



McCOY

FITNESS & HEALTH

10-Week Best Shape of YOUR LIFE Challenge!

Triple Split Workouts



- LEGS & Glutes
- Chest & Back
- Shoulders & Arms

And abs....of course!

Takin' it to the Streets!

Weeks 7 and 10

You've come a long way, baby!



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A stylized handwritten signature in black ink, appearing to read 'Ka'.

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Alright Warrior Women! We're gathering speed.....

We are now into our final Phase of the Challenge (and the most interesting one, training-wise), the ***Triple Split Routine!***

VIDEOS: You now have DIRECT LINKS to each video from your workout card, which is faster! (They are all still in your main [BSC Exercise Portfolio](#) link as usual too!)

Training: Aim for at least 4 training days, but 5 is better. (This IS a lifestyle, remember?). And as usual, the flexibility to train when you want is all yours!

Feeling the intensity is what we're all about in this Phase, as we learn to push through the challenging parts of the lift, tighten our form, and increase the pace a bit! We are *hitting the high point*, as I call it!

Warm Up: Yep, we've learned a few fancy warm ups, and we're adding on a few more...one is TABATA-style! I LOVE tabata, but you can just do the moves without the groovy music, if you want (but you will LOVE the music!)



Cool down: We always have our traditional stretches we learned in high school, and we went through some of them in week 2, but YOGA moves are lovely for stretching the body post workout. As a Yoga Teacher, I've seen this work miracles with clients! They're included in this Phase of the challenge.

Cardio: Hopefully by now you've learned that cardio will NOT alter your shape, nor will it build sexy muscle. And it actually works to lower your metabolism and teaches your body to store fat (that is, if you aren't doing regular weight training for 30+ minutes, 4-5 days a week). And with our HYBRID training method, where we use fast-paced MET (metabolic enhancement moves) in our training (we get into this more in the monthly Warrior Woman Program coming up), there is a nice cardio component built in, and it uses fast paced, explosive movements to cut the fat and rev things up! Two birds with one stone, how nice! But cardio is still lovely, to strengthen the lungs and heart, and clean out those cells, so YOU DECIDE how much cardio you wish to do. (We will talk about this more in our coaching calls...this one is ALWAYS a hot debate!)

Core work: Now it's YOUR turn to compile your ab workout! We've learned some circuits over the last 6 weeks from your previous workout cards, and now I've compiled a bunch of new ones, so you get to MAKE your OWN ab circuit! It's easy...choose 3 exercises from the one on the last page, and do the circuit 2-3 times around. Aim for 2-3 times a week, so throw your abs in as you like, depending on your time and schedule!

Glutes: It's easy to work glutes in on leg day, so we've got two glute workouts to choose from, one from our last workout cards, and now a new Swiss Ball one. Personally, I would throw a glute circuit in one other day in a week, so you will work them 2 x a week, and I would alter them...a SWISS ball one and a DB one!

Supersets and Drop Sets

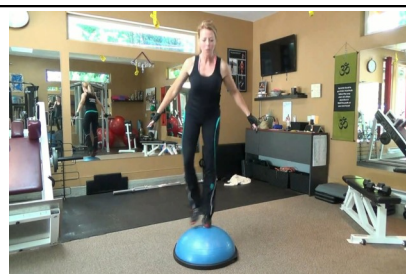
We can still play with these, so I've got some suggestions outlined in your Workout Cards. Or stay with straight sets (lift, rest, lift again...). They still ring supreme!

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

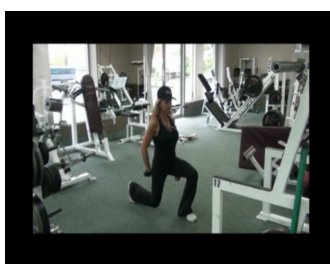
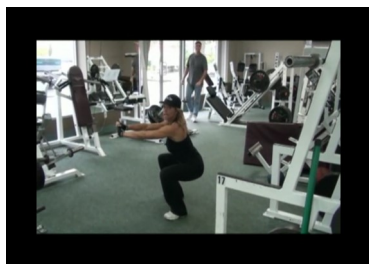
Yep, we're getting friendly with Mr. BOSU again!
If you don't have one, just improvise with a step or something! A great lower body warm up AND fat burner (you really should have your own!)

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



Day 1: LEGS and glutes—[VIDEO link HERE!](#)

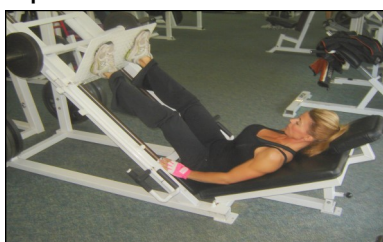
Warm up: Remember to do some body squats and lunges too!



sets **reps** **weight**

3 of each 10 per side remember.... none

Leg Press: three different positions: 1 set shoulder width, 1 narrow, and 1 high on the platform!

