

Xyngular.[®]
Body Transformation
Exercise Plan: Days 9-29



†Consult with your doctor before making any dietary changes or beginning a new exercise program. Those with special dietary requirements should make adjustments to the program as needed. Please modify the workouts listed below as needed. These are intended as a guide only.

Day 9 Workout

Dumbbell Chest Press	3 sets 15-12-10
Dumbbell Incline Press	3 sets 15-12-10
Pec Dec Flys	3 sets 15-12-10
Push Ups	3 sets 15-12-10 to failure
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure
30 min cardio of your choice	

Day 12 Workout

30-60 min cardio of your choice	
V-Leg Raises off bench, chair or floor	
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure

Day 10 Workout

Lat Pulldowns	3 sets 15-12-10 increasing wt.
Seated Cable Rows	3 sets 15-12-10 increasing wt.
One Arm Dumbbell Rows	3 sets 15-12-10 increasing wt.
Push Ups	3 sets 15-12-10 to failure
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure
30 min cardio of your choice	

Day 13 Workout

Seated Dumbbell Press	3 sets 15-12-10 increase wt. to failure
Upright Rows with Cable	3 sets 15-12-10 increase wt. to failure
Shoulder Shrugs w/ Dumbbells	3 sets 15-12-10 increase wt. to failure
Giant Delt Set Front-Side-Rear	3 sets doing all 3 in one set
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure
30 min cardio of your choice	

Day 11 Workout

Leg Press or Squats	3 sets 15-12-10 increasing wt.
Leg Extensions	3 sets 15-12-10 increasing wt.
Leg Curl	3 sets 15-12-10 increasing wt.
Calf Raises Seated or Standing	3 sets 15-12-10 increasing wt.
Push Ups	3 sets 15-12-10 to failure
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure
30 min cardio of your choice	

Day 14 Workout

Concentration Curls	3 sets 15-12-10
Lying Tricep Extensions	3 sets 15-12-10
Tricep Pressdowns w/ V Bar	3 sets 15-12-10
One Arm cable Rev. Pressdown	3 sets 15-12-10
Dumbbell Kick Backs	3 sets 15-12-10
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure
30 min cardio of your choice	

Day 15 Workout

30-60 min cardio of your choice
Lower Abs Slant Board 2 sets to failure
Torso Twists 2 sets to failure
Floor Crunches 2 sets to failure

Day 18 Workout

Squats Reps 12-10-12
Leg Extension Reps 12-10-12
Leg Curl Reps 12-10-12
Calf raises (opp. Of last week) Reps 12-10-12
Lower Abs Slant Board 2 sets to failure
Torso Twist 2 sets to failure
Floor Crunches 2 sets to failure
30 min cardio of your choice

Day 16 Workout

Chest Bench Press Bar Reps 12-10-12 (2nd rep heavier)
Flat Lying Dumbbell Flys Reps 12-10-12 (2nd rep heavier)
Incline Dumbbell Press Reps 12-10-12 (2nd rep heavier)
Decline Dumbbell Press Reps 12-10-12 (2nd rep heavier)
Push Ups 2 sets to failure
Lower Abs Slant Board 2 sets to failure
Torso Twists 2 sets to failure
Floor Crunches 2 sets to failure
30 min cardio of your choice

Day 19 Workout

30-60 min cardio of your choice
Lower Abs Slant Board 2 sets to failure
Torso Twists 2 sets to failure
Floor Crunches 2 sets to failure

Day 17 Workout

Pull-Ups 3 sets to failure
Tbar Rows Reps 12-10-12 (2nd rep heavier)
Close Grip Cable Pulldowns Reps 12-10-12
Hyperextension if gym has & weighted you can
Lower Abs Slant Board 2 sets to failure
Torso Twists 2 sets to failure
Floor Crunches 2 sets to failure
30 min cardio of your choice

Day 20 Workout

Military Press Machine Reps 12-10-12 (Bar in front of head)
Upright Rows w/ EZ Curl Bar Reps 12-10-12
Front Delt Raises w/ Cable Reps 12-10-12
Seated Dumbbell Side lat Raises Reps 12-10-12
Rear Delt Rows Incline Bench Reps 12-10-12
Lower Abs Slant Board 2 sets to failure
Torso Twists 2 sets to failure
Floor Crunches 2 sets to failure
30 min cardio of your choice

