throughout the week. I don't like training 5 days in a row, then taking the weekend off...this is usually when we FALL DOWN in our eating / healthy living! (We call this the 'weekend mentality'. Mature athletes breaks her days up (I take Mondays and Fridays off). YOU decide how it best fits your lifestyle!

Cardio: We've added in **sprint cardio** in various forms—sprints in running, skipping, machines and such, (30 second sprints followed by 30 second rest, repeat for 10-20 times or 15-20 minutes). Do them at the end, or sprinkle 30 second intervals into your workouts! **NOTE:** I have put in suggested types of cardio on certain days, to help direct you...for example, on leg day, it would likely be too hard for you to do sprint work, so LSD is in order. These are only my recommendations, but I do recommend cardio 3x/week. You blend up the types yourself!

Advanced BSC—PHASE 3

Workout 1: [Quads & Calves](#)

We can play with **Super Sets for legs**, as shown, but it can be a wee bit tricky, because we need more machines. But do try..



Warm up: Because this day is sooo taxing, with higher weight expectations added in, I would keep the warm up light! (No, I'm not going soft on you...you'll see what I mean!) So how about just the 2-move warm up you've already done, and BEND into the moves to warm up your lower body too! It'll be enough! We start moving into full **HYBRID training** in this phase: multi directional, multi planar, functional and body sculpting moves all blended into our training programs! It's the **ONLY** way to build and shapen the 40+ woman's body!

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

Grab a **body bar** (or barbell) and an 8—15 lb **DB or kettlebell**

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



Workout 1: Quads & Calves		sets	reps	weight
Squat (bar or Smith) 		1	8-12	
		1	8-12	
		1	8-12	
		1	8-12	
Leg Press Alt wide/narrow 		1	8-12 Wide	
		1	8-12 Nar- row0	
		1	8-12 Wide	
		1	8-12 nar- row	

Workout 1: Quads & Calves**X-tra Wide Hack**

If you don't have
A hack, use Leg Press

Toes hanging off,
pointing out.



sets	reps	weight
1	8-12	
1	8-12	
1	8-12	
1	8-12	
1	12-15	
1	12-15	
1	12-15	
1	12-15	
1	15	
1	15	
1	15	
1	15	
1	15	
1	15	

Leg Extension**Seated Calf Raise****Calf Press on Leg Press (or Standing machine)**

Got some oomph left for LSD cardio? Aim for 15-20 minutes, steady pace, heart rate above 120 bpm. Remember, for fat burning we do it AFTER weight training!

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Advanced BSC—PHASE 3

Workout 2: [Chest, Back & Abs](#)

We can do Super-sets between chest and back, so I've got them grouped in this way. This is called using *opposing muscle groups* (different muscle groups, like chest and back) for Super Sets. I like working this way at times...faster, and more productive. But caution: We don't do super sets all the time...or else its benefits decrease.

Introducing the **Swiss Ball** into things...a GREAT tool to use to shake things up!

Warm up: SKIPPING! ([The REAL way!](#)) - VIDEO

SKIP for 3—5 rounds, counting 100 turns or 1 minute count. Think I'm being soft on you?? Think again...you'll see! But skipping is simply one of THE BEST fat burners and body energizers there is! (1 million fighters can't be wrong! And they are the MOST fit athlete!)



Workout 2: [Chest, Back & Abs](#) — Super Sets

Incline Smith or Bar Press



sets **reps** **weight**

1 8-12

1 8-12

1 8-12

Barbell Rows



1 8-12

1 8-12

1 8-12

Incline DB Flies



1 8-12




1 8-12

1 8-12

Super set...

Super set...

Super set...

Workout 2: <u>Chest, Back & Abs</u>		sets	reps	weight
DB Rows		1	8-12	
		1	8-12	
		1	8-12	
Alternating press On Swiss (faster)		1	12-15	
		1	12-15	
		1	12-15	
1-arm Cable Rows (faster)		1	12-15	
		1	12-15	
		1	12-15	

ABS / CORE: BOSU Tri moves! 3 exercises on the BOSU! **2-3 circuits...**! Whew!

Opposite side Mtn Climbers
15/side

Rocking Plank (slow)
15

Alt straight / bent leg bicycles
5, 5, 5, 5



CARDIO: —SPRINT or HIIT Cardio (30 second intervals) - Aim for 10-20 minutes total!

Advanced BSC—PHASE 3

Workout 3: [Shoulders & Glutes](#)

We can do Super Sets between same muscle groups, so I've got a shoulder grouping for you (and glutes are naturally grouped in a circuit!). So I've grouped 2 together for you. AND you will need to find your gym's shoulder machine. Don't know? ASK!

SUPER SETS are hard because of the non-stop nature, and require TONS of focus!)
Introducing the Swiss Ball for CORE work (you'll LOVE me for this one!)

Warm up: SQUAT 'n CHOP! [VIDEO LINK!](#)

BOSU DB Squat 'n Press and Low-High Tubing chops!

- 15 reps each move, repeat 2-3 circuits! Aim to do the tougher BOSU move, in time!