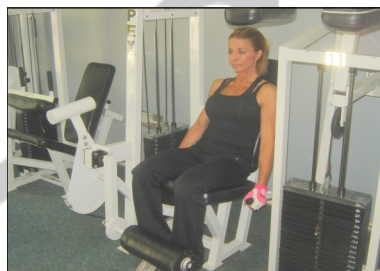


1 10

2 10

3 10

Leg extensions: pad is on ankles (not foot). No hold at top.



1 10

2 10

3 10

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



1 10

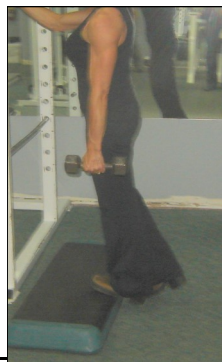
2 10

3 10

Superset these 4.....

Day 1: Legs & Glutes—[Video Link HERE!](#)

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



| Set | reps | weight |
|-----|------|--------|
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |

SQUAT: If you're up for it, try the SMITH squat if you have one. The Smith allows for more security!

Here's a [LINK to the demo VIDEO!](#)



| | | |
|---|----|--|
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |

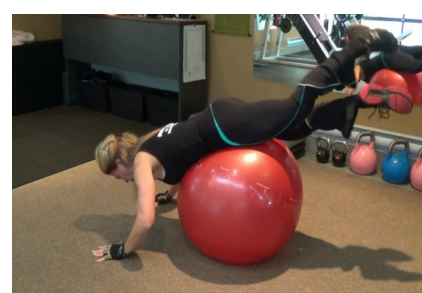
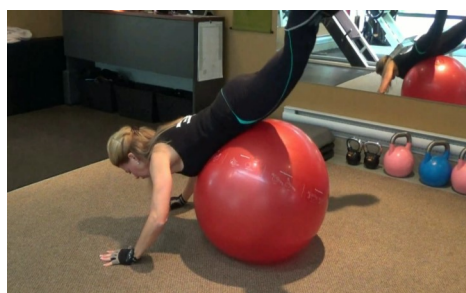
Glutes: Swiss Ball: 3 moves—[VIDEO LINK](#)

2-3 circuits! To intensify the work, slow down the moves...

Pull in's
(15-20 reps)

Hyper Extensions
(15-20)

Scissors
(10—over/under counts as ONE!!)



POST WORKOUT STRETCH—[YOGA MOVES for LOWER BODY](#) Don't neglect!!!!

Doing ABS today? Remember, 2-3 times a week, ok? YOU decide - 3 exercises strung together, 2-3 circuits, 15-20 reps! It's all explained on page 2 of your workout card!

Remember....If you fall off the wagon, get back up tomorrow.

We're striving for *constant improvement*, not perfection.

We are Warrior Women...always reaching, striving, owning our bodies and our lives!

Warm up: Upper Body Tabata with Dumbbells
4 moves string together! [VIDEO LINK HERE!](#)

- Clean n Jerk
- Squat n Press
- Prime the Pump
- Upright Rows!

Aim for 2-4 rounds of each: 20 seconds on,
10 seconds rest, for 4 minutes (so 4 rounds of 4!)
Or count it out...app. 10-15 reps each move!



Day 2: BACK and CHEST— [LINK to Exercise VIDEOS!](#)

BACK: Lat Pulldown—Wide grip and pull down to your sternum and let it go all the way up for a stretch!

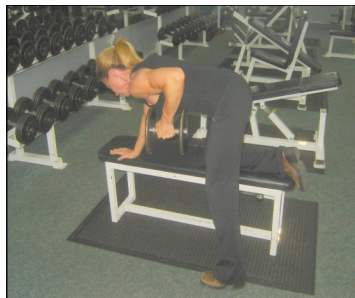


| SETS | REPS | |
|------|------|--|
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |

Seated Cable Row: Slight bend in your knees, and at the end, stick your chest into the movement to contract your back!.



Dumbbell Rows: Keep your back flat.

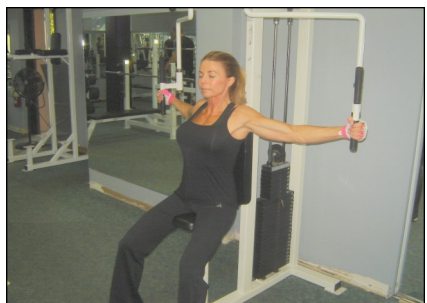


Superset.....

You can try **Super Sets** on these too...to move your through the workout faster: Do all back exercises one after another, rest, repeat until all sets are done. Do the same for the 3 chest exercises!

Day 2: CHEST and BACK— [Exercise VIDEOS link!](#)

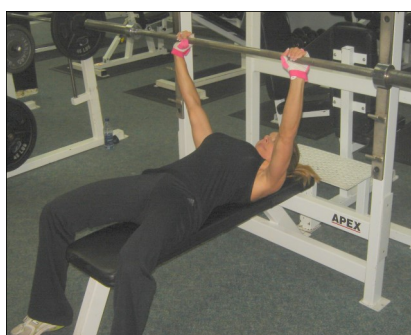
Pec Deck—Step into it and bring the cable handles to in front of your belly button.



