

## **COSPORTS.COM Isolation Program**

This program is designed for body building only. It is a program intending to isolate the major muscle groups and concentrate the stress on the muscles by using heavy weight and varied reps. This program should only be used by seasoned weight lifters who are in search of a new program or want to increase strength and mass. This program should be used a minimum of 8 weeks. A high protein, low fat diet should accompany this routine. Whey protein as a supplement is recommended along with ample amounts of water.

<b>DAY 1 (Chest, Calves and Abs)</b>	<b>SETS</b>	<b>REPS</b>
Bench press	5	4--5
Incline db press	4	6--8
Flat Flyes	4	10--12
Pec Deck	4	10--12
Dips (chin on chest)	3	amap
Dumbbell Pullovers	3	12
ABS	5	amap
Standing Calf Raises	5	20
Seated Calf Raises	5	15--20

Go heavy on the bench press with low reps. Increase reps with the flyes and pec deck machine. Dips work both your chest and triceps, so do as many as possible (amap). Dumbbell pullovers are done by laying perpendicular on a flat bench. Only your shoulder blades are on the bench. Reach over your head to a dumbbell on the floor and pull it over your head almost to your chest.

<b>DAY 2 (Legs and Calves)</b>	<b>SETS</b>	<b>REPS</b>
Extensions (12/12's)	5	12
Leg press (close feet)	4	20/15/12/10
Squats (should wd)	3	20/15/12
Lunges	3	8--10
Straight leg dead lift	2	10--12
Extensions	3	8--10
Hamstring Curls	4	amap
Calf raise (heavy)	5	30/20/12
Seated Calf Raise	4	10--12

When doing 12/12's, you are doing 12 reps with a 12 second rest between sets. Yes, these are intense. After this Leg workout you should not be able to walk easily the next day. And yes, you do calves again! Calves recover quickly and can be a difficult muscle to build.

**Day 3 Rest**

<b>DAY 4 (Back and Shoulders)</b>	<b>SETS</b>	<b>REPS</b>
Pull Ups	5	amap
Wide Grip pull down front	4	10--12
Bent over Rows	4	12--15
Cable rows (flat back)	3	10--12
Pull down front, wide	3	10--12
<b>SHOULDERS</b>		
Side db lateral raises	5	20/12/8
Overhead Press	4	6--8
Upright Rows (heavy)	3	8--10
Machine Front press	3	10--12
Rear Delts (pronated grip, standing)	4	8--10
Bench Press (light)	4	amap
ABS	4	25

Chest and legs are done! Time to tackle the smaller muscle groups. This routine is straight forward, and yes, we do throw in a light bench press set in this group, especially for those who need a little extra help in that area.

<b>DAY 5 (Arms)</b>		
Straight bar curl	5	20/12/8
Preacher curls using straight bar	3	10--12
Stand,alt Dumbbell curls	3	8--10
One arm concentration curls	3	12
Skull crushers w/close grip	4	6--8
tricep extensions (lying down)	4	8--10
Pressdowns (12/12's)	5	12

Biceps and Triceps in the same day always have you leaving the gym pumped up. This routine should do the trick. For the Straight bar curl, each Set consists of 3 rounds with 20 reps/12 reps/8 reps. You quickly increase the weight between each round, then take a 2 min break .

**DAY 6 (Cardio)**

Bike    Run    Swim

**Day 7 (Rest)**