

DROP



KEVIN CRENSHAW
FITNESS

DISCLAIMER

The opinions expressed in this course are strictly informational, and should not be construed as the opinion of a medical professional.

The material in this course is provided for informational purposes only. It is general information that may not apply to you as an individual and it is not a substitute for the medical care or advice of your doctor.

The information in this course has not been evaluated by the Food and Drug Administration.

This course is not intended to diagnose, treat, cure, or prevent any disease or injury.

Kevin Crenshaw is a certified personal trainer and certified group fitness instructor.

Kevin is not a medical professional or physical therapist, nor does he claim to be one. Because of this, he asks that you do not contact him for medical advice, as he is not qualified to address medically-related questions.

I understand that there are risks associated with starting any exercise program. Any exercises that I partake in during the DROP. program, I partake in with the full knowledge of the inherent risks, including serious bodily injury.



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DROP

WELCOME + A NOTE — FROM KEVIN —

First off, I just want to say thank you and welcome to the DROP program! I am SUPER excited for you and grateful that you trusted me and chose me as your coach in this part of your journey. Thank you.

I often tell people, whether it be in my group fitness classes or just a workout partner, that the one and only goal for each and every workout is to be proud of yourself by the time you walk out of the gym. In order for you to be proud of yourself, you can't just do what you know you can, you have to do what you thought you COULD NOT! In order to do THAT, you have to push yourself mentally and physically. Compound that over weeks and you won't just look different, you won't just feel stronger, you will look in the mirror with a love you may never had before. That will make all the difference in every other area of your life. And THAT is what we are after.

Most people think that in order to be more you have to have/do more. It took me a few years and countless days of severe suffering in striving towards this that it's really more about shedding away the distractions. Dropping the BS and getting to the truth. Dropping the facade and just being your true authentic genuine self. Dropping the struggle and enjoying this journey called life.

THAT. That is what DROP is truly about. The workouts are designed to push you beyond your limits so you can really see just how strong you are. The Nutrition plan is designed to cut out the clutter and focus on the basics so you can see results and enjoy life. And the mental/spiritual transformation you will experience going through this process will leak into your career, relationships, and other areas where you truly show up as a new you.

With that, lets drop the chit-chat and get to business. Shall we? ;)

FIRST THINGS FIRST

WATCH THIS VIDEO

For more info on DROP, what to expect,
and how to get the most out of it!

Before you do anything, be sure to go through this checklist so you can go into day 1 with confidence!

1. *Read through the guide*
2. *Read through the nutrition plan*
3. *Watch the DROP THE SH*T video*
4. *Take before pics and weight*
5. *Join the facebook group and introduce yourself!*
6. *Look over the calendar and schedule when you will do your workouts for the next 4 weeks! Set alarms for meals if you need (check nutrition plan for more on this)*
7. *Go over day 1 workout before you do it! Read to make sure it makes sense, and watch video demos if need be.*
8. *Subscribe and look over the workout playlists to choose which you want to listen to first!*

ACCOUNTABILITY AND COACHING

Want to be a part of the exclusive insider group? I post in there on the daily to make sure you get your questions answered and you have support of hundreds of other people doing the program with you!

JOIN THE GROUP

Want to work more 1-on-1 with me?

Texts every day, weekly phone calls, and my priority time to get your questions answered sooner!

UPGRADE TO ELITE

DROP SETS 101

Drop sets are about hitting failure, then going anyway. Again, feeling proud of yourself, remember ;) This is best explained by showing you an example, then explaining it!

WATCH THE VIDEO

CHEST PRESS

15, 10, 8...max, max, max.

So first you grab a weight and do 15 reps for chest press. Then you have a short break (no longer than 1 min) and during that, grab heavier dumbbells. You then do 10 reps. Break, grab heavier. 8 reps. Then rest for 1 min. Anytime in the program where you see "... " that means THIS PART IS THE DROP! Anything after the "... " is a drop set. You start with the weight you just ended at. Go for max reps till you hit failure and can't do anymore. Then IMMEDIATELY grab a lighter weight and IMMEDIATELY do max reps with that lighter weight till failure. Then grab a lighter and immediately max reps.

