



Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

Day 1

Program for Sports Specific (Phase 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.	
BENT-LEG CALVES	Place the balls of your feet on a block with the knees bent. 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. Keep the knees bent throughout the movement.	Soleus.	Gastrocnemius.
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.
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.
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 10-12 repetitions. Perform 3 sets of 50 repetitions on crunches. Perform for 6 weeks.

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:
HIP ABDUCTION	Keeping your hips square, bring one leg out away from your body roughly 30°. Let your leg return slightly past the midline of the body to get a good stretch.	Abductors.	
HIP ADDUCTION	Keeping the hips square, bring your leg across the midline of your body while rotating the leg in slightly. Let your leg go out to a 30° angle to complete the stretch.	Adductors.	Sartorius.
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.
BENT-ARM PULLOVERS	Lie on your back and place the bar at your lower sternum, using a shoulder width grip. Bring your arms directly overhead keeping your elbows bent at a 90° angle and in, as much as comfortable. Continue until a stretch is felt in the triceps.	Upper/Mid back.	Pectoralis Major/Minor. Triceps.
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.
INTERNAL/EXTERNAL ROTATIONS	Pin elbow at side. Keep at 90 degree angle. Rotate at shoulder only.	Rotator cuff 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.
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 1

Program Design for Sports Specific (Phase 2)

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
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/Abdom- inals/Serratus
INCLINE DUMBBELL FLYES	Sit with your head raised up higher than your hips at an angle of 30-45 degrees, on an incline bench. Hold 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.	Upper pectoralis major.	Anterior deltoids, biceps.
DIPS	Lean forward with your chin down, and your elbows out. Lower yourself until you feel a stretch across your chest and shoulders.	Lower pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
BENCH KNEE-UPS	Sitting on the end of a bench, lean back slightly and support your upper body with your arms. Keeping your Abdominals tight and your knees bent at a 90 degree angle, lift your legs in a large arc until your thighs are above parallel to the ground.	Hip flexors.	Rectus Abdominis, Obliques.

Resistance Guidelines: Perform 2 sets of 20-25 repetitions and 1 set of 8-10. Perform 3 sets of 20 repetitions on abdominal movements. Perform for 6 weeks.

Cardiovascular Guidelines: Perform 5 days per week for 30 min. in interval fashion. Use a 1:3, 1:8, 1:12, 1:15, and 1:5 work to rest ratio on the respective days.

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



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EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
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.
HYPER EXTENSIONS	Lying face down on a hyper extension bench with your hips off the end, pivot at the hip and lower your upper body until it is perpendicular to the floor, or a stretch on the hamstrings is felt. Raise only until your upper body is parallel to the floor.	Hamstrings, Gluteus Maximus.	Erectors.
CALF PRESSES	Use a leg press machine. Place the balls of your feet on the lower edge of the platform (use the safety spotter bars on the sides of the machine), and push it up as far as you can. Then lower the platform until you feel a good stretch in your calf muscles.	Gastrocnemius.	Soleus.
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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.
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.
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.
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



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Day 3

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
SEATED ROWS		Latisimus Dorsi, Rhomboids, Teres, Erectors.	Biceps, Forearms.
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.
PULLOVER PRESS	Lying face up on a bench, grab the bar shoulder width. Start with the bar at the lower part of your sternum. Keeping your elbows in, bring the bar over your head until a stretch is felt on the triceps. Keep the bar as close to your face as possible. Return it to your sternum and perform a close-grip bench press.	Triceps.	Pectoralis Major, Latisimus Dorsi, Anterior deltoids.
ZOTTMAN CURLS	Perform like a seated dumbbell curl, only at the top pronate the hand and lower.	Biceps, Brachialis, and Forearms.	
TWISTING 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 left elbow touches your right knee. Then do it again so that your right elbow touches your left knee.	Serratus, Rectus Abdominis, Obliques.	Arms.