

Lean & Mean II

Miller, Mike

Date	07/26/2014	Seat	Back	Foot	Other	Sets	Duration Intensity			
Day	Seat Position ▶					Week 1	Week 2	Week 3	Week 4	
Day 1						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	
Flat DB Press • warm-up.. 10r 20w & 8r 25w						4 14r 30w	4 13r 35w	4 12r 40w	4 11r 45w	
Incline Dumbbell Press						3 14r 25w	3 13r 30w	3 12r 35w	3 11r 40w	
Incline Dumbbell Fly						3 18r 15w	3 17r 17.5w	3 16r 20w	3 15r 22.5w	
One Arm DB Extension						4 14r 15w	4 13r 17.5w	4 12r 20w	4 11r 22.5w	
Triceps Pushdown						3 14r 75w	3 13r 85w	3 12r 95w	3 11r 100w	
Triceps Dip Machine						3 18r 105w	3 17r 120w	3 16r 140w	3 15r 160w	
Day 2						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	
Overhead DB Press • warm-up.. 10r 12.5w & 8r 15w						4 14r 17.5w	4 13r 20w	4 12r 22.5w	4 11r 25w	
Side Dumbbell Raise						3 14r 15w	3 13r 17.5w	3 12r 20w	3 11r 22.5w	
Bent Over DB Raise						3 14r 30w	3 13r 35w	3 12r 40w	3 11r 45w	
Leg Press						4 14r 140w	4 13r 160w	4 12r 180w	4 11r 195w	
Leg Extensions						3 14r 65w	3 13r 75w	3 12r 85w	3 11r 95w	
Seated Leg Curls						3 14r 45w	3 13r 50w	3 12r 55w	3 11r 60w	
Day 3						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	
One Arm DB Row • warm-up.. 10r 17.5w & 8r 22.5w						4 14r 30w	4 15r 30w	4 12r 35w	4 11r 40w	
Lat Pulldown Machine						3 14r 75w	3 13r 85w	3 12r 95w	3 11r 105w	
Seated Cable Row						3 14r 70w	3 13r 80w	3 12r 90w	3 11r 95w	
Dumbbell Curl						4 14r 15w	4 13r 17.5w	4 12r 20w	4 11r 22.5w	
Preacher Curl Machine						3 14r 45w	3 13r 50w	3 12r 55w	3 11r 60w	
Hammer Curls						3 14r 17.5w	3 13r 20w	3 12r 22.5w	3 13r 22.5w	
Standing Calf Raise • warm-up.. 10r 75w & 8r 90w						4 14r 110w	4 13r 125w	4 12r 140w	4 11r 155w	
Every Wk Out						Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	Complete <input type="checkbox"/> Post W/O Drink <input type="checkbox"/>	
Back Extension Machine						4 14r 70w	4 13r 80w	4 12r 90w	4 11r 100w	
Abdominal Curl Machine						4 14r 35w	4 13r 40w	4 12r 45w	4 11r 50w	
Cardio of Choice						1 20m 102h	1 20m 110h	1 20m 118h	1 20m 126h	

Recommended Meal Plan 40-30-30

See www.myezcoach.com for program details and exercise instructions