

**Destiny Management**  
 The Final Edge to Metabolic Control™  
 Enhancing lifestyles through proven wellness and fitness systems™  
***Program Design 4 Day Split***

Day 1

<b>EXERCISES:</b>	<b>KEY POINTS:</b>	<b>MAJOR MUSCLES INVOLVED:</b>	<b>MINOR MUSCLES INVOLVED:</b>
UNDER GRIP PULLDOWNS	Using a cable machine, take a grip that is about shoulder width, with your palms facing you. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Biceps.	Latisimus Dorsi.
ONE-ARM DUMBBELL ROW	Put one knee and hand on a bench for support and to take strain off the lower back. Put your other foot out wide enough to keep your hips even and keep your knee bent. This position should form a tripod. With your free arm bring the dumbbell up to the side of your ribs.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
INTERNAL/EXTERNAL ROTATIONS	Pin elbow at side. Keep at 90 degree angle. Rotate at shoulder only.	Rotator cuff muscles.	
PEC DECK	Keeping your elbows at shoulder level, bring your arms together in front of you, with your palms facing each other. Squeeze your chest to give yourself an extra isometric contraction as your hands come together.	Pectoralis major.	Anterior deltoids.
FLAT BENCH PRESS	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.
FULL CRUNCHES	Lying on your back, with your thighs resting over a bench and perpendicular to the floor, press your lower back against the floor and curl your shoulders up until your arms touch your knees.	Rectus Abdominis.	Hip flexors, Obliques.

**Resistance Guidelines:** Perform 2 sets of 20-25 repetitions.

**Cardiovascular Guidelines:** Burn 1,500 calories per week in your target heart rate zone.

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

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Day 2

<b>EXERCISES:</b>	<b>KEY POINTS:</b>	<b>MAJOR MUSCLES INVOLVED:</b>	<b>MINOR MUSCLES INVOLVED:</b>
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.	
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 BENT-OVER DUMBBELL LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the dumbbells out to the sides and upward until your arms are parallel to the floor. Your arms should be perpendicular to the body as they raise. Turn your wrists so that the pinkie fingers are higher than your thumbs.	Posterior deltoid.	Teres and Rhomboids.
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.
ARNOLD PRESS	Using dumbbells, start with your palms facing the rear. Press upwards, and when your hands are even with your head, rotate your palms forward. Reverse the process to lower them.	Anterior head of deltoids.	Posterior/Lateral head of deltoids; Triceps.
ROPE CRUNCHES	Kneeling in front of a high pulley with a rope handle, pull your elbows down and in at the same time you're doing a crunch until your elbows touch your knees.	Serratus, Rectus Abdominis.	Obliques, Arms.

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Day 3

<b>EXERCISES:</b>	<b>KEY POINTS:</b>	<b>MAJOR MUSCLES INVOLVED:</b>	<b>MINOR MUSCLES INVOLVED:</b>
FRONT PULL DOWNS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keeping the back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so that the bar just misses your chin, and then down to your upper chest.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
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/P osterior deltoids	Pectoralis major and minor/Abdominals/Serratus
FLAT DUMBBELL BENCH PRESS	Using dumbbells on a flat bench, your palms facing forward, lower the dumbbells to mid-chest. You should feel a good stretch when the dumbbells are lowered. Watch your shoulders for limited ROM.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
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	
SEATED DUMBBELL CURLS	Sitting on a flat bench, 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.
FLOOR LEG RAISES	Lying on your back, place your hands under your Gluteus Maximus to support your back. Press your lower back against the floor and keep your knees slightly bent. Lift your legs up over your body in a large arc until your pelvic girdle tilts up slightly. Lower until just before your back starts to arch.	Hip flexors.	Rectus Abdominis, Obliques.

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Day 4

<b>EXERCISES:</b>	<b>KEY POINTS:</b>	<b>MUSCLES INVOLVED:</b>	<b>MUSCLES INVOLVED:</b>
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.	
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.
UPRIGHT ROWS	Stand grasping barbell with overhand grip, hands 6-10 inches apart. Let bar hang straight down in front of you. Raise the bar straight up to the chin, keeping bar close to body. Keep back straight and feel traps contract throughout movement. Strict movement.	Traps & frontal deltoids.	Pectorals.
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.