



McCOY

FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

PHASE Four: Training Package



Taking it to the Streets!

Weeks 10 to 12

Assess, prioritize...heading into the future...!



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Advanced Training and Lifestyle!

OK. Moving into the home stretch now...

In this Phase, we are playing with some advanced techniques like **Giant Sets** and **Super Sets**, which we've already experimented with, but we add them in to this Phase 4! Stay focused when performing these!

We also look at two new techniques—**Pyramids**, **Drop Sets** and **Super Sets!** These techniques are the Advanced Athlete's best friend, and are extremely effective for moving to the highest level of training!

We also look at **Envisioning your Day** (as an Advanced Athlete, it's not so much what we DO, but how we THINK!) Start with the end in mind...you'll see what I mean! As advanced athletes, THIS is where you LIVE!

All videos are in your [Real Training Album](#)! Check them out!



Now, onto the meat and potatoes...

Yep, you're gonna sweat. You're gonna be sore, and you're gonna LOVE it! And here, in this Phase, is where I hand off the reins to you, a little bit. **YOU choose your warm ups, your cardio and your ABS!** Time for a bit of training autonomy!

Cardio: YOU decide what kind (sprint, HIIT, LSD) because you will find some kinds are better than others on certain days (for example, I can only muster LSD, if any at all, on LEG day. This is where the Advanced athlete goes inward, and learns to tap into her intuition, and assess through experience, what her body needs, and what that days' work (and eating) will look like.

Lagging Bodypart: What bodypart do you MOST want to work on? You get a chance to create your own mini circuit for that bodypart, with certain parameters to guide you! So assess yourself...look closely, ok? AS we play with 6 days a week, you will be creating your own Lagging Bodypart day...(it's in Day 6 of your training albums. Yyou will make up your own!)

We also look at our **natural body rhythms** and how to stay in tune with them, which is so important. Hormonal health and homeostasis is sooo important to the athlete's health and well being! And that is ALWAYS what we strive for, day in, day out!

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Phase 4—Training Tips and Tidbits

Type - **5-6 Day Split** using our *Advanced Training Techniques—Pyramids, strip sets and drop sets*

Length - **1 hour**, 6 days a week.— if you're adding in a LB (lagging bodypart) day!

Lifting - **4 sets per exercise**, 6 or 8 to 12 reps per set, at 85-90% maximum.

Total sets—**app. 20-25** (not including abs) **Cardio** - As you wish....YOU choose!

	Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Day 6	Day 7
Week 10	Quads / Calves Cardio...as you choose	Chest / Back & Abs Cardio...as you choose	Shoulders / Calves Cardio...as you choose	Glutes & Hamstrings Cardio...as you choose)	Arms & Abs Cardio...as you choose)	LBD Day: 9-12 sets Cardio...as you choose	FULL DAY off from everything...!
Week 11	Quads / Calves Cardio...as you choose	Chest / Back & Abs Cardio...as you choose	Shoulders / Glutes Cardio...as you choose	Glutes & Hamstrings Cardio...as you choose	Arms & Abs Cardio...as you choose	LBD Day: 9-12 sets Cardio...as you choose	FULL DAY off from everything...!
Week 12	Quads / Calves Cardio...as you choose	Chest / Back & Abs Cardio...as you choose	Shoulders / Glutes Cardio...as you choose	Glutes & Hamstrings Cardio...as you choose	Arms & Abs Cardio...as you choose	LBD Day: 9-12 sets Cardio...as you choose	FULL DAY off from everything...!

We are now working in the **85- 90% rep range**, which is about as high as we go, and using different lifting techniques!

Cardio: If your weight is good and you're training is hard, check in with cardio...I generally never do more than 2 hours a week total, because I find it takes away from my training energy, and I look to my eating first. You decide. We've learned various kinds of cardio, so I want you to experiment! I have suggestions for cardio types in each workout.

ABS: Choose from the two new ones, which are in your Exercise Portfolio, again.

This is a life-long journey...and your preferences, energy levels, and your success will change over time..allow that. That's what an Advanced Athlete, and an Empowered woman is all about: she is flexible, patient, aware, tenacious and connected to herself and her needs! And that is what we are focusing on in this Phase, pulling it all together into a workable, flexible, progressive, results-oriented and FUN program, for LIFE!

