Introduction For Dennis...

People say it cannot be done... Yet over and over you see people putting on lean muscle while still keeping their fat levels low.

In fact, back in 2007 I was able to put on 30 pounds of muscle in a little over 3-months and do so without gaining an ounce of fat.

As you will learn in the pages below, it really comes down to your nutrition, workouts, rest, and recovery...

...And of course, lots of hard work. Yet, know that on this workout plan you will only be lifting weights 3-days per week then have optional conditioning days that are there to keep body fat low and allow for positive muscling building hormones to be produced.

So if you are ready to get started, let's dive in.

Dennis Heenan, MCTT
Master Certified Turbulence Trainer

P.S. Don't forget my other sites...

www.FatBurningNation.com - Blog posts, videos, motivation, free gifts, free content, and more.

www.GetSuperheroAbs.com - #1 Ab training System designed for immense fat burning in as little as 4-minutes. Oh, and you don't need equipment!

www.SuperheroSprints.com/Superhero-Body/ - The best progressive system on the market taking you from bodyweight to weighted exercises in under 12-weeks.

www.SuperheroSprints.com – 6-week sprint and bodyweight combo plan designed to blast fat utilizing the most underrated and under used exercise on the planet: Sprints!

www.DailyShredDiet.com – Discover how to lose 22 pounds of fat in the next 30 days without counting calories while still enjoying the foods you love.

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Tips Before Starting

1. If you are unsure of how to do an exercise, be sure to get instruction from a certified trainer.

2. If something hurts or feels off, don’t do that exercise. There are plenty of alternates that you can add in. Please feel free to email dennis (at) fatburningnation (dot) com for ideas or see the Exercise Library manual for alternative exercises.

3. Because this is a new program, be sure to start slow to avoid injury. Pushing too hard after not working out for a while will only lead to injury or being overly sore.

4. If you find you need more rest in between exercises, take it. Over the course of the program, you should work on shortening your rest periods.

5. This program is demanding so if going three days per week is too much, start by going 2 days a week with your others days being “active rest” days (walking, hiking, etc.).

6. Always warm up properly. Be sure you are fully warmed up before starting your workouts.

7. Use a foam roll and stretch consistently. This will greatly help with eliminating soreness throughout the program.

8. Get good rest. You must allow your body to recover from your workouts so be sure you are getting good sleep.

9. Drink lots of water. This will keep you hydrated and allow you to lose fat more easily.

10. Have a cool down period at the end of each workout that includes stretching and foam rolling.
Getting Started...

The word “hardgainer” comes up a lot among the “skinny guys” at the gym who are trying to gain muscle.

You will see these individuals day in and day out doing everything they can to put on even 1-2 pounds of muscle. I used to be a part of this group, believing that it was impossible to gain muscle. I made all the excuses: my metabolism is lightening fast, I run too much because of basketball, my back hurts so I don’t want to do squats or deadlifts, I eat tons of food but still can’t gain weight, etc., etc.

The truth is, all of those statements above may have been true, but that did not stop me from putting on 30 pounds of muscle in a little over three months. I went from a scrawny 165 pounds to a muscular 195 pounds in one summer.

So what made this transformation possible and more importantly how can you do the same thing?

First, let's cover WHY your muscles grow.
Your Muscles Grow From Overload And Progression

In order for your muscles grow, you must challenge them each day in the gym.

If you are not challenging your body and muscles, you are giving them zero reason to adapt and grow. If you stick with lifting your regular 135 pounds on the bench press and never bump up in weight, there is no reason for your body to adapt to lift more.

The first rule you must understand when trying to add more muscle is to train for strength gains. The more strength you have, the more muscle you will force your body to put on.

Think about this for a second: If you could bench press 225 pounds for 10 reps, squat 300 pounds, deadlift 400 pounds, and shoulder press 150 pounds... You would have one muscular physique.

The key is to make sure that each day you hit the gym that you push your body to progress and get stronger. Even if this means adding 5 pounds to a lift or doing one more rep. That is progression. And this is exactly what we want when trying to get strong.

When you place stress on your muscles, you will literally force them to grow. Your body wants you to lift more. In a sense, it does not want to let you down by halting your progress.

Especially in the beginning phases of lifting, you can see great improvement on a weekly basis if you push hard in your workouts.

