



PumpPod™

www.PumpPod.com

PumpPod Trainer User Guide

Welcome

Thank you for licensing a PumpPod Trainer. We've waiting many years for handheld technology to catch up with our idea of the perfect workout and finally, it has.

We're thrilled you're making PumpPod a regular part of your fitness lifestyle and we hope you'll have as much fun using PumpPod, as we've had making it.

About PumpPod

PumpPod Trainers provide you with elite personal trainer expertise— anytime, anywhere. Our Trainers' easy-to-follow instructions and vibrant photos guide you step-by-step toward a body that looks and feels fantastic.

Fitness on your terms. Fitness that fits.

Safety & Warnings

Always consult your doctor before starting a fitness program. If you have any injuries or illnesses be sure to obtain medical clearance from your doctor before performing any exercises. Read all warnings and obtain proper instruction on use of equipment prior to use. Do not exceed your limit. Stop exercising if you experience pain, dizziness or shortness of breath. Always use equipment safety clips and locks. PumpPod, LLC, the makers of PumpPod Trainers is not responsible for any injury that you may incur while using its PumpPod Trainers. These Trainers are for reference only and are not teaching tools nor are they a substitute for the safety a personal trainer, workout partner or weight spotter provides.

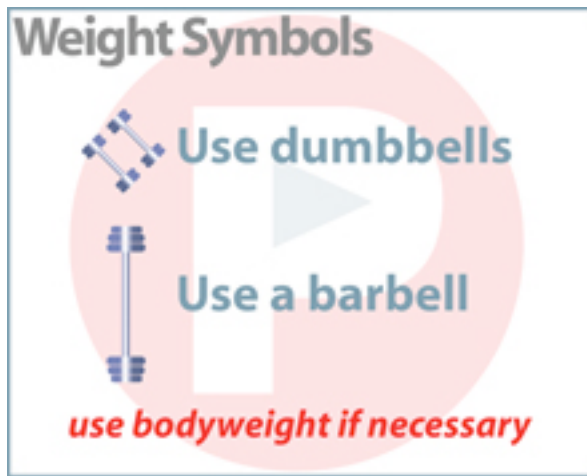
Download Agreement

Your use of this and any PumpPod Trainer is subject to your acceptance of the PumpPod Download Agreement that was presented to you during your licensing of these Trainers, in the confirmation email sent to you, and included in the PumpPod Trainer download entitled "Download Agreement".

Equipment

If the equipment required for an exercise is not available, use a substitute, consult gym personnel or email us at info@pumppod.com for advice.

PumpPod exercises sometimes include the use of barbells, dumbbells, bodybars, cable systems and physio-balls. Exercises using barbells and dumbbells are noted at the bottom-left corner of the exercise image with symbols. In addition, you can see the equipment being used in the exercise image (see below).



We have not included symbols for body bars, cable systems and physio-balls but their use is clearly indicated in the exercise name and image (see below).



How PumpPod Works

Compatibility & Specifications

PumpPod Trainers are compatible with most handheld devices that allow you to view and store color images downloaded from PC and Macintosh computers. PumpPod is compatible with most popular photo capable color hand-held devices including the iPod and Treo.

To use PumpPod Trainers you need:

- A color image-ready handheld device that allows you to view JPEG images with a minimum of thousands of colors and allows you to transfer photos from your computer to the device. Check your handheld's manual for instructions.
- A minimum screen size (in pixels) of 220w X 176h is recommended for adequate reading of text and viewing images.
- Enough storage capacity to accommodate the PumpPod Trainer(s) you plan to license. ***Most PumpPod trainers require between 6-12 megabytes of space, although some, like PumpedAsanas require between 10-20 megabytes.*

Each PumpPod Trainer is a collection of JPEG formatted images. The software to transfer or display these images should already be on your computer and/or handheld device. *Please refer to your handheld device's manual or online help support for instructions.*

Here is an example of transferring a PumpPod Trainer to an iPod:

iPod on Windows PC (requires Windows 2000 with Service Pack 4 or later, or Windows XP Home or Professional with Service Pack 2 or later)

The iPod works with Apple's iTunes for Windows (requires iTunes 4.7 or later) and allows you to synchronize the "My Pictures" folder with your iPod. In addition, iTunes will also synchronize to any folder on the computer you specify and even works with Adobe Photoshop Elements and Adobe Photoshop Album.