That is a 3 time drop set, because you did max reps with 3 different weights, decreasing in weight, yet each time hitting failure.

TEMPO 101

Tempo Is all about building a mind-muscle connection. I want to make sure you are doing each of the moves properly and the best way you can figure that out for yourself is with TEMPO training.

Tempo is moving in slow motion. That way, if you are doing a chest press, and you are feeling it in your shoulder, you now know your form is off and you can correct it on your own!

Each workout in DROP has the first utilizing tempo for this reason, so be sure to take the first set slow and reeeeeeeally focus on your muscles you will be targeting for the workout. The focus should never be on the weight, it stays the same. Your body is what's changing, silly!

Examples on next page.

CHEST PRESS

Tempo 4x2x4—3 sets—10 reps

In this example, you go 4 seconds on the way down, hold for 2 at the bottom, and go 4 seconds on the way up. ALL OF THAT IS 1 REP. You then have 10 reps for 3 sets.

CHEST PRESS

Tempo 4x4—3 sets—10 reps

In this example, you have 4 seconds on the way down, and 4 seconds on the way up. THAT IS ONE REP. You then have 10 reps for a total of 3 sets.

MODIFYING/INTENSIFYING

If you have injuries, or are just starting out in your fitness journey, it is okay to modify! Your ego is not your friend, and it will definitely get you hurt in fitness if you don't stay in your skill level. To modify the majority of the program, simply choose lighter weights. To intensify things, grab heavier.

But remember, form is rule #1!

FAILURE

Drop is an intense workout routine. Period. Whether you're just starting in fitness, or you are an athlete... you WILL hit failure during the workouts. That's the point actually. So don't feel bad when in the middle of the workout you feel completely exhausted (especially after the DROP set lol).

When I tested this program on myself, I was on the floor after the drop sets gasping for air and my muscles were completely taxed. I want you to experience that.

Why? Because that's why you started, right? To see results. And if you keep doing what you KNOW you can do, you'll keep getting what you got. If you go till failure and really push yourself to new limits, you WILL get to your goals.

So in the middle of the workout if you hit failure and don't think you can continue (and it's anytime in the first week) then feel free to stop the workout! It's not about perfection. It's about progress.

RESCHEDULING

In a perfect world, each of my clients would do the entire 4 weeks without missing a day, and they would eat clean each meal and never cheat on their nutrition plan, sleep 6-8 hours every night, fall in love with the right person, maintain a social life, keep up with all their other obligations, scale their income to new levels, and go on vacation all at the same time.

Look, no one is perfect and I'm not expecting you to be. Simply do your best, and honor that you are putting yourself first for a month. Self love isn't selfish... cause you can't pour from an empty cup. These workouts aren't taking an hour out of your day, they are allowing you to show up at a better you for the other 23 hours.

With that, **SCHEDULE** your workouts ahead of time. Don't leave it to chance. If you fail to plan, you plan to fail. **PUT IT IN YOUR CALENDAR** and make it a non negotiable. Then stay disciplined to follow through... no matter how you feel. Your goals don't care about your feelings ;)

If for whatever reason you **DO** need to miss a day or reschedule because life got in the way and you have to re-prioritize for a few days (this happens to me occasionally) **THATS OKAY!** The world didn't end... You didn't fail. Just either **A: Pick up where you left off. -or- B: pick up on the day you would be at if you never skipped.** These workouts work each muscle group twice a week, so its no biggie if you skip once. But remember, its only a week... you got this!

REST/RECOVERY

SLEEP DAMNIT! When you workout, you break your body down. When you sleep, **THAT** is when you grow stronger and your metabolism is fed. It is through the recovery process that you get over soreness faster and see results! Rest is just as important as hitting the gym, so make sure you sleep :)

More on **RECOVERY** under the nutrition guide!

DROP STRESS

I don't even know what to type right now... There is so much to say about this topic, so instead of typing it all, I made a short video for you detailing the importance of de-stressing and 4 how-to strategies.