Day 21 Workout

5 min cardio of your choice	
Leg Press	30 sec, then 15 rest
Chest Press	30 sec, then 15 rest
Bicep Curl	30 sec, then 15 rest
Tricep Pressdown	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Extension	30 sec, then 15 rest
Chest Flys	30 sec, then 15 rest
Lat Pulldown	30 sec, then 15 rest

Day 21 Workout Cont.

Shoulder Press	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Curl	30 sec, then 15 rest
Seated Back Rows	30 sec, then 15 rest
Cable Upright Rows	30 sec, then 15 rest
Calve Raises	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Lower Ab Slant Board	2 sets to failure
Torso Twists	2 sets to failure

Day 22 Workout

30-60 min cardio of your choice	
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure

Day 23 Workout

5 min cardio of your choice	
Leg Press	30 sec, then 15 rest
Chest Press	30 sec, then 15 rest
Bicep Curl	30 sec, then 15 rest
Tricep Pressdown	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Extension	30 sec, then 15 rest
Chest Flys	30 sec, then 15 rest
Lat Pulldown	30 sec, then 15 rest

Day 23 Workout Cont.

Shoulder Press	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Curl	30 sec, then 15 rest
Seated Back Rows	30 sec, then 15 rest
Cable Upright Rows	30 sec, then 15 rest
Calve Raises	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Lower Ab Slant Board	2 sets to failure
Torso Twists	2 sets to failure

Day 24 Workout

30-60 min cardio of your choice	
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure

Day 25 Workout

5 min cardio of your choice	
Leg Press	30 sec, then 15 rest
Chest Press	30 sec, then 15 rest
Bicep Curl	30 sec, then 15 rest
Tricep Pressdown	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Extension	30 sec, then 15 rest
Chest Flys	30 sec, then 15 rest
Lat Pulldown	30 sec, then 15 rest

Day 27 Workout

5 min cardio of your choice	
Leg Press	30 sec, then 15 rest
Chest Press	30 sec, then 15 rest
Bicep Curl	30 sec, then 15 rest
Tricep Pressdown	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Extension	30 sec, then 15 rest
Chest Flys	30 sec, then 15 rest
Lat Pulldown	30 sec, then 15 rest

Day 25 Workout Cont.

Shoulder Press	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Curl	30 sec, then 15 rest
Seated Back Rows	30 sec, then 15 rest
Cable Upright Rows	30 sec, then 15 rest
Calve Raises	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Lower Ab Slant Board	2 sets to failure
Torso Twists	2 sets to failure

Day 27 Workout Cont.

Shoulder Press	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Curl	30 sec, then 15 rest
Seated Back Rows	30 sec, then 15 rest
Cable Upright Rows	30 sec, then 15 rest
Calve Raises	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Lower Ab Slant Board	2 sets to failure
Torso Twists	2 sets to failure

Day 26 Workout

30-60 min cardio of your choice	
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure

Day 28 Workout

30-60 min cardio of your choice	
Lower Abs Slant Board	2 sets to failure
Torso Twists	2 sets to failure
Floor Crunches	2 sets to failure

Day 29 Workout

5 min cardio of your choice	
Leg Press	30 sec, then 15 rest
Chest Press	30 sec, then 15 rest
Bicep Curl	30 sec, then 15 rest
Tricep Pressdown	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Extension	30 sec, then 15 rest
Chest Flys	30 sec, then 15 rest
Lat Pulldown	30 sec, then 15 rest

Day 29 Workout Cont.

Shoulder Press	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Leg Curl	30 sec, then 15 rest
Seated Back Rows	30 sec, then 15 rest
Cable Upright Rows	30 sec, then 15 rest
Calve Raises	30 sec, then 15 rest
5 min cardio of your choice	15 sec rest
Lower Ab Slant Board	2 sets to failure
Torso Twists	2 sets to failure