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Advanced BSC—PHASE 4

Quads & Calves—ALL videos

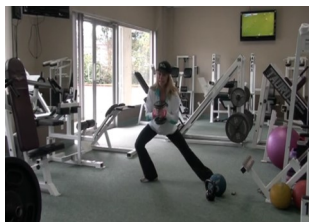
Into the big times now...you can play with **Pyramids** in Squatting, and your **Drop sets** in leg extensions, as shown. Watch the videos for important tips, OK? And **cardio**, according to your energy—LSD, HIIT or Sprint! (I would choose LSD on leg day...it's a tiring day, to be sure!)

MET Warm ups!

In this phase, I let YOU choose your warm up...here are **two new ones** that can be done outside, with minimal equipment, so check them out. **3-5 circuits** of one MET chosen!

MET #1 VIDEO

- side lunge (15 reps)
- DB swing (15 reps)
- Crunch (15 reps)
- SKIP 1 minute



MET #2 VIDEO

- clean n press (15 reps)
- squat n throw (15 reps)
- prayer squat (15 reps)
- SKIP 1 minute



Quads and Calves—Pyramids and Drop Sets!

Squat (bar or Smith)

Pyramid up w/2-3 sets, 3 at max weight, then Pyramid down!







Leg Press

Alt wide/narrow



sets	reps	weight
2 up...	8-12	
3 at max wgt..	6-8 reps	
2 down..	8-12	
1	8-12 Wide	
1	8-12 Narrow	
1	8-12 Wide	
1	8-12 narrow	

Quads and Calves—Pyramids and Drop Sets!		sets	reps	weight
Calf Press on Leg Press (or Standing machine) 		1	12-15 reps	
		1	12-15 reps	
		1	12-15 reps	
		1	12-15 reps	
X-tra Wide Hack If you don't have A hack, use Leg Press 2 sets shoulder, 2 sets narrow 		1	8-12	
		1	8-12	
		1	8-12	
		1	8-12	
Leg Extension Drop sets—OUCH! Watch your video! 		4 sets to failure	..to failure	
		then 2 sets non-stop...10-12	
Calf Raise Any version... 		1	15	
		1	15	
		1	15	

Got energy left for LSD cardio? Aim for 15-20 minutes, heart rate above 120 bpm.

Advanced BSC—PHASE 4

Chest and Back—ALL VIDEOS

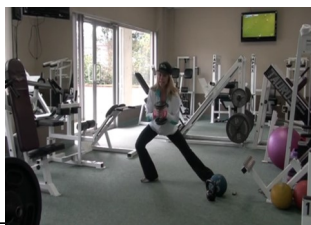
We're playing with **Giant Sets** and **Super Sets** in our Chest and Back day, as they go nicely together with these training techniques. So watch your cards and videos for instructions. **Cardio**, again, your choice! And choose an **Ab** circuit too! Two new ones for you to choose from!

MET Warm ups!

In this phase, I let YOU choose your warm up...here are **two new ones** that can be done outside, with minimal equipment, so check them out. **3-5 circuits** of one MET chosen!

MET #1 VIDEO




- side lunge (15 reps)
- DB swing (15 reps)
- Crunch (15 reps)
- SKIP 1 minute



MET #2 VIDEO

- clean n press (15)
- squat n throw (15 reps)
- prayer squat (15 reps)
- SKIP 1 minute



Chest and Back — Super Sets and GIANT Sets		sets	reps	weight
Bench Press (Smith or bar)		3-4	8-12	
DB Press (flat)		3-4	8-12	
Pec Dec Fly (or flat db flies If no pec dec)		3-4	8-12	

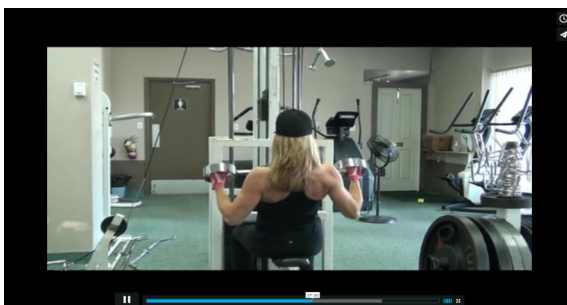
Giant Set, 4 x around with 3 exercises

Giant Set, 4 x around with 3 exercises

Chest and BACK! - GIANT sets and Super Sets

sets	reps	weight
3-4	8-12	
3-4	8-12	
3-4	8-12	
3-4	8-12	
3-4	8-12	
3-4	8-12	

Lat Pulldown
(wide, palms facing,
If you have that bar)