1. Connect the iPod to your computer. In iTunes, select your iPod in the iTunes Source list. Then click the options button on the bottom-right of the window.
2. Click the Photos tab and select "Synchronize photos from."
3. To synchronize a folder, select "Choose Folder" from the pop-up menu and select the PumpPod Trainer folder.
4. For synchronizing from one of the Adobe applications, select either Photoshop Album 2.0 (or later) or Photoshop Elements 3.0 (or later) from the pop-up menu and click "OK".
5. Your PumpPod Trainer images will now appear under the Photos menu on your iPod.

Refer to the iPod users manual for more detailed instructions or online at:

<http://www.apple.com/support/manuals/ipod/>

iPod on Mac OS (requires Mac OS X v10.2.8 or 10.3.4 or later)

The iPod works with Apple's iTunes for Mac OS X (requires iTunes 4.7 or later) and allows you to synchronize the photos from iPhoto or individual folders with the iPod.

1. Connect the iPod to your computer. In iTunes, select your iPod in the iTunes Source list. Then click the options button on the bottom-right of the window.
2. Click the Photos tab and select "Synchronize photos from."
3. To synchronize a folder, select "Choose Folder" from the pop-up menu and select the PumpPod Trainer folder.
4. To synchronize from iPhoto, select "iPhoto" from the pop-up menu and click "OK".
5. Your PumpPod Trainer images will now appear under the Photos menu on your iPod.

Refer to the iPod users manual for more detailed instructions or online at:

<http://www.apple.com/support/manuals/ipod/>

Listening to Music while using PumpPod

PumpPod Trainers were designed with your music in mind. If your handheld can simultaneously view images and play music, you won't miss a beat.

The iPod offers two ways of playing music while viewing PumpPod Trainers:

1. You can set the Photo Slideshow Settings to play a slideshow Manually (Time per Slide) and choose a Playlist from the Music menu (within the Slideshow menu). Locate the PumpPod Trainer and start the Slideshow by clicking the Select button (center button) or pressing Play.
This way, you can use the forward/backward buttons on the iPod (|<< and >>|) to move to the next exercise image while listening to a playlist. You can control the volume by using the scroll wheel but you cannot skip through songs.
2. Without using the Slideshow, simply start the Playlist, artist or songs you wish to listen to, then locate the PumpPod Trainer in the Photos menu and select it. Now you can either use the forward/backward buttons on the iPod (|<< and >>|) or use

the scroll wheel to move to the next exercise image while listening to a playlist. However, you cannot change the volume or skip through songs with this method.

3. To skip through songs, back out of the PumpPod Trainer and select a new song, then continue the PumpPod Trainer where you left off.

Holding the device while using PumpPod

Most devices come with a case that you can clip on to your shorts or clothing. You can also place the device in an arm-band or store it in your pocket. Before starting an exercise, review the exercise image and tips, locate the area where you will be performing the exercise, and then get started. The reps, sets, load & rest will be the same for each exercise within a Trainer unless specifically noted. Since you should be resting 45-60 seconds between sets, there's plenty of time between exercises to glance at your Trainer and scout out the equipment or area for the next exercise.

When using the cardio PulsePump and xPump Trainers you may find it easier to keep the device on the cardio equipment in front of you and thumb to the next exercise image to prepare for what's coming up.

PumpedAsanas (yoga) and PumpedPilates are routines that include postures that flow from one to the next. After you familiarize yourself with the poses, we suggest you hold the device in your hand while standing, then thumb to view the next pose while holding the current one, or keep the device on the floor next to you when doing mat postures.

Customizing PumpPod

PumpPod Trainer workouts can be customized by changing the order of the exercise images on your computer and then synchronizing your handheld. This can be done using various methods.

PumpPod Trainers are delivered to you in workout folders. Each workout folder contains the exercise images and tips for that workout. These images have file names that are unique and listed in alphanumerical order.

Here are two common ways to customize your workouts:

1. Change the numbering of the exercise images and tips

Example

In Pair&Pump Trainer Level 2, workout 2, the fourth exercise is named:
mPP2.2-04-PUSH-UP.jpg

To make "PUSH-UP" the second exercise in the workout, simply change '04' to '02'. The changed file name appears as:

mPP2.2-02-PUSH-UP.jpg

When these images are sorted by File Name and synchronized with your handheld, the newly ordered workout will be transferred to your device.

Note: Don't forget to change the original '02' image file name in the workout to something else.