Key Take Away: Get STRONGER and PROGRESS in each workout you do.
**Training Like You Mean It**

When you are training to add muscle mass, each rep and each set must mean something to you. There is no way you will put on muscle by going half speed in your workouts (unless you are some kind of genetic freak).

When you are in the gym training, everything you do should revolve around getting maximum results. This means the number of reps and sets you do, the amount of rest you take between exercises and how intense your workouts are.

After properly warming up and preparing your body to lift hard and heavy, take a look at the numbers below in order to get the best results from your workouts:

**Sets:** For each exercise, you should have 3-4 “working sets.” This means after you have warmed up, you should then perform 3-4 sets that are solely focused on gaining strength and muscle. For the entirety of your workout, you should complete anywhere from 6-21 total working sets.

On this plan, because we will be super-setting exercises, we may do a few more on certain workouts.

For example, if you were to do a leg day your workout may look something like this:

(Note: The sets below are for after you are fully warmed up.)

Barbell Squats: 3 sets  
Deadlifts: 3 sets  
Leg Press: 3 sets  
Barbell Split Squat: 3 sets

As you can see, the total number of sets done is 12 (3 sets X 4 exercises). This will be plenty of sets in order to help your muscles grow.

**Reps:** The next key in building muscle is your repetition range. In my experience, working with 6-12 reps works best (for weighted exercises). This allows you to push yourself very hard and use a heavy weight. When training to add muscle, it is ok to train to failure (*just be sure to have a spotter.*)

Training to failure will force your body to adapt and get stronger for next time.

An example for training to failure would be this: If you were to do 6 repetitions on the bench press, you should choose a weight that you can complete all 6 reps on your own but cannot complete 7 (again, be sure to have a spotter). If you can only perform 4 reps with that
weight, then it is too heavy. If you can perform more than 6 reps then the weight is too light. 

**Note: If you do not have a spotter, choose a weight where you will have at least 1-2 reps left when you re-rack the weight.**

**Rest Periods:** When it comes to your rest periods, your goal should be to allow your body enough recovery so you can give 100% effort on your next set. Resting anywhere from 1-3 minutes is enough time for your body to recover for the next set.

**Total Workout Time:** You do not have to spend hours of time in the gym in order to build muscle. Your workouts should never last longer than 45-minutes and this includes warm-up and cool down periods. The bulk of your training session should last anywhere from 30-45 minutes, and it should be very focused and intense throughout.

**Times Per Week:** Our bodies can recover a lot faster than we give them credit for. Our bodies were made to adapt to the things we throw at it, so we can handle quite a bit of “stress” before actually going into over training mode. That said, you must take rest and recovery seriously. When trying to build muscle, you can go 4-6 days per week in the gym depending on your fitness level and your bodies ability to recover.

If you find 4-6 days is too much, then cut back and go 3-days per week to start. If you are training 4-6 days per week, split up muscle groups giving each group at least 1-2 days rest before training it again.

**On this plan, we will be working out 3 days in the gym and two days of conditioning.**
The Importance Of The Right Exercises

I remember working at my very first gym back in college and witnessing gym-goers doing all kinds of wrong exercises. I remember one specific gentleman that would come into the gym and train his triceps for about two straight hours.

He would do every tricep lift imaginable and you know what happened? Nothing, his arms never grew and he never gained any muscle.

In order to see the kind of muscle building results you want, you must focus on doing the right exercises. There is a time and place for isolation movements (bicep curls, leg extensions, tricep pull-downs, etc.) but the majority of your workout must be focused on doing the big compound movements. A few examples of compound movements are below:

- Bench Press (flat, incline, decline)
- Overhead Press
- Squats
- Deadlifts
- Bent Over Row
- Weighted Pull-Ups
- Dips
- Dumbbell Press

Those are just a few of the exercises you can choose from when looking to add on size. Compound movements should be the bulk of your workout with isolation movements being added to the end of workouts (optional).

Don't worry though, I've got you covered below on exactly what you need to do over the next 6-weeks to put on some serious muscle.
**Muscle Building Nutrition**

Along with your workouts, nutrition is your next key aspect to any good muscle building program. **80% of the results you see will come from your nutrition.**

You can be doing everything right in the gym, but if your nutrition is not on point you won't see your desired results.

Many times when people complain to me about not being able to gain weight, the first question I ask is: “how is your eating?”