WATCH THE VIDEO

IDEAL CALENDAR

If you fail to plan, then you plan to fail. Plan your workouts in your calendar ahead of time and stay disciplined! Follow this workout calendar as closely as possible:



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DROP — IDEAL — WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	LEGS 1	PUSH 1	PULL 1	LEGS 1	PUSH 1	PULL 1	REST
WEEK 2	LEGS 1	PUSH 1	PULL 1	LEGS 1	PUSH 1	PULL 1	REST
WEEK 3	LEGS 2	PUSH 2	PULL 2	LEGS 2	PUSH 2	PULL 2	REST
WEEK 4	LEGS 2	PUSH 2	PULL 2	LEGS 2	PUSH 2	PULL 2	REST

3 DAYS PER WEEK CALENDAR

In a perfect world, I would love you to workout and follow the program as written. If, however, you have a hectic schedule... or are going out of town... or simply like working out only 3 days per week... Then follow THIS protocol:

Keep the workouts in order (Legs,Push,Pull) and just keep cycling through that (whether you workout 3 or 4 or 5 times a week). Because you do each workout twice in a week, you still will get results and not be missing out on too much. Yes you get better results at 6 days a week, but the margin of results isn't as drastic as you would think.



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BUILD YOUR OWN WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

PRINTABLE CALENDARS
ON PAGE 28 and 29

WHERE'S THE AB WORKOUTS?!

“Yo Kev, I want abs! WTF bro where are the ab routines?!” Wanna know a secret? I hardly ever workout abs. Because abs are made in the kitchen (more on this in the nutrition guide). Because, in each move you are doing, you should **ALWAYS** engage your core. Squatting? Squeeze your abs. Bicep curls? Squeeze your abs. Chest press? You guessed it.

Core engagement is part of proper form. When you isolate your core in this way, it gets really strong, really fast.

DROPN' THE BEATS YO!

One of my favorite components of DROP is the **MUSIC!** Music is such a big motivator and big part of my own workouts, so I wanted to give you the experience as well. Some playlists I will easily pour over 3 hours into to find the right combination and sequence of songs that give the best experience. And you get them all.

Whether you are into **POP, RAP, ROCK, or EDM**, I have a workout playlist for each one of the workouts, set just for you!

Feel the beats and subscribe below to your spotify playlists to have full access. Don't have spotify? Simply recreate the playlists using your music domain of choice!

POP • RAP • ROCK • EDM

**CLICK OR TAP HERE TO
LISTEN TO IT ALL!**

WHAT'S NEXT?

I recommend following DROP one time through completely and follow it to a T. A lot of work went into the program to ensure you see incredible results. You CAN go back and go through the program again if you want, but you will be WAY more advanced for some of the first weeks workouts, you may think it's too easy!

If you want a challenge, I recommend my FIRE program for an immersive 9 week plan! Or my Elite coaching program for new workouts every month to maintain and progress at a pace!


FIRE PROGRAM

ELITE COACHING

THANK YOU

I have poured my heart and soul into this program. SO many other people came into play to help me deliver this amazing program to you, and I couldn't have done it without them. No matter how big or small of a role you played, from the bottom of my heart, thank you.





DROP NUTRITION GUIDE

With this nutrition guide, my goal for you is to cut all the BS that doesn't matter, and get results that LAST as fast as possible. By RESULTS, I mean: More strength, Less body fat, and more energy.... ALL at the same time. That is the sign that the plan works. If it's not all 3, it is not sustainable long term.

With that said, if you are already following guidelines (paleo/gluten free/vegan/keto/etc...) that WORKS for you and you are happy with no complaints, then KEEP DOING IT! If, however, you still haven't found a plan that does all 3 of those things, then THIS is a great place to start.

“But Kev, how much should I eat? What foods do I need to eat? Just tell me what to do!”

NO lol. I refuse to make this complicated for you. Why? Because complexity is the enemy of execution. The more complicated you make nutrition, or the more “rules” you set for yourself, the easier it is to “fail” and lose motivation. Plus, who wants to be on a meal plan for the rest of your life?! This plan will give you the framework to see results without being super anal about nutrition. So you can ENJOY life instead of making fitness your life.