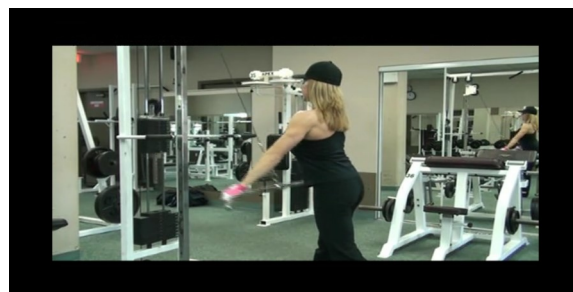
Seated Cable Row



Machine Row
Whatever is in
Your gym!



**Straight Arm
Pushdown**



DB Rows



Super set...

Finish with **2-3 sets of DEADLIFTS**—watch the video! Don't go up too high in weight to start!

[ABS Workout #1](#) or [ABS Workout #2](#). You choose one, and complete 2-3 circuits!

Advanced BSC—PHASE 4**Shoulders, Calves—ALL VIDEOS**

With shoulders and calves, we play with **Giant Sets**. And we can **Pyramid** up our first power exercise, the Shoulder Press (one of my favourites!) Remember, we don't put the Pyramid move in the super set, it's just too much! Then Super Set where shown. Cardio to finish (you can likely do a harder cardio on this lighter day, like HIIT or Sprint!)

MET Warm ups!

In this phase, I let YOU choose your warm up...here are **two new ones** that can be done outside, with minimal equipment, so check them out. **3-5 circuits** of one MET chosen!

MET #1 VIDEO

- side lunge (15 reps)
- DB swing (15 reps)
- Crunch (15 reps)
- SKIP 1 minute

**MET #2 VIDEO**

- clean n press (15 reps)
- squat n throw (15 reps)
- prayer squat (15 reps)
- SKIP 1 minute

**Shoulders and Calves—PYRAMIDS and GIANT Sets****Machine Press**

Pyramid up w/2-3 sets, 3 at max weight, then Pyramid down!

**sets****reps****weight**

4-6

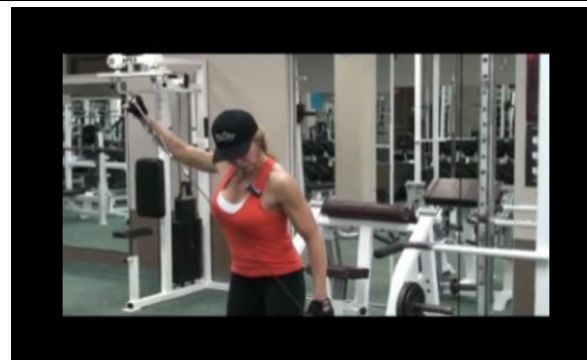
8-12

Pyramid up,
3-4 at max,
and
go down!

DB Laterals

3-4

8-12

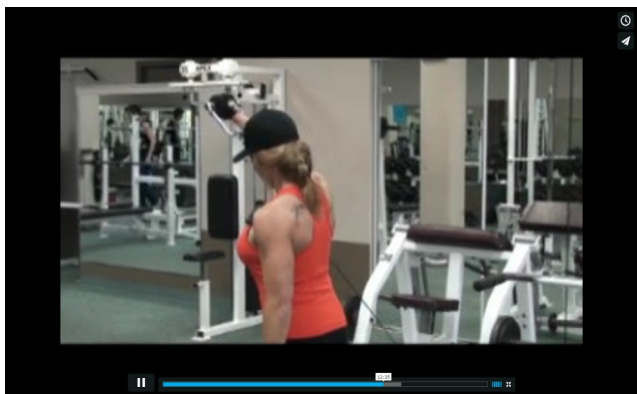
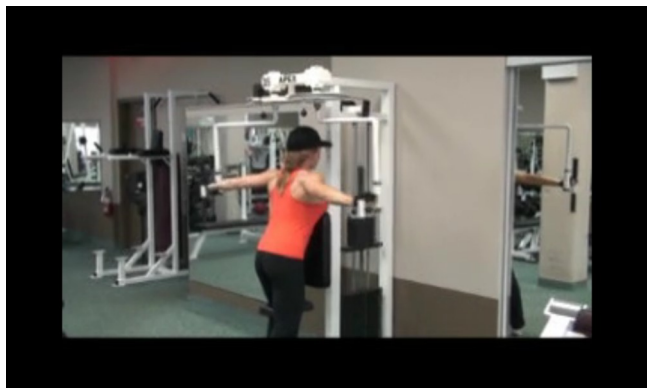