When you are trying to gain muscle, **you must eat a lot of good foods.** If you expect to gain muscle by eating salad for lunch and dinner, guess again. **In order to put on muscle you must eat, and eat a lot.**

There are three macro-nutrients that need to be addressed when it comes to how to eat for gaining muscle: **protein, fats, and carbohydrates.**

**Protein:** When it comes to protein intake and gaining size, a good rule of thumb is to eat at least 1 gram of protein per pound of body weight each day. For example, if you were a 200 pound male, you would want to consume at least 200 grams of protein per day. If you go over the 1 gram per pound of body weight, don’t worry. Eating up to 2 grams of protein per pound of bodyweight is fine during muscle building periods.

You are going to need to up the protein intake in order to fuel your muscles to grow and recovery. **Focus on getting 20-30 grams of protein with every single one of your meals.**

**Best Protein Sources:**

- Grass Fed Beef
- Chicken
- Eggs
- Fish
- Wild Game
- 100% Grass Fed Whey Protein (for after workouts)
Muscle Building Nutrition (cont...)

Fats: Good fats are very important when it comes to staying healthy and having energy. The key here is to consume good fats (ones that will help burn unwanted fat). You can include some healthy fats with each meal throughout your day and see great results. Some great healthy fat examples include:

- Avocado
- Coconut Oil
- Nut Butters (organic is best!)
- Grass Fed Butter
- Nuts (macadamia, almonds, cashews, etc.)

Carbohydrates: By far the most disputed macro-nutrient out there. In order to gain significant muscle, carbohydrates must be part of your diet. A good rule of thumb here is to eat 1-3 grams of carbs per pound of body weight per day. Now depending on your body weight, body fat percentage, age, and activity level will determine just how many carbohydrates you can handle.

If you are unsure of where you should start with carbohydrate intake, it is better to start by adding in less carbohydrates and bump up if needed. For example, if one gram per pound of body weight is too little you can easily bump it up to 1.5-2 grams per pound of body weight if necessary. If you start out consuming too many carbohydrates in the beginning, this may lead to gaining unwanted fat. Therefore, start with a lower amount of carbs and bump up when needed.

When trying to add muscle, the best time to consume your carbohydrates is within 30 minutes after a workout session. This is when you should be consuming the majority of your carbs for the day. For example, if you needed to consume 200 grams of carbs each day to meet your daily allowance, you should consume 75-100 grams of those carbs post workout.

Choosing the Right Carbs:

- Steel Cut Oatmeal
- White Rice
- Potatoes
- Sweet Potatoes
- Beans (Black or Pinto)
- Fruit
- Sourdough or Rye Bread

Then of course veggies are welcome at any time.
Nutrition Rules For Muscle Growth

1. You must eat in order to make your muscles grow!

This means giving your body tons of high quality food! You don’t skip meals and you eat often. This is often times harder than the actual workouts but remember your muscles grow outside the gym, not in the gym!

2. Eat every 2-3 hours. There should never be a 4 hour period where you go without eating (aside from when you sleep)

During each of these meals (every 2-3 hours), you should include 20-30 grams of protein. Below you will see what I mean in the nutrition day example. Also, always have 30 grams of protein right before going to bed.

3. Always have your biggest meal after your workout, within 30 minutes of finishing.

For me this was 50 grams of whey protein and a chipotle bowl with extra white rice, beans, and chicken.

4. Pre workout meal should consist of 30 grams of protein and 30 grams of carbs about 30-60 minutes before the workout.
Sample Meal Day:

Breakfast, 6:30AM: 4-5 whole eggs. Large bowl of oatmeal and a banana or apple or berries (you can add in some almond butter or peanut butter to your oatmeal if you want.)

Snack, 9:30AM: chicken breast, whole avocado on rye bread

Pre-Workout, 12:30PM: Piece of sourdough bread with honey and peanut butter, a banana, and 30 grams of whey protein

Post-Workout, 3:00PM: 50 grams of whey protein. Chipotle bowl: extra white rice, beans, and chicken.

Pre-dinner, 5:00PM: Chicken breast, potato, piece of fruit

Dinner, 7:30PM: 8ounces of grass fed beef, sweet potato, veggies.

Before Bed Meal 9:30PM: 30 grams of whey protein

As you can tell, it will be very helpful to have food prepared for meals. Prep on Saturday or Sunday by cooking ALL your protein for the week.

