

Destiny Management
The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™
Program Design 2 Day Split

Day 1

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEG EXTENSIONS	Adjust the seat so your knees are in line with the center of the cam and your back is supported. The crossbar should be close to your feet, wherever is comfortable. Keep your toes pointed up towards your shins and extend your legs up to full lockout. Stop just before weights touch on the return.	Quadriceps.	
LEG CURLS	Line your knees up with the center of the cam. Keep your toes pointed up towards your shins. Curl your legs until your knees are at less than a 90° angle. These are performed lying face down.	Hamstrings, towards insertion.	
SEATED ROWS	On a low pulley cable, keeping your knees slightly bent, lean all the way forward to get a full stretch. Then sit up to a twelve o'clock position. Keep your elbows in to your sides and bring the handle into your upper abdomen.	Latisimus Dorsi, Rhomboids, Teres, Erectors.	Biceps, Forearms.
MACHINE BENCH PRESS	Perform this exercise on a machine. Your forearms should be perpendicular to the floor when the bar is just above your chest. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
STANDING REVERSE CALF RAISES	Standing on a block with the toes off the end, point the toes down towards the floor to get a good stretch on the shin. Then, bring the toes up as far as possible.	Tibialis Anterior.	Anterior leg muscle.
CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor.	Rectus Abdominis.	Obliques.

Resistance Guidelines: Perform 2 sets of 12-15 repetitions. Perform 2 sets of 50 repetitions on crunches.

Cardiovascular Guidelines: Target Heart Range (THR). On resistance days perform 30 min. On off day perform 20 min. Add 5 min. per week up to 60 min. then add one day.

Flexibility Guidelines: Always warm-up first. Never bounce. Perform everyday. Hold each stretch 20 sec.

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Day 2

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEG PRESS	With feet shoulder width apart on the platform, toes straight ahead or slightly out. Keep your abdominals tight and your low back arched. Keep your head straight and your eyes looking up to help keep your back arched. Bend your knees making sure they travel forward over the first two toes. Make sure your hips descend at the same rate. Stop just before the lower back starts to round out.	Quadriceps.	Hamstrings, Gluteus Maximus.
STANDING CALF RAISES	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
STIFF-ARM PULLDOWNS	Facing a high pulley, grab a straight bar roughly shoulder width. With your elbows slightly bent, bring your hands down to your thighs in a large semi-circle. Pinch your shoulder blades back at the bottom. Keep your knees bent and your abdominals tight.	Latisimus Dorsi/Triceps/Posterior deltoids	Pectoralis major and minor/Abdominals/Serratus
STANDING LATERAL RAISE	Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
TRICEPS PRESS DOWNS	On a high pulley with a loop handle, grab with palms facing down. Keep elbows pinned at side and straighten arms, keeping cable going straight down, not back. Keep wrists straight.	Triceps	
CURLS	Sitting on a flat bench or standing, curl the dumbbells up, keeping your elbows steady. Twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps.	Brachialis, Forearms.
TWISTING CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor. Curl your right shoulder towards your left knee and vice versa.	Obliques.	Rectus Abdominis.