WATCH THIS VIDEO
FOR NUTRITION 101

5 RULES

With all that said, what are the guidelines? What should you focus on? Keep it simple. Follow these guidelines and you will get to your goals.

These are my 5 guidelines:

1. *If it came from nature, It's good for you.*
2. *If it came from a factory, it's not.*
3. *If you're hungry, eat!*
4. *If you're not, don't!*
5. *80/20 rule - It's not about being perfect! 80 percent of the time you eat clean, 20 percent of the time you can “Cheat”*

DROP THAT SHIT LIST

For the next 4 weeks, commit to cutting out **ONLY 3** of the foods from this list in your nutrition. Don't be an overachiever and do more. Just 3 for 4 weeks. At the end of the 4 weeks if you want to go back to eating them you can, but just commit for these 4 weeks cause who knows, It might make a new habit ;)

And if you already don't eat one of these... don't choose it to be on your list! Example: if you never drink soda, don't pick soda as one of the 3 on your drop list! Remember this is about pushing yourself to be better, not taking the easy route. I see you... :P

- *Soda*
- *Candy/chocolate*
- *Fast food*
- *Energy drinks/coffee*
- *Premade refrigerated meals*
- *Dairy*
- *Chips/packaged snacks*
- *Ice cream/anything of the like*

INTUITIVE EATING 101

No more counting. Why? Because who wants to spend the rest of your life on a meal plan?! This guide is to help you enjoy life... not OBSESS about food... and still reach your goals.because you can.

Intuitive eating is simply paying attention to your body and how you FEEL after eating certain foods at certain times of the day.

These are some good starting points:

1. *You should never dip in energy (feel like taking a nap) - This likely means you either ate too much, or too many carbs.*
2. *You should never get SUPER energized - Think Caffeine here. A spike (or dip) in energy is bad for your metabolism. We are trying to promote FAT LOSS and shifting your body from using sugar as a fuel source to using FAT as a fuel source.*
3. *If you feel bloated after eating a meal - You might be slightly allergic to what you ate. Try not eating it for a week and see if you FEEL less inflamed/bloated and more energetic. If so, drop it for good!*

4. *More alertness and lift in energy and mood - That means what you ate was perfect! For most people, this is a meal that includes protein, small portion of carbs, healthy fats, and greens (Or some food dense in micronutrients).*

Food is fuel. Go into your workouts and the kitchen with the intention of **FUELING YOUR METABOLISM**, not “Burning calories” or starving yourself. As mentioned above, if you have a healthy metabolism, then you will be getting stronger, leaner, and more energetic!

Eating less does not mean weighing less. One common mistake I see is people “cutting carbs” to weigh less. Does it work? In the short term, yes. That is why people still do it. But in the long term, your body will crash and **CRAVE** carbs for 2 reasons: 1. Chemically in your body you **NEED** carbs! They are healthy for you in the right doses at the right time (More on this later).

IF you cut off your supply of food, and are working out with a plan as intense as the ones I give you, your body will go into “**STARVATION MODE**” as a survival mechanism and will hold onto the fat for dear life, just to live. A lot of times, eating more while performing intense exercise will actually lean you out and get you **RESULTS!**

SUPPLEMENTS

***Do you need them? No.**
Do they help? Yes.*

If you have the money and want supplements to boost your results, here is a checklist of the best to get **LISTED IN ORDER** of my opinion on importance.

The specific brand of each is completely up to you (if you want no artificial ingredients, lower cost, etc). At the end of the day, they all work. And if you pay more, usually you get better Quality.

1. GREENS OR MULTIVITAMINS

Let's face it... most of us have a hard time getting enough veggies in. So this will be a “safety net” So you're not nutrient deficient. Having a vital amount of greens (specifically probiotics) helps with digestion. It's not about how much you want that counts, it's about how much of that food your body actually digests and uses. Have more energy... drink your greens!

2. PRE WORKOUT

The workouts in FIRE are kinda insane. Some days you simply may need an extra kick to make it through. It won't just help you make it though, but you'll honest mode every time you show up! More intensity, means faster results!