2. PCs can use programs like Adobe Photoshop Elements and Adobe Photoshop Album to hold all the images and sync their handhelds to albums or 'collections' created in those programs. If you are using one of these programs, you should make each PumpPod Trainer workout its own "collection" or "album."
3. Mac OS X users can use iPhoto to perform the same functions. There are options to sort a collection of images by their file name. This would keep your

Trainer exercise images and tips in alphanumerical order. Most programs also have the option to *manually* organize the images in a collection just by moving the images (drag and drop) in the order you want them to appear. After you have manually reordered your workout, synchronize your handheld, and the newly ordered workout will be transferred to your device. If you are using iPhoto, you should make each PumpPod Trainer workout its own “album.”

We recommended that you perform the exercises using the order in which they are presented. By default, PumpPod exercises are organized by intensity, with the most demanding appearing first, and less demanding ones towards the end. This will provide you with the most comprehensive workout possible.

However, you can mix it up by performing the exercises out of order, but still complete the exercises in the Trainer. This may be necessary if equipment is being used and you don't want to wait. Go on to the next exercise and come back when the equipment is free.

Intensity

One of the fundamental keys to every PumpPod Trainer is its **Intensity**. Intensity is determined by four variables: **Reps, Sets, Load and Rest**.

Rep - a rep (repetition) is one movement of an exercise

Set - a series of repetitions

Load – the amount of weight used

Rest - recovery time between sets

Weight & Load Defined

Choose a weight that is **challenging** but *not impossible* to finish all recommended reps. For example:

If you find it easy to do 10 reps with a certain weight, *increase* the weight slightly.

If it is too difficult to complete the 10 reps then *decrease* the weight slightly.

Moving up a level

Most PumpPod Trainers are available in different beginner, intermediate and advanced levels 1-3. Ideally these workouts are completed over a 4-week period, 3 days a week with a goal of moving from Level 1 through Level 3 over the course of 12 weeks. This is not always practical or feasible. If you feel ready to make the switch to a higher level, do so with caution. Proceed gradually, and do not get discouraged if it takes time to advance to the next level – it's supposed to.

PumpPod Trainers

Each Trainer comes with:

- A splash image displaying the name/level of the Trainer
- Important safety messages
- An accompanying 'tip' image on most routines for simple guidance
- A “Trainer” image describing the recommended Intensity for the workout (see below)

TotallyPumped™	
Level 1	
workout 3 perform 1x a week for 4 weeks	
Reps	do 10 on weeks 1 & 3 do 15 on weeks 2 & 4
Sets	3
Load	a challenging weight that allows you to finish all reps
Rest	45 - 60 seconds between sets

- This Trainer image sets the intensity for the workout. The heading indicates the Trainer name, Level and which workout (if applicable) for the PumpPod Trainer.
- In this example, the Trainer should be performed once a week over a four week period (ex. every Friday for a month).
- On the first and third Friday of the month, perform 10 repetitions (reps) for each set.
- On the second and fourth Friday of the month, perform 15 repetitions for each set.

Instructions for Use

- 1. Select the desired PumpPod Trainer workout**
- 2. Scroll through and read the safety and intensity guidelines**
- 3. Using the recommended reps, sets, load and rest, read each exercise tip and perform each exercise as shown in the image**

The PumpPod Trainers

TotallyPumped (Total Body Workout)

Purpose:

TotallyPumped provides a complete body workout experience by helping you to build a foundation of strength and endurance while initiating body composition changes. If consistently performed 2-3 times a week over a 4-6 week period, you should experience an increase in strength, along with small changes in muscle density and size.

Description:

TotallyPumped consists of three levels; each with three separate workouts. The levels get progressively more difficult as you move from Level 1 to Levels 2 and 3, as do the workouts.

Each workout consists of 10 exercises, each with an accompanying tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper equipment instruction prior to use. It is recommended that you perform the exercises using the order in which they are presented, with the most demanding exercises appearing first, and less demanding ones towards the end. This will provide you with the most comprehensive workout possible.

This program is designed for use 2 to 3 days per week over a period of 4 to 6 weeks. The workouts change from day to day and week to week, providing you with a greater variety of exercises and intensity thereby reducing stagnation, boredom and exercise plateaus.

