

## **COSPORTS.COM Hercules Program**

<b>CHEST / SHOULD / TRI</b>	<b>SETS</b>	<b>REPS</b>
Bench press	5	5
Incline flys	2	10
Flat flys	2	10
Incline dumbbell press	4	10
One Arm rows	3	10
Dips	3	12
Nose busters	2	8 to 12
Pulldown Tri's (machine)	3	8 to 12
Rope Tri's (machine)	3	8 to 12

<b>LEGS and ABS</b>	<b>SETS</b>	<b>REPS</b>
Squats	3	5
Leg press	3	5
Calf raise	3	10 to 12
Crunches	3	amap
Leg raises	3	amap
Hang knee-ups	3	amap
Ab Machine	3	amap

amap = as much as possible

<b>BACK and BI</b>	<b>SETS</b>	<b>REPS</b>
Lat pulls (front - wide grip)	4	10
Rows (machine)	3	10
Lat pulls (back)	2	10
Lat pulls (reverse close grip)	2	10
Incline curls (bi-lateral)	4	10
Curls (curl bar - standing)	3	10
Dumbbell lats	3	10
Curls-low cable (machine)	2	10
Dumbbells - sitting, overhead	3	10

WEEK	MON	WED	FRI
1	ch/sh/tri (L)	leg/abs (L)	back/bi (T)
2	ch/sh/tri (T)	leg/abs (L)	back/bi (L)
3	ch/sh/tri (L)	leg/abs (T)	back/bi (T)
4	ch/sh/tri (T)	leg/abs (T)	back/bi (T)
5	ch/sh/tri (L)	leg/abs (L)	back/bi (L)
6	ch/sh/tri (T)	leg/abs (T)	back/bi (T)
7	ch/sh/tri (L)	leg/abs (L)	back/bi (L)
8	ch/sh/tri (T)	leg/abs (L)	back/bi (T)

(T) = Time. This is a day where you rest only 1 min between sets. The amount of weight you use is equal to the amount lifted on the prior Load day.

(L)= Load. This is a day where rest at least 2-3 minutes between sets. The amount of weight you lift is increased from the previous Load day. As a rule, increase 5 lbs for arms and shouldders and 10 lbs for chest and legs

**NOTES:**

This program is designed to build muscle and reduce fat. The time and load variances keep the muscles from settling into a routine and promote growth. If you follow this routine for 16 weeks along with a healthy diet, you should gain a considerable amount of muscle mass and strength. The Time days help build endurance and reduce fat. The Load day build strength and muscle mass. The combination keeps the body from becoming complacent such that it responds with growth week after week. Workout in the gym Monday, Wednesday, and Friday and try to get cardio in on Saturday (run, bike or swim).

The first week you start this routine, start with an amount of weight where you can meet the quantity of Reps specified.

With each Load day you increase the wieght lifted from the previous Load day. The amount you add will vary from person to person. You may find you can add a lot more early on and less as you continure the program and get stronger. Do not try to increase weight too fast as damage to your joints may occur. Ligaments, tendons and joints take longer to strenghen

If you get to a point where you are not meeting the reps specified then, repeat that week to try to build your endurance and strength.

Diet during this routine is critical. Injest 3000 - 4000 caleries on the M W F that you work out. Try to maintain fat injestion to 20 grams per day. Supplement with protein powder drinks.