NOTE: Everyone is different. For some this nutrition day example will be the perfect fit. For others, it may contain too many carbohydrates. It's all about listening to your body. If you are not gaining muscle, this means you aren’t eating enough. If you are gaining unwanted fat, this means you are eating too many carbs and/or fats. Adjust to make this diet work for YOU!
PURE MUSCLE Workouts

Monday: Legs, Back

Circuit #1
Barbell or Dumbbell Squats: 10 reps
Pull-Ups: Max reps
Rest 60 seconds and complete 2 more time for 3 TOTAL rounds.

Circuit #2
Barbell or Dumbbell Deadlifts: 10 reps
Chin-Ups or Underhand Bodyweight Rows: Max reps
Bent Over Row: 10 reps
Rest 60 seconds and complete 2 more time for 3 TOTAL rounds.

Circuit #3
DB Alternating Lunges: 8 reps each side
Bodyweight Rows: 10 reps
DB Bulgarian Split Squat: 8 reps each side
Rest 60 seconds and complete 1 more time for 2 TOTAL rounds.

Finisher:
Punisher Squats: 20 seconds of bodyweight squats, followed by a 10 second squat hold.

Beginners: Perform 2 total minutes (4 rounds)
Intermediate: Perform 3 total minutes (6 rounds)
Advanced: Perform 4 total minutes (8 rounds)

Tuesday: Sprint Conditioning
(Note: If you have not sprinted in a while, please be sure to start by going 80-85% of your full speed the first week. Build up to going 100% over the course of 5 sprint workouts)

Sprints
Perform EIGHT 60-80 yard sprints at your highest speed possible.
Rest as long as needed between sprints.

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**PURE MUSCLE Workouts**

**Wednesday: Chest, Shoulders, Triceps**

**Circuit #1**
Bench Press (barbell or dumbbell): 10 reps  
Decline or Regular Pushups: Max reps  
*Rest 60 seconds and complete 2 more time for 3 TOTAL rounds.*

**Circuit #2**
Overhead Press (barbell or dumbbell): 10 reps  
Dips or Bench Dips: 20 reps (or max reps)  
DB Side Shoulder Raise: 12 reps  
*Rest 60 seconds and complete 2 more time for 3 TOTAL rounds.*

**Circuit #3**
Incline Chest Press: 10 reps  
Close Grip Pushups: Max reps  
*Rest 60 seconds and complete 2 more time for 3 TOTAL rounds.*

**Finisher**
Finish as quickly as possible resting only when needed.

Pushups: 10 reps  
Outside Mountain Climbers: 10 reps each side  
Burpees: 10 reps  
*Repeat 2 more times for a TOTAL of 3 rounds.*

**Thursday: Sprint Conditioning**

(Note: If you have not sprinted in a while, please be sure to start by going 80-85% of your full speed the first week. Build up to going 100% over the course of 5 sprint workouts)

**Sprints**
Perform EIGHT 60-80 yard sprints at your highest speed possible.  
*Rest as long as needed between sprints.*
**PURE MUSCLE Workouts**

**Friday: Full Body, Abs**

**Circuit #1**  
Barbell Squats: 12-15 reps  
Pull-Ups: Max reps  
DB Bench Press: 15 reps  
*Rest 60 seconds and repeat 2 more times for a TOTAL of 3 rounds.*

**Circuit #2**  
Deadlifts: 6 reps  
DB Overhead Press: 12 reps  
Burpees with Pushup: 60 seconds AMRAP (as many reps as possible)  
*Rest 2 minutes and repeat 2 more times for a TOTAL of 3 rounds.*

**Circuit #3**  
Bent Over Row: 12 reps  
Hanging Leg Raises: Max reps  
Decline or Regular Pushups: Max reps  
*Rest 60 seconds and repeat 2 more times for a TOTAL of 3 rounds.*

**Finisher**  
Perform 20 seconds on, 10 seconds off of the exercises below. Complete 6 full minutes (2 full rounds).

Squat Jumps  
Cross Body Mountain Climbers  
Ice Skaters  
Spiderman Pushups  
Jump Lunges  
Burpees

**Saturday and Sunday: Rest Days**  
Stay active. Walk, hike, play outside, do yoga. However, remember that these two days are to let your body fully recover to be ready again on Monday.
Exercise Descriptions

Barbell Squats
1. Starting Position: Stand holding the bar across your upper back, squeezing your shoulder blades together. You do not want the bar resting on your spine. Set your feet about shoulder width apart with your feet in a comfortable position facing almost straight forward. Your low back should be in its naturally arched position, and your eyes should be straight forward or a slight tilt up.
2. Movement: Push your hips backwards as if you were going to sit down in a chair, with the pressure and weight on your heels. Lower your body as low or as comfortably as you can. Once you reach the bottom of your squat, drive your heels into the ground and stand back up into your starting position.