The following charts illustrate the workout intensity for each level

TotallyPumped Level 1			
3 Sets	60 seconds Rest		Challenging Load
Week 1	Workout 1 10 Reps	Workout 2 15 Reps	Workout 3 10 Reps
Week 2	Workout 1 15 Reps	Workout 2 10 Reps	Workout 3 15 Reps
Week 3	Workout 1 10 Reps	Workout 2 15 Reps	Workout 3 10 Reps
Week 4	Workout 1 15 Reps	Workout 2 10 Reps	Workout 3 15 Reps

TotallyPumped Level 2			
3 Sets	60 seconds Rest		Challenging Load
Week 1	Workout 1 8 Reps	Workout 2 10 Reps	Workout 3 8 Reps
Week 2	Workout 1 10 Reps	Workout 2 8 Reps	Workout 3 10 Reps
Week 3	Workout 1 8 Reps	Workout 2 10 Reps	Workout 3 8 Reps
Week 4	Workout 1 10 Reps	Workout 2 8 Reps	Workout 3 10 Reps

TotallyPumped Level 3			
4 Sets	90 seconds Rest		Challenging Load
Week 1	Workout 1 6 Reps	Workout 2 8 Reps	Workout 3 6 Reps
Week 2	Workout 1 8 Reps	Workout 2 6 Reps	Workout 3 8 Reps
Week 3	Workout 1 6 Reps	Workout 2 8 Reps	Workout 3 6 Reps
Week 4	Workout 1 8 Reps	Workout 2 6 Reps	Workout 3 8 Reps

Pair&Pump (Split Routines)

Purpose:

Pair&Pump consists of split routines, which combine back & biceps, chest & triceps, and shoulders & legs. The exercises target complementary body parts to provide maximum stimulus to these areas for faster results. Pair&Pump is designed with a strength goal in mind. If performed consistently 3 days a week for 4 weeks, you should experience an increase in both strength and muscle size. It is also a great way to break through exercise plateaus.

Description:

Pair&Pump is designed with the more experienced user in mind. It consists of two levels, each with three split routine workouts (back & biceps, chest & triceps, and shoulders & legs.)

Each workout consists of 8-9 exercises, each with an accompanying tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper equipment instruction prior to use.

It is recommended that you perform the exercises using the order in which they are presented, with the most demanding exercises appearing first, and less demanding ones towards the end. This will provide you with the most comprehensive workout possible.

The program is designed to complement your existing exercise program. It can be used as a great change of pace— 3 days a week (1 day for each split) for 4-6 weeks. We recommend you perform Level 1 for at least 2-3 weeks before moving to Level 2. This provides a great new way of stimulating the body while avoiding boredom and stagnation.

The following charts illustrate the workout intensity for each level

Pair&Pump Level 1			
3 Sets	60 seconds Rest		Challenging Load
Week 1	Workout 1 <i>back & biceps</i> 10 Reps	Workout 2 <i>chest & triceps</i> 10 Reps	Workout 3 <i>shoulders & legs</i> 10 Reps
Week 2	Workout 1 <i>back & biceps</i> 10 Reps	Workout 2 <i>chest & triceps</i> 10 Reps	Workout 3 <i>shoulders & legs</i> 10 Reps
Week 3	Workout 1 <i>back & biceps</i> 10 Reps	Workout 2 <i>chest & triceps</i> 10 Reps	Workout 3 <i>shoulders & legs</i> 10 Reps
Week 4	Workout 1 <i>back & biceps</i> 10 Reps	Workout 2 <i>chest & triceps</i> 10 Reps	Workout 3 <i>shoulders & legs</i> 10 Reps

Pair&Pump Level 2			
3 Sets	60 seconds Rest		Challenging Load
Week 1	Workout 1 <i>back & biceps</i> 8 Reps	Workout 2 <i>chest & triceps</i> 8 Reps	Workout 3 <i>shoulders & legs</i> 8 Reps
Week 2	Workout 1 <i>back & biceps</i> 8 Reps	Workout 2 <i>chest & triceps</i> 8 Reps	Workout 3 <i>shoulders & legs</i> 8 Reps
Week 3	Workout 1 <i>back & biceps</i> 8 Reps	Workout 2 <i>chest & triceps</i> 8 Reps	Workout 3 <i>shoulders & legs</i> 8 Reps
Week 4	Workout 1 <i>back & biceps</i> 8 Reps	Workout 2 <i>chest & triceps</i> 8 Reps	Workout 3 <i>shoulders & legs</i> 8 Reps

Pumped(6)Pack (Abs & Core Workout)

Purpose:

Pumped(6)Pack is designed to target the body's "core" muscle groups. It includes exercises for the abdominals, obliques, hip flexors, and erector spinae muscles. It is important to maintain your "core" muscles as they help to support your spine and keep your body strong and stable during activity. Back pain is one of the most common physical complaints in the US, but proper maintenance can be both preventative and supportive. Each workout focuses on developing strength in the abdominal and lower back regions to aid in preventing lower back injuries. Along with a good cardiovascular program and proper nutrition, Pumped(6)Pack can also help to you achieve the washboard, 6-pack abs you've always wanted.