Workout 3: [Shoulders & Glutes](#)—Super Sets

Machine Press

Use whatever one is in your gym!

DO NOT superset This one...complete all sets of this one first.



sets	reps	weight
1	8-12	
1	8-12	
1	8-12	

1-Arm Lumberjacks



DB Press



Super set...

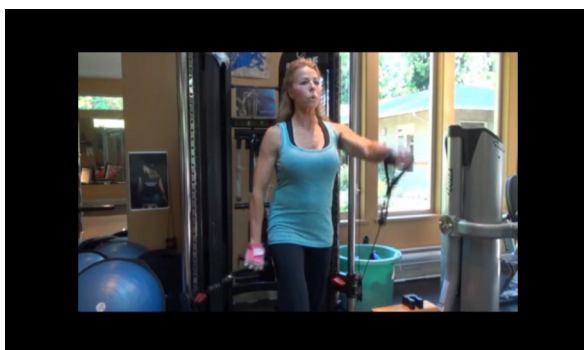
Super set...

Workout 3: Shoulders & Glutes**Alternating DB Press on Swiss**

(lighter and FAST)



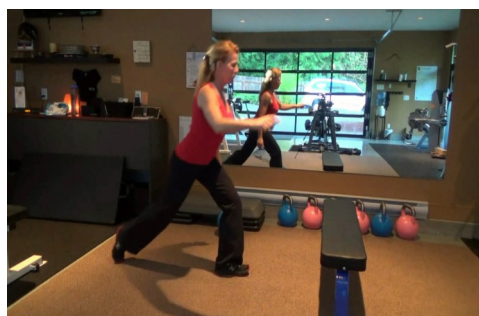
sets	reps	weight
1	8-12	
1	8-12	
1	8-12	
1	8-12	
1	8-12	
1	8-12	

Alternating Front Cable Raisesor use DB if no cables...
That video is included

GLUTES: Tri moves! 3 exercises strung together! **2-3 circuits...**! Whew!
Read the descriptions in the videos, these moves are a wee bit trickier than they look. FORM is KEY!

Bench Step up, Step back

12 each leg

**DB Airplanes**

12 each leg

**Bench Crossovers**

12 each leg



CARDIO: —SPRINT or HIIT Cardio (30 second intervals) - Aim for 10-20 minutes total!

Advanced BSC—PHASE 3

WORKOUT 4: Arms & Abs

A nice set of arms take time and heavy lifting to make, but they respond (or show) faster than a lot of bodyparts because they generally carry less fat. BONUS!

In THIS workout, you can **GIANT SET** 3 exercises, like ALL biceps strung together, one after another, and the same for triceps). I explain it in the video [The Power of GIANT SETS](#).

It's another way of bringing INTENSITY and VARIETY into your training! You'll LOVE them! But you've gotta set your stations up beforehand (I suggest keeping everything close to you, so everyone gets the hint!) It can be hard to do GIANT SETS in a busy gym, but with smaller bodyparts like arms, it's way easier than the other bodyparts.

Warm up: SKIPPING! ([The REAL way!](#)) - VIDEO!!
SKIP for 3—5 rounds,
Count 100 turns or 1 minute count.



WORKOUT 4: Arms & Abs — GIANT SETS

BICEP Barbell Curl



sets reps weight

1 8-12

1 8-12

1 8-12

Concentration Curls



1 8-12

1 8-12

1 8-12

Single Cable Curls



1 12-15

1 12-15

1 12-15

GIANT set

WORKOUT 4: Arms & Abs

Bench Dips
(feet UP, with weight if you can!)



sets	reps	weight
1	10-12	
1	10-12	
1	10-12	
1	8-12	
1	8-12	
1	8-12	
1	8-12	
1	8-12	

DB Skull Crushers

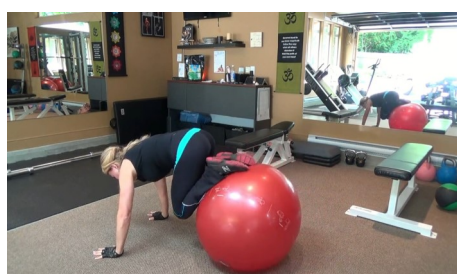


Reverse Cable Pulldowns (palm up)



ABS: SWISS BALL Tri moves! 3 exercises strung together! **2-3 circuits...**! Whew! Read the descriptions in the videos, these moves are a wee bit trickier than they look. **FORM is KEY!**

Pull in's
15-20



Pikes
15-20



Step Offs
10-15 each leg



CARDIO: —SPRINT or HIIT Cardio (30 second intervals) - Aim for 10-20 minutes total!

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Advanced BSC—PHASE 3

Workout 5: Hams and Glutes

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Our backside, from ankle to upper glute, needs a LOT of work. So we hit things from all angles. Again, you can play with Super Sets (2 exercises back to back), or GIANT Sets (3 or more strung together) to really intensify things, and speed things up. Play with it!

And there's a nice SWISS BALL glute circuit at the end. IF you can do cardio, the LSD (long slow distance) may be your best choice, because after this one, you simply can't get a lot of OOMPH in your cardio routine!