Cable Laterals

3-4

8-12

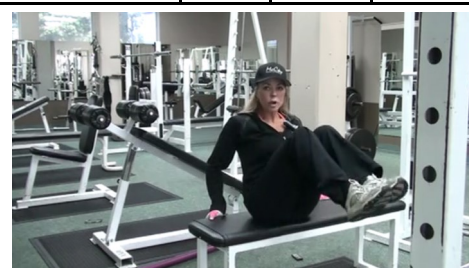
Giant Set, 4 x around with 4 exercises

Part of the 4-exercise Giant Set from previous page

Shoulders and Calves—Pyramids and GIANT Sets		sets	reps	weight
DB Front Cable Raises		3-4	8-12	
Reverse Flies		3-4	8-12	
Seated and Standing Calf Work (calf machine or Smith machine)		3-6	8-15	
				

ABS Workout #1 or ABS Workout #2.

You choose one, and complete 2-3 circuits!



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

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Advanced BSC—PHASE 4

HAMS and Glutes—ALL VIDEOS

Let's just return to good old **Straight Sets** in this workout (lift, rest, lift, finishing out all sets on one exercise at a time). Sometimes the basics can be the best thing going, and without the speed requirement of Super Sets, and with more rest time in between, we can put more muscle into the movement. Remember, we never stay with ANY training technique forever!

MET Warm ups!

Choose your warm up...here are **two new ones** that can be done outside, with minimal equipment, so check them out. **3-5 circuits** of one MET chosen!

MET #1 VIDEO

- side lunge (15 reps)
- DB swing (15 reps)
- Crunch (15 reps)
- SKIP 1 minute



MET #2 VIDEO

- clean n press (15 reps)
- squat n throw (15 reps)
- prayer squat (15 reps)
- SKIP 1 minute



HAMSTRINGS and Glutes—plain, old Straight Sets!

Stiff Leg Deadlift



sets	reps	weight
3-4	8-12	

X-tra wide Leg Press

Toes hanging off!






sets	reps	weight
3-4	8-12	

X-tra Wide Hacks

Toes hanging off!



sets	reps	weight
3-4	8-12	

Hams and Glutes - Straight Sets		sets	reps	weight
Leg Curl		3-4	10-12	
Single Leg Curl Standing or seated Back and forth, L to R, non-stop		1	10-12	
		1	10-12	
		1	10-12	
Jump Squat Onto step		1	12-15	
		1	12-15	
		1	12-15	

Got energy left for LSD cardio? Aim for 15-20 minutes, heart rate above 120 bpm.

At the end of a good leg workout, I rarely have any juice left to do cardio, so on these days, I let it slide, if need be. I'm more interested in being able to lift well, during my leg workout.

I DO NOT save up my energy to get through it all (and I don't want you to either). Remember, cardio is secondary to the lifting of weights. You won't carve and shape and tone with cardio.!



Advanced BSC—PHASE 4

ARMS and ABS—ALL VIDEOS

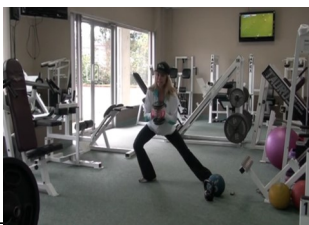
We can incorporate **Super Sets** between biceps and triceps, a natural flow! And we do **Burnouts** with cables as our finishing move...you'll see! And of course, we will have energy for both cardio and abs, as this is a smaller workout (perhaps not easy, but the muscle groups—bi's and tri's—are smaller, so we don't expend as much energy!