Description:

Pumped(6)Pack consists of three levels, each with two separate workouts. The levels get progressively more difficult as you go from Level 1 to Levels 2 and 3. Each level contains 6-7 exercises per workout. Each exercise is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper equipment instruction prior to use.

The exercises can be performed in any order, although we recommend you begin with Level 1, and stay with each level for about 2-3 weeks before moving to the next level. The workouts can be performed every day, but we advise you start gradually.

The following charts illustrate the workout intensity for each level

Pumped(6)Pack Level 1		
3 Sets 30 seconds Rest		
Bodyweight/Challenging Load		
Week 1	Workout 1 15 Reps	Workout 2 15 Reps
Week 2	Workout 1 15 Reps	Workout 2 15 Reps
Week 3	Workout 1 15 Reps	Workout 2 15 Reps
Week 4	Workout 1 15 Reps	Workout 2 15 Reps

Pumped(6)Pack Level 2		
3 Sets 30 seconds Rest		
Bodyweight/Challenging Load		
Week 1	Workout 1 10 Reps	Workout 2 10 Reps
Week 2	Workout 1 10 Reps	Workout 2 10 Reps
Week 3	Workout 1 10 Reps	Workout 2 10 Reps
Week 4	Workout 1 10 Reps	Workout 2 10 Reps

Pumped(6)Pack Level 3		
3 Sets 30 seconds Rest		
Bodyweight/Challenging Load		
Week 1	Workout 1 10 Reps	Workout 2 10 Reps
Week 2	Workout 1 10 Reps	Workout 2 10 Reps
Week 3	Workout 1 10 Reps	Workout 2 10 Reps
Week 4	Workout 1 10 Reps	Workout 2 10 Reps

Pumped2Go (Travelers Workout)

Purpose:

Pumped2Go is designed for health conscious people who travel frequently or just can't make it into the gym on a regular basis. Pumped2Go can be completed at home or in your hotel room, so you'll no longer have an excuse for missing a workout! The exercises are performed primarily using body weight and items commonly found in hotel rooms, such as water bottles and suitcases so there is no need for heavy, complicated equipment. It's quick and efficient, and can be used as a maintenance program to complement the your primary fitness program.

Description:

Pumped2Go consists of two workouts with 12 exercises in each. Every exercise is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper instruction prior to execution. It is recommended that you perform the exercises using the order in which they are presented. , with the most demanding exercises appearing first, and less demanding ones towards the end. This will provide you with the most comprehensive workout possible.

The workouts can be performed on alternating days while away on business, or as a substitute workout to make up for a missed day at the gym.

The following chart illustrates the workout intensity

Pumped2Go		
3 Sets 60 seconds Rest		
Bodyweight/Challenging Load		
Days 1 & 2	Workout 1 10 Reps	Workout 2 15 Reps
Days 3 & 4	Workout 1 15 Reps	Workout 2 10 Reps

PulsePump (Cardio Intervals)

Purpose:

PulsePump is a cardiovascular interval program designed to add another component to an overall cardiovascular conditioning program. The program implements different modes of equipment along with different intensities to provide you with a greater degree of variety so that you continue to challenge your cardiovascular system to perform more efficiently.

If performed 1-2 times per week as part of an overall program, you should experience changes in your body composition along with a noticeable increase in endurance.

Description:

PulsePump consists of three levels of varying intensities of cardiovascular exercise. Each exercise is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper instruction prior to implementation.

The program is designed to be integrated into an overall cardiovascular program which should consist of up to 3-5 sessions a week. The workouts can be performed 1-2 times per week on alternating days.

xPump (Cardio Cross Training)

Purpose:

xPump consists of combined cardio and strength training workouts designed to add another component to an overall cardiovascular conditioning program. The program implements different modes of equipment along with certain strength training exercises to provide you with a useful new training method for maintaining a high level of overall fitness.

If performed 1-2 times per week as part of an overall program, you should experience changes in body composition along with increases in endurance.

Description:

xPump consists of three levels of a cardio and strength training exercises. Each exercise is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper instruction prior to implementation.