Bench Press
1. Starting Position: Keeping your back flat on the bench, place your hands a little wider than shoulder width apart. The wider your grip, the harder it is on your chest while the closer your grip, the more strain it puts on your triceps. Hold the bar over your chest with your arms straight.
2. Movement: Slowly lower the bar down to your chest. Then push the bar back up to the starting position.
Exercise Descriptions

Burpees
1. Stand with your feet shoulder-width apart.
2. Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.
3. Perform a pushup (optional)
4. Thrust your feet back up and then stand back up.
5. Add a vertical jump at the end (optional)
Exercise Descriptions

Close Grip Pushups
1. Get in a push-up position with your hands forming a diamond below your chest. Keep your core tight and your back straight.
2. Slowly lower yourself down to the floor keeping your core tight and back straight. Once you have reached 2-4 inches off the floor, pause for a second then push yourself back up into the starting position.

Bent Over Row
1. Starting Position: Standing with your feet shoulder width apart and a slight knee bend, grip the bar a little further than shoulder width apart. Be sure to keep your core tight and back straight.
2. Movement: With the bar in the starting position, pull the bar towards you until it has reached the upper torso area. Pause when you reach the top squeezing your shoulder blades together, and then slowly lower the bar back to the starting position. Be sure to keep your core tight throughout.
Exercise Descriptions

Cross Body Mountain Climbers
1. Start in the push-up position with your core tight and back straight.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite elbow. Do not let your hips sag or rotate.
3. Return your leg to the starting position and repeat with the other leg.

DB Alternating Lunges
1. Stand with your feet shoulder-width apart holding a dumbbell in each hand. Step forward with your left leg, taking a slightly larger than normal step. Keep your right toe on the ground and use it to help keep your balance. The right knee should also be bent.
2. Lower your body until your left thigh is parallel to the ground. Keep your upper body upright and your lower back flat. Drive through the lead leg to step backward to the standing position. Alternate sides.
Pure Muscle: How To Gain 10 Pounds Of Muscle

Exercise Descriptions

**DB Bulgarian Split Squat**
1. **Holding a pair of Dumbbells**, place one leg on a bench or chair making sure that it is secure. With your other leg, take a step forward that is a little further than your normal step.  
2. Keeping your core tight, lower your body until your front leg has reached a 90 degree angle. You will then return to the starting position and complete for the allotted amount of time/reps. Once finished, switch legs.

![](image1)

**DB Side Shoulder Raise**
1. Starting Position: Place your feet shoulder width apart with the dumbbells down by your side.  
2. Movement (side): Raise the dumbbells straight out to the side until they reach shoulder height. Once you reach the top of the movement, slowly lower them back down to the starting position.

![](image2)
Exercise Descriptions

**Deadlifts**
1. Starting Position: Start with the bar about an inch away from your shins, with your hands placed just outside your legs. Your back should be naturally arched, with your knees bent, and butt down.
2. Movement: Clenching the bar with your overhand grip and keeping your back straight, tense your body and stand up with the bar. Keep the bar close to your body throughout the exercise. Many times you will even find yourself scraping your shins on the bar when doing the exercise correctly. Once you have reached the top, slowly lower the bar back down into the starting position.

![Start and Finish](image1)
![Midway Point](image2)

**Decline Pushups**
1. Keep the abs tight and back straight.
2. Place the hands on the floor slightly wider than shoulder-width apart. Elevate your feet onto stairs or a bench or a chair.
3. Lower yourself down until you are 2 inches off the ground. Push through your chest, shoulders and triceps to return to the start position. Keep your body in a straight line at all times.

![Pushups](image3)
Exercise Descriptions

Bench Dips
1. Starting Position: Place your hands on a flat bench positioned behind you. Hands should be should width apart and legs should be straight out in front of you.

2. Movement: Slowly lower yourself down until your arms reach a 90 degree angle. Once you reach the bottom, use your triceps and core to push yourself back up to the starting position.