MET Warm ups!

Choose your warm up...here are **two new ones** that can be done outside, with minimal equipment, so check them out. **3-5 circuits** of one MET chosen!

MET #1 VIDEO

- side lunge (15 reps)
- DB swing (15 reps)
- Crunch (15 reps)
- SKIP 1 minute



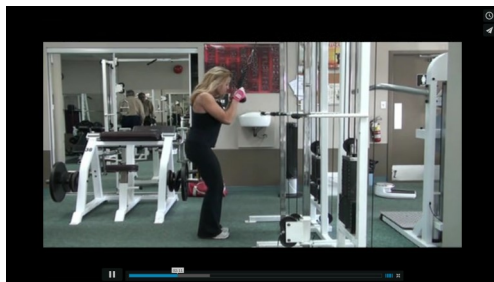
MET #2 VIDEO

- clean n press (15 reps)
- squat n throw (15 reps)
- prayer squat (15 reps)
- SKIP 1 minute



ARMS and ABS—Super Sets ('/' = super sets)

Bicep Cable Curl / Tricep Pushdown

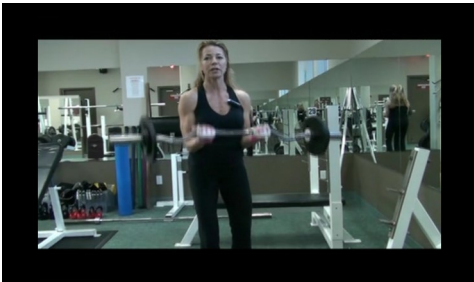


sets reps weight

3-4

8-12

E-Z Bar Curls / Skull Crushers



3-4

8-12

Bench Dips / DB Curls



3-4

8-12

ARMS and Abs—BURNOUTS!!	sets	reps	weight
<p>BRUN-OUTS with Cables Alternating between palms up (biceps) and palms down (triceps). So EACH exercise drops 2-3 times, then switch to other arm, and do a 2-3 x drop set, up to 15-20 reps...and you will repeat THIS for 3 sets! Got it? So Super Setting with DROP sets (where you have to drop the weight 2-3 times to eek out your 15 or so reps!) Watch your VIDEO! (Want nice arms? Then do these!)</p> <div data-bbox="224 577 880 949" data-label="Image"> </div> <div data-bbox="441 968 1081 1327" data-label="Image"> </div>	3 drop sets	15	

[ABS Workout #1](#) or [ABS Workout #2](#)

You choose one, and complete 2-3 circuits! Arms are NOT a tough day, they are small muscle groups, so you should be able to do both ABS and cardio today!



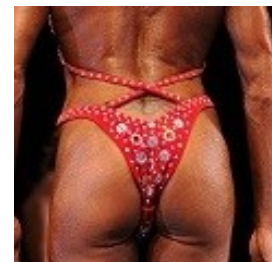
CARDIO: —Choose your cardio type and time, Advanced Athlete...!

DAY 6—MY LAGGING BODYPART DAY—GLUTES!

OK, so my lagging bodypart day is GLUTES! What's yours?

(Yes, that's actually my 55-year old bum in the picture...it's not perfect, but it's getting there. It's taken 3 years of concerted work, 2 times a week, with WEIGHTS, and attention to diet. It IS do-able! I never trained glutes before...I didn't know how!

Yep, only ONE! And NOT abs, K?



Yes, we all want better abs, and yes, we all have more than one lagging bodypart, but the VIDEO explains what I mean by lagging...

So I chose weighted work (NOT bodyweight, it's simply NOT enough!). I have 3 exercises that I do in circuit..

- **Reverse Hacks—15 reps**
- **Walking DB Lunges—15 reps**
- **DB Step ups on Bench—15 reps**

I do 12-15 reps each exercise (and that ALWAYS means Per Leg, right?). And I do the three exercises one after another, rest, and repeat for 3-4 circuits. So that's 9-12 sets for glutes. That works for me!

My Video is in Day 6 in your Video Collection...and I want YOU to make up your own workout for ONE bodypart. I'll be asking to see your work too, to ensure that you have absorbed our lessons on what makes a great workout. (Really, there is no wrong answer, but I want to make sure you have the basics in place).





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