3. BCAAs

Recovery is when your muscles grow stronger and bigger. So why not recover WHILE you workout? When you take rests in the middle of each set, sip on some BCAAS to speed the recovery process so you don't fatigue as easily and are protecting your muscles while you workout! Pro tip: sip on some BCAAS throughout the day too in aiding recovery!

4. PROTEIN

Right after your workout, your muscles are most receptive to tools (nutrients) to... You got it.... Recover. Protein powders can help this process. Some people get bloated after they have a protein shake. If that is you, switch to a vegan option.

5. CASEIN

Why? You guessed it! RECOVERY! Casein is slow releasing protein. Drink a shake right before bed each night so you essentially feed your muscles while you sleep. Think about it... you're not eating for 8 hours (if you hopefully get that much sleep) and you don't want your body to be eating up muscle during that time. Having a shake before bed will also leave you less sore the next day.

PRE/POST NUTRITION

When eating BEFORE your workout, it is important you do it right. That way, you don't "Bonk" or get fatigued easily or cold sweats during your workout. Before lifting workouts, have starchy carbs (bread/oats/potato) or a banana! Play around with HOW MUCH to see what feels best. You shouldn't feel like you are going to throw up! LOL Before cardio workouts, have about half of what you would during a lifting workout. That way you get enough glycogen stores in your muscles to protect them during the workout so your body doesn't use it for fuel, and you don't toss it back up!

After your workout, your body is most receptive to absorbing nutrients to start the recovery process. It is ideal to eat immediately after a workout or as close to the finish as you can. The biggest meal of the day needs to be this meal, without a doubt. Also, if you want to cheat in any way, this is the time to do it because your body will use the food instead of storing it! Be sure to eat a meal that has all protein, carbs, and fat! A protein shake alone is good, but you need more!

GROCERY LIST

It's not to say that you can't have other healthy foods, but this list is a pretty solid place to start from and keep it simple.

CARBS

Peppers
Grapefruit
Oatmeal
Brown rice
Sweet potatoes
Whole grain pasta
Quinoa
Banana
Blueberries
Strawberries

VEGGIES

Asparagus
Broccoli
Spinach
Carrots
Celery
Spicy peppers

If you are to overeat on any ONE food group, this would be the one! Veggies are good for you for a reason, and I believe you truly can't have enough. So feel free to go overboard!

PROTEIN

Salmon
Chicken
Lean beef
Bison
Turkey
Tuna
Eggs
Egg whites

FAT

Avocados
Coconut oil
Almonds
Nut butters
Blue cheese
Hummus

GROCERY SHOPPING ON A BUDGET

Just cause it's crunch time financially doesn't mean your body has to suffer too. Especially if you're trying to add muscle, you'll need to eat more. But I want to show you how to do it without costing more.

These are the cheapest foods for each food group. It's boring, but it gets the job done and only costs 20-60 bucks a week for me (and I eat 5k calories a day) depending on what I need to restock on.

PROTEIN

Eggs, egg white cartons, chicken, tuna.

FRUITS

Bananas and frozen fruit if you feel like it.

VEGGIES

Frozen broccoli and carrots.

FATS

Peanut butter, coconut oil, and avocados (*get 4 because they are expensive... And have ½ a day. Avocados are a must cause it keeps your hormones in check.*)

CARBS

Oats, potatoes, bread.

Feel free to get stevia, honey, or sauces too so it's not all bland. Budget in a few extra bucks a week to eat out so you can 1. Enjoy your freaking life 2. Break up the monotony of eating the same thing all the time. It actually helps your metabolism.

Try and budget in a multivitamin or greens supplement because these foods aren't exactly going to give you all the MICRONutrients you need, but they will give you your MACRONutrients for dem gainz!!