WARM UP: SKIP, Squat Jumps, and Split Lunges
VIDEO LINK!

- 50 turns, 15, 15 ...

Rest, and repeat! (You know all these moves!)

Aim for **2-3 circuits**, K?



Workout 5: Hams and Glutes—GIANT SET

Hamstring Curls
Seated or lying



sets	reps	weight
------	------	--------

1	8-12	
---	------	--

1	8-12	
---	------	--

1	8-12	
---	------	--

Single Curls



1	8-12	
---	------	--

1	8-12	
---	------	--

1	8-12	
---	------	--

High Leg Press




1	8-12	
---	------	--

1	8-12	
---	------	--

1	8-12	
---	------	--

GIANT set

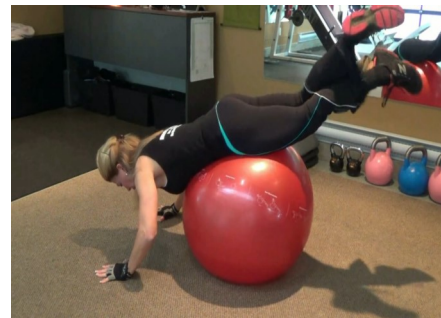
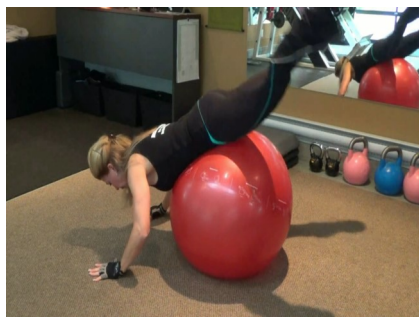
Workout 5: <u>Hams and Glutes</u>		sets	reps	weight
Stiff Leg DB Lift		1	8-12	
		1	8-12	
		1	8-12	
DB Squats		1	12-15	
		1	12-15	
		1	12-15	
DB Curtsy's		1	8-12	
		1	8-12	
		1	8-12	

GLUTES: SWISS BALL Tri moves! 3 exercises strung together! 2-3 circuits...! Whew! These BURN, but BURN nicely!

Pull in's
15-20

Hypers
15-20

Scissors
10-15 each leg



CARDIO: —LSD is about all you can muster on Leg Day - 15-20 minutes or so!

Other ADVANCED TRAINING TECHNIQUES

There are numerous ways to improve your Results! We'll touch on these as we progress through the Challenge.

Pyramids— If you're stuck with not being able to move your weight up, pyramids are a great way to hit your high note when it's a little tough to get there. I use these in squats, because I've had to work hard to get my weight up on these. Do a set with the bar, then add, 10 lbs and whip out another set, add another 10 lbs, whip out another set, and add again and again...we normally pyramid up 4 or 5 times, increasing the weight (and dropping the reps) as we go, with your heaviest weight being at the 'top' of the pyramid for 1-2 sets, 4-8 reps (some guys only do 1 or 2 reps because they're truly maxed out on this!). You can strip some plates on the way down too, usually for 2 or 3 drops, but be careful..after pyramids you will likely be really drained, so stripping down too many times may be risky!



Drop sets—when you struggle to complete the 8-12 reps you want with a heavy weight, or you're having trouble increasing your weight, drop sets are great. You do a dumbbell curl with 25 pounds, but you can only do 3 or 4 reps, so you immediately drop the weight and grab a lighter weight and work to failure, drop that weight and grab a lighter weight and go to failure, then again... drop 3-5 times! In time, you'll be able to do 3 full sets at your new target (heavier) weight, which is the goal when we incorporate drop sets into our training. It also shakes up our training and has you dig deep into the muscle. Now you're tired!

Strip Sets—similar to drop sets, a strip set is where you do a set, then strip some weight off and do some more. The difference is often in the amount of reps—strip sets often do 20-50 reps! Some crazies do even more than that! Cable and plate machines lend themselves well to this kind of technique. Bars work well too, but rack it up with a bunch of small plates to ensure you can strip!

Here's an example: Rack up the Leg press with a heavy weight, do 10-20 reps, then have someone strip off a little at a time, say 10 a side, do another set (work to failure...lift until you can't lift anymore), have them take off more again, eek out as many as you can again....you end up stripping the bar about 5 or 6 times and you do every set to failure. You don't take a rest in between strips, you just keep on going. This approach certainly shakes up a lazy routine and digs deep into your muscles. You don't grow bigger with this technique, rather, you dig deeper into the muscles, hitting them in a new way which helps your muscles respond in a new way. I only recommend doing this once in a while...it's tough! And it can easily send you into over-training!

There are a lot of ways to shake things up, these are just a few of them!

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"Maintain a positive attitude and the long-term goals will take care of themselves."

- Arnold Schwarzenegger



"If you want to become a physique artist, then cardio training must be a part of your off-season and competitive program! "

– Frank Sepe, physique model



Jamie Eason: At 5'1" and 105 pounds she proves that great things come in small packages size. She only competed once, then translated her 'look' into a million dollar business!



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