Hanging Leg Raises
1. Start by placing your hands with an underhand grip on the pull up bar and your feet off the ground. Before the movement phase, be sure your core is tight so you are not swinging.

2. Once you are stable, you will keep your legs straight as you raise them up until they are straight out in front of you. This should be very controlled with no swinging. Once you have reached a 90 degree angle at the top, slowly lower your legs back down to the starting position and repeat.
**Exercise Descriptions**

**Ice Skaters**
1. Starting in an athletic position with your knees bent and core tight, you will jump laterally to one side landing on only your outside foot.
2. Once you have landed safely, you will jump back landing on your other foot. You will continue in this fashion for the duration of the given time frame. Be sure to start with jumping at a comfortable distance. As you get stronger you can work on jumping further and further.

**DB Incline Chest Press**
1. Lie on a bench with the backrest inclined at 45-60 degrees. Hold the dumbbells above your chest with your palms turned toward your feet.
2. Lower the dumbbells to chest level. Press the dumbbells straight up above the chest.
**Exercise Descriptions**

**Jump Lunges**
1. Stand with your feet shoulder-width apart. Step forward with your left leg, taking a slightly larger than normal step. Keep your right toe on the ground and use it to help keep your balance. The right knee should also be bent. Lower your body until your left thigh is parallel to the ground.
2. Keep your upper body upright and your lower back flat, explode upwards (jump by driving through both legs simultaneously) while switching your legs in the air (your feet will switch places on each rep.) Continue in this alternating fashion.

**Outside Mountain Climbers**
1. Start in the push-up position with your core tight and back straight.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to the outside of the elbow on the same side. Do not let your hips sag or rotate.
3. Return your leg to the starting position and repeat with the other leg.
**Exercise Descriptions**

**Overhead Press**
1. **Starting Position:** Place your feet in a staggered position with one foot in front of the other to reduce tension on the low back. Place your hands on the bar about shoulder width apart, and place the barbell in front of your shoulders to start.
2. **Movement:** Press the barbell straight up until your arms have reached full extension, then slowly lower the bar back to the starting position.

![Start and Finish](image1)

![Midway Point](image2)

**Pull-Ups**
1. Take an overhand grip on the bar with the palms facing forward.
2. Pull your body up until the chest reaches bar level.
3. Slowly lower yourself keeping control of your body the entire time.

![Pull-Ups](image3)
Exercise Descriptions

Punisher Squats
1. Stand with your feet just wider than shoulder-width apart.
2. Start the movement at the hip. Push your hips backward and act like you are sitting back into a chair. Make your hips go back as far as possible.
3. Squat as deep as possible, but keep your low back tensed in a neutral position.
4. Do not round your lower back.
5. Repeat this movement for 20 seconds.
6. Once the 20-seconds is finished, you will then HOLD in the bottom of the squat position for 10 seconds.
7. This is one cycle. Repeat for the allotted amount of time.

Pushups
1. Place your hands just wider than shoulder-width apart.
2. Slowly lower your chest and body down to the floor, keeping your core tight and back straight.
3. After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.
4. If it is too hard, drop to the knees or perform pushups with your hands on a bench.
Exercise Descriptions

Spiderman Push-Ups
1. Starting Position: Start in a push-up position with your core tight and back straight.
2. As you lower yourself down to perform a push-up, you will bring one leg up (keeping it close to the ground) to the elbow on that same side. One the way back up, your leg will return to the starting position. On the next repetition you will use the opposite leg (the leg you didn't use on the first rep). You will continue in this alternating fashion for the duration of the time.

Squat Jumps
1. Start by standing with your feet just wider than shoulder width apart, in the position you would be in if you were getting ready to jump. Squat down as though you were performing a bodyweight squat.
2. When you reach the bottom of your squat, drive your feet into the ground exploding into a vertical jump. When coming down, be sure and land softly the repeat.
Closing...

Now that you have gone through the PURE MUSCLE workouts, I know you are ready for more!

The key to remember is that you want to continue to PROGRESS in your workouts.

That said, if you want to take your workouts and body to a whole new level, be sure to visit the link below for a full step-by-step progression system.

This is guaranteed to keep allowing your to go forward and transform like never before.

Click Here To See The Step-By-Step Progression System

Dedicated to your success,

Dennis Heenan, MCTT
Master Certified Turbulence Trainer

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