

Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

Program Design 3 Day Split

Day 1

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
STIFF-ARM PULLOVERS	Lying on your back on a flat bench, your arms extended overhead with a barbell in your hands, extend straight arms up over your chest in an arc.	Pectoralis major & Serratus anterior.	Anterior deltoids.
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.
DUMBBELL FLYES	Lie on a bench with the dumbbells at arms length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major.	Anterior deltoids, biceps.
PUSH-UPS	Begin from the top position with the arms and hips straight and the abs tight. You may begin doing them from the knees for an easier progression. Lower your chest towards the floor, keeping the neck straight, until the shoulders are even with the elbows. If you feel a stretch in the shoulder, don't go this far. Your forearms should be perpendicular to the floor when you are in the bottom position and keep your elbows out and perpendicular to your body. Return to the top.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
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 3 sets of 12-15 repetitions. Perform 2 sets of 30 repetitions on crunches.

Cardiovascular Guidelines: Target Heart Range (THR). Perform 3 days per week for 20 min. Add 5 min. per week up to 45 min.

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:
QUAD LIFTS	Sitting on the floor, lean back so your upper body is supported with your arms. Bend one knee up to relieve pressure on your lower back. Lift your straight leg up until it is even with your bent thigh (~45°) and return. Repeat with the other leg.	Quadriceps.	Hip flexors.
LEG PRESS	With feet shoulder width apart on the platform, toes straight ahead or slightly out. Keep your abdominals tight and your 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.
SIDE LUNGES	Start the same as lunges but, instead of stepping forward, step directly out to the side. Keep the stationary leg straight, and rise up on the ball of the foot on the leg you're stepping out with to squat down further. Squat until a stretch is felt on the inside of the stationary leg. Push off as strongly as possible to return to a standing position.	Abductors, Adductors.	Quadriceps, Gluteus Maximus, Hamstrings.
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.
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.
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.

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Day 3

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
STIFF-ARM PULLOVERS	Lying on your back on a flat bench, your arms extended overhead with a barbell in your hands, extend straight arms up over your chest in an arc.	Pectoralis major & Serratus anterior.	Anterior deltoids.
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.
BENCH DIPS	Place your hands on a bench behind your back and place your feet on a bench in front of you. Bend your arms until they are even with your elbows.	Triceps.	Pectoralis Major, Anterior deltoids.
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.
REVERSE TRUNK TWISTS	Lying on your back, extend your legs up in the air so there is a 90° degree angle at your hip. Keeping the legs slightly bent and the lower back pressed against the floor slowly lower your leg to the right as far as you can without letting you're your back and shoulders lift off the floor. Return to the starting position and repeat on the other side.	Obliques	Rectus Abdominis