Flat DB Press: start with them outside the upper chest area, and connect over your chest, return.



Bench Press: The granddaddy of them all. You simply cannot build upper body strength without it!



POST WORKOUT STRETCH— [YOGA MOVES for UPPER BODY](#) Don't neglect!!!!

Doing ABS today? Remember, 2-3 times a week, ok? YOU decide - 3 exercises strung together, 2-3 circuits, 15-20 reps! It's all explained on page 2 of your workout card!

**Remember, building shapely muscle takes time.
There is success with every workout!**

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

Remember this one from Phase 1? Let's repeat it here....

Grab a body bar (or barbell and one 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)



Day 3: SHOULDERS & Arms—[Exercise VIDEOS link!](#)

SHOULDERS: Seated (DB) Press: Dumbbells near ears, palms out, press above *crown* of head. Don't lock elbows. Return, repeat.



Set **reps** **weight**

1

10

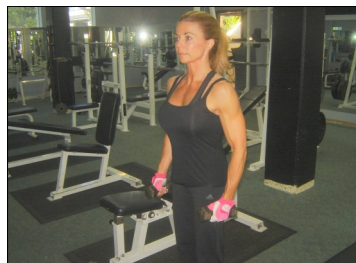
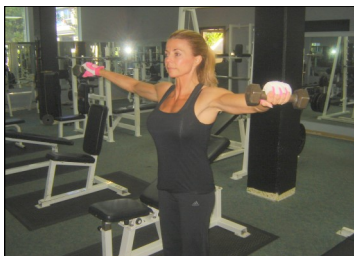
2

10

3

10

DB Laterals: palms facing down, 2 motions in one...out to the side (ear level) then out to the front = 1 set.



1

10

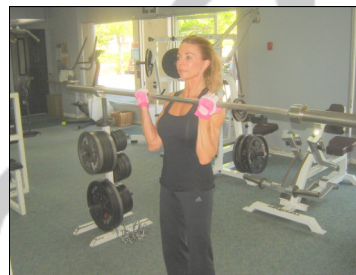
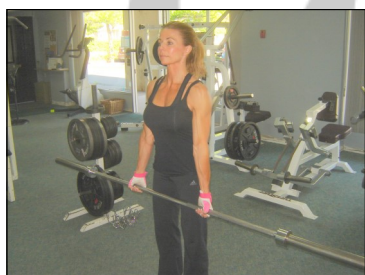
2

10

3

10

.BICEPS: Barbell Curl—Grab a bar, palms up, bring bar to chest, then slowly lower all the way down. Repeat.



1

10

2

10

3

10

Alternating Dumbbell Curl—make sure the arm straightens fully at the bottom, to fully work the bicep on the way up!



1

10

2

10

3

10

Day 3: SHOULDERS & Arms — [Exercise VIDEOS link!](#)

TRICEPS: Cable Pushdown—Elbows by your side! Don't let them lift!



| Set | reps | weight |
|-----|------|--------|
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |

DB Kickbacks: Remember to keep a flat back, and keep that elbow by your side. You need to fully extend your arm back...don't let it swing above your back!



| | | |
|---|----|--|
| 1 | 10 | |
| 2 | 10 | |
| 3 | 10 | |

You can try **Super Sets** on this day too...to move your through the workout faster: Do all shoulder exercises back to back, then biceps, then triceps!

POST WORKOUT STRETCH— [YOGA MOVES for UPPER BODY](#) or [LOWER BODY!](#)

Doing ABS today? Remember, 2-3 times a week, ok? YOU decide - 3 exercises strung together, 2-3 circuits, 15-20 reps! It's all explained on page 2 of your workout card!

“Envisioning the End is enough to put the means in motion!”

— Dorthea Brande



“Whether you think you can
or you think you can't, you're right!.”

- Henry Ford

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9 CORE Exercises: [VIDEO LINK HERE!](#)

A selection of ab exercises to hit all parts of your lovely middle! Choose 2-3 exercises per workout, and do 2-3 circuits, 20 reps in each exercise. You can do abs 2-3 times a week. YOU decide!

Alternating **Bike Crunch**



Stick Crunch (V-up) - head and shoulders lift off floor, touch bar to ankles.



Russian (Med Ball) Twist—
advanced version: lift feet off floor



1-Arm Crunch with med ball—
lift head and shoulders toward ceiling



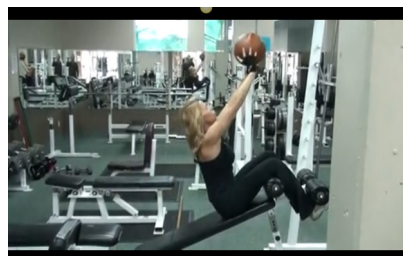
Crunch on Swiss Ball



Vertical Hip Raise



Incline Crunch



Cable Wood Chop



Hand to Foot Transfer—don't let
the ball touch ground at either end!



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