The program is designed to be integrated into an overall cardiovascular program consisting of up to 3-5 sessions a week. The workouts can be performed 1-2 times per week on alternating days.

Reach&Pump (Stretching)

Purpose:

Reach&Pump is designed to improve your flexibility, which is a very important component of an overall exercise program. Good flexibility allows you to work through your full range of motion and promotes strength development throughout your body. It also helps to prevent injury while exercising and doing other activities. Flexibility is an important component of any fitness program regardless of your athletic prowess. Everyone from dancers to marathon runners to body-builders must incorporate elements of flexibility training to achieve their full range of motion and keep their bodies looking and feeling fantastic.

Description:

Reach&Pump consists of four separate workouts. Two of which concentrate on the total body, while the third and fourth workouts are dedicated to the upper and lower body. The total body stretching workouts consist of 17 stretches each, and target all the major muscle groups in the body. The upper body workout contains 11 stretches for the muscles of the pectorals, back, shoulders, arms and neck. The lower body stretching workout contains 23 stretches for all the muscles of the hips and legs.

Each stretch is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper instruction prior to implementation. The workouts can be performed every day or before/after a strength training workout as part of an overall exercise program. They can be done at home or at the gym.

PumpedAsanas (Hatha Yoga Poses)

Purpose:

PumpedAsanas are designed to provide you with a basic introduction into yoga. Regular practice of this series of Hatha yoga poses will help restore your physical, psychological, and spiritual health. The poses are arranged in a special order so they will flow naturally, allowing you to focus on form, increased awareness, stillness of mind, and developing a strong, agile body.

Description:

There are 3 levels to PumpedAsanas. Each level consists of one complete Hatha yoga workout. Level 1 contains approximately 25 images of Hatha poses. Levels 2 and 3 build on the base of poses learned in Level 1, but provide unique workouts, each offering between 10-25 additional new poses. Each pose is accompanied by a tip slide providing instruction about proper execution of the pose. These tips are for reference only and it is advised that you obtain proper instruction prior to implementation. The poses should be performed in order and it is recommended you begin with Level 1 for 2-3 weeks before moving to Levels 2 and 3. The workouts can be performed every day, but it is advisable to start gradually.

PumpedPilates (Pilates Mat)

Purpose:

PumpedPilates is designed as a basic introduction to Pilates mat exercises. The workouts are a series of exercises intended to flow from one to the next with the minimum amount of movement between each. When performed consistently as part of an overall exercise program, PumpedPilates is designed to promote a strong core along with improved flexibility and more defined and toned muscles.

Description:

There are 2 levels to PumpedPilates

Each level of PumpedPilates consists of one complete Pilates Mat workout. (The difference between Pilates mat and regular Pilates is that you don't need equipment) Level 1 contains 9 exercises, Level 2 contains 22 exercises.

Each pose is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only, and it is advised that you obtain proper instruction prior to implementation. The exercises should be performed in order and it is recommended you begin with Level 1 for 2-3 weeks before moving to Level 2. These workouts can be performed 2-3 times a week as part of an overall exercise program.

PumpedforSummer (Beachbody Workout)

Purpose:

PumpedforSummer workouts are designed to help you get the summer body you've always wanted. The programs concentrate on areas of greatest interest for the beachgoer. For men, the program targets the chest, arms and abs. For women, arms, abs and thighs.

If performed consistently 3 days a week for 4 weeks, you should experience increases in strength and some positive changes in muscle size in the targeted areas.

Description:

Each PumpedforSummer program is a 4-6 week training program, consisting of three different workouts with 12 exercises each.

Each exercise is accompanied by a tip slide providing instruction about proper execution. These tips are for reference only and it is advised that you obtain proper instruction prior to implementation.

It is recommended that you perform the exercises using the order in which they are presented, with the most demanding exercises appearing first, and less demanding ones towards the end. This will provide you with the most comprehensive workout possible.

This program is designed for you to workout 2 to 3 days per week over a period of 4 to 6 weeks.

The following chart illustrates the workout intensity

PumpedforSummer			
3 Sets	60 seconds Rest		Challenging Load
Week 1	Workout 1 8 Reps	Workout 2 10 Reps	Workout 3 8 Reps
Week 2	Workout 1 10 Reps	Workout 2 8 Reps	Workout 3 10 Reps
Week 3	Workout 1 8 Reps	Workout 2 10 Reps	Workout 3 8 Reps
Week 4	Workout 1 10 Reps	Workout 2 8 Reps	Workout 3 10 Reps