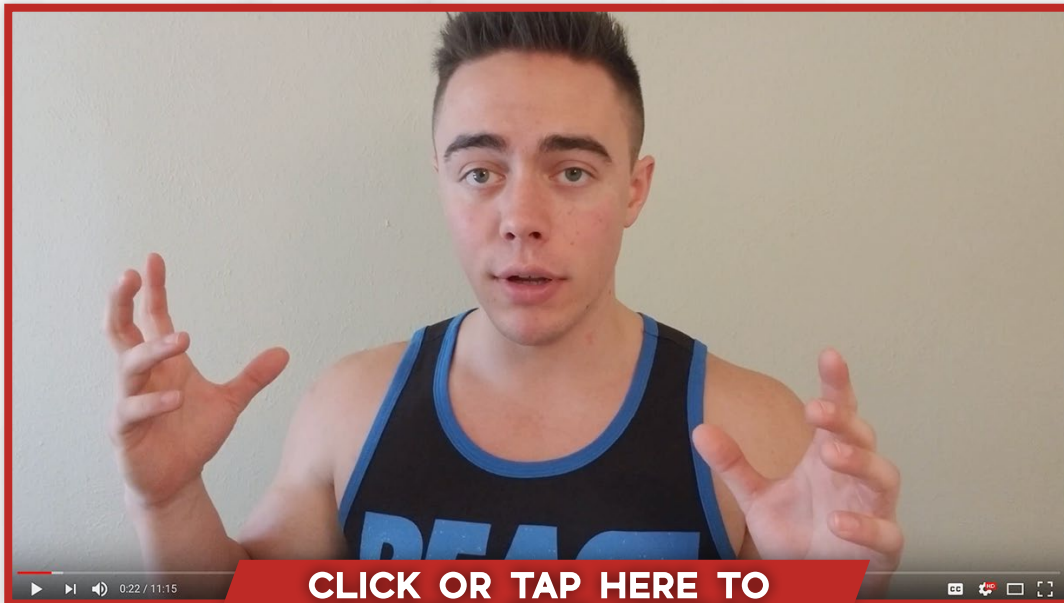
PLANNING/PREPPING MEALS

Meal prepping is simply to be prepared. So if you know you leave the house at X time, and you won't get back for another 6 hours, it might be good to make a meal and bring some snacks so it's convenient! Or if you are super busy and forget to eat, a simple solution is to set an alarm on your phone every 3 hours!

Again, if that works for you. If you do better with 3 meals a day, then rock it! As your metabolism revs up, you may feel more hungry. That is normal, just remember not to starve yourself! Cause that will kill your metabolism. Which is a no-no.

MOTIVATION MASTERY

Motivation is key, and when you know how to get and stay motivated, you master the game. Even if you don't FEEL motivated, you can keep yourself disciplined when you have this down. Check out the Motivation Mastery video below as I guide you through a process where you will never be at a lack of motivation or discipline again.





DROP WORKOUTS

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Squat knee up

30 sec

Front lunge twist

30 sec

Plank beast

30 sec

Groiners

30 sec

WORKOUT

2x2x2 tempo squats

3 sets 10 reps

Leg press

20, 15, 10... max, max, max.

Reverse lunges

15 reps right... then 15 reps left... then 15 reps alternating.

3 sets of that.

Alternating front lunges

3 sets 15 reps

Alternating step ups

3 sets 15

Front squats

20, 15, 10... max, max.

Side lunges

10x3 per leg

COOLDOWN

Kneeling quad deep stretch

X3/leg

Bretzel

X3/leg

Pigeon

X3/leg

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Scalp pushups

30 sec

Beast plank row

30 sec

Swimmers

30 sec

Russian rower twist

30 sec

WORKOUT

Renegade rows

2x2x2 tempo, 5 reps per arm alternating. 3 sets per arm.

Iso superman hold

3 sets 1 min

Low rows

20, 15, 12... max, max.

112 bend over rows set with **112 reverse grip pulldowns**

3 sets 15 reps (each combo of 1,1,2 is ONE rep)

Hammer bicep curls

2x2x2 tempo. 3 sets 10 reps.

Full supinating curls

15, 10, 6... max, max, max.

Incline bench back rows

3 sets of 20

COOLDOWN

Cat/cow

30 sec

Thread the needle

3X/side

Side side reach

5x/side

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Plank/beast/down dog

30 sec

Pushup reach hold

30 sec

Plank cross climbers slow

30 sec

Egoscue stretch

30 sec

WORKOUT

Pushups

Tempo 4x4. 3 sets 10 reps.

Incline reverse grip press.

20, 17, 15... max, incline pushups.

Cable 1 arm flys

10 reps each arm 4 sets.

Close grip press

20, 17, 15, max, max.

1 arm triceps kickbacks

2x2x2 tempo. 2 sets 10 reps on each arm consecutively.

Skull crushers

20,15,10...max, max.

Shoulder flys

3 sets 20 reps.

COOLDOWN

Wall chest opener

X3/arm

Wall scrapes

X3/Arm

Chest openers

X3

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Squat knee up

30 sec

Front lunge twist

30 sec

Plank beast

30 sec

Groiners

30 sec

WORKOUT

2x4 tempo squats

3 sets, 10 reps

Leg press

20, 15, 10... max, max, max, max plyo jumps,
max bodyweight squats.

Leg curls

15 reps right, 15 reps left, 15 reps together. 3 sets of that.
(Each combination of 1 rep right, one rep left, 1 rep together...
is ONE rep.)

Leg extensions

3 sets, 20 reps

Walking lunges

4 sets 1 min

Front squats set with back squats

20, 15, 10... max, max.

Force set **split lunges**.

5 reps, 5 sec rest... 5 times in a row on 1 side.. 1 set each leg.

COOLDOWN

Kneeling quad deep stretch

X3/leg

Bretzel

X3/leg

Pigeon

X3/leg

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Scalp pushups

30 sec

Beast plank row

30 sec

Swimmers

30 sec

Russian rower twist

30 sec

WORKOUT

Low row

4x4 tempo. 3 sets 10.

Weighted superman hold

3 sets 1 min

T bar rows

15,10,6... max, max, max, max

1 arm row

No rest: 20, 15, 12 switch arms 20, 15, 12 switch arms 12, 15, 20 switch arms 12, 15, 20

Reverse grip pulldowns

2x2 tempo. 20, 15, 12, 10

Bicep supinating curls

2x2x2 tempo. 3 sets 10 reps

Iso hold curls

10 each arm. Switch every 5. 3 sets.

Incline bench back rows

Burnout. 100 reps as many breaks as you need.

COOLDOWN

Cat/cow

30 sec

Thread the needle

3X/side

Side side reach

5x/side

CLICK ON EACH WORKOUT TO VIEW A VIDEO DEMO

WARMUP

Plank/beast/down dog

30 sec

Pushup reach hold

30 sec

Plank cross climbers slow

30 sec

Egoscue stretch

30 sec

WORKOUT

Chest press

Tempo4x4. 3 sets 10 reps.

Drop chest press

10,8,6, ... max, max, max, max pushups on toes, max pushups on knees.

Cable flys

1, 1, 2. 10 reps 3 sets (Each combination of 1 rep right, one rep left, 1 rep together... is ONE rep.)

Incline close grip press

20, 15, 10

1 arm cable tricep kickbacks

2x2x2 tempo. 2 sets 10 reps.

Cable kickbacks

20, 15, 10 ...max, max, max, max rep dips.

Shoulder fly burnout

1 set of 100 reps. As many breaks as you need.

COOLDOWN

Wall chest opener

X3/arm

Wall scrapes

X3/Arm

Chest openers

X3



KEVIN CRENSHAW
FITNESS

DROP

— IDEAL — WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	LEGS 1	PUSH 1	PULL 1	LEGS 1	PUSH 1	PULL 1	REST
WEEK 2	LEGS 1	PUSH 1	PULL 1	LEGS 1	PUSH 1	PULL 1	REST
WEEK 3	LEGS 2	PUSH 2	PULL 2	LEGS 2	PUSH 2	PULL 2	REST
WEEK 4	LEGS 2	PUSH 2	PULL 2	LEGS 2	PUSH 2	PULL 2	REST



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DROP

BUILD YOUR OWN WORKOUT CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							