

The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this weight training program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of using the training program, you are agreeing to accept full responsibility for your actions.

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In short, I love you, and want you to be training for a long, long time. Don't be stupid and do something that's outside of your current abilities.

If something hurts, don't push it. If you're not comfortable with a movement, pick one that you're familiar with.

TL;DR - use your brain.

## Notes:

Everything (outside of the last movement on lower day) is a super-set, meaning you alternate between movements with little rest.

As you'll see in the 'rest' column, you have **n/a** and **30s**. This means when you get done with movement 1a, you'll go straight to 1b. Then you'll rest for 30 seconds and repeat until you've done all required sets.

After you're done, rest 1 minute and move onto the next superset.

I tried to pick movements that can be done in proximity of each other. For instance, a cable fly is probably near the the cable rows. However, if it's a problem, then make a substitution for whatever makes sense.

Let's say that the seated row is taken. Do your cable flies, and then have a DB nearby so you can do DB rows in place of the seated row.

The same goes for other substitutions. Pick something and make it work for you. Don't be confined or limited because of the movement examples I've given.

Everything else should be self-explanatory.

## Warm-ups

Follow your regular warm-ups when getting ready for this training program. If you have a problem with activation, **refer to Fitocracy article that you downloaded this PDF from.**

## How Much Weight Do I Use?

As you'll see, you're working in what's often called the *Hypertrophy Rep Ranges*, meaning you're doing more than 8 reps per set.

Pick a weight you're comfortable doing for all the prescribed sets in that rep range. If you pick a weight that's too heavy at first, that's fine. Just drop the weight on the next set to make sure you hit the rep ranges. Easy enough.

## This Is Not A Complex Program

This is simply what I do when I don't have a ton of time in my schedule (I like to normally spend 75-90 minutes in the gym).

These are great programs to do in a pinch if you don't have much time, but want to get an amazing workout in. **BRING ON *THE FEELS*.**

The suggested training schedule for this program is to alternate upper and lower every other day. So a schedule of 3 training days per week is ideal, alternating every other workout.

**The Feels // Upper Training Program //**

<b>Movement</b>	<b>sets</b>	<b>reps</b>	<b>Rest</b>
1a. Incline DB Bench	4	8-10	n/a
1b. Lat pulldown*	4	8-10	30s
2a. Cable fly	3	10-12	n/a
2b. Seated row**	3	10-12	30s
3a. One-arm DB press	3	12-15	n/a
3b. Power shrugs***	3	10-12	30s
4a. Band dislocates****	3	12-15	n/a
4b. Band pull aparts	3	12-15	n/a

\* I prefer you do chin-ups or pull-ups here, but only IF you can. If you can't get 8-10 reps for all 4 sets, then do the lat pulldown. Ain't no shame!

\*\* Or any other rowing movement is fine.

\*\*\* You can do regular shrugs here, but I really like power shrugs. If you don't know what those are, check out this video at the :20 second mark <http://youtu.be/Qs3KLZA7-LI?t=20s>

\*\*\*\* if you don't know how to do the band stuff, check this article: <http://www.jcdfitness.com/2011/11/shoulder-savers-how-to-keep-your-shoulders-healthy-post-rehab/>

**The Feels // Lower Training Program //**

<b>Movement</b>	<b>sets</b>	<b>reps</b>	<b>Rest</b>
1a. Leg press	4	8-10	n/a
1b. Standing Calf raise*	4	12-15	30s
2a. DB reverse lunges	3	8/side	n/a
2b. Hyperextension	3	10-12	30s
3a. Leg extensions (or step-ups)	3	12-15	n/a
3b. Leg curls (or RDL's)	3	10-12	30s
4. Weighted glute bridges**	4	8-10	60s

\* If you have no machine, do single leg calf raises, holding a dumbbell.

\*\* Squeeze those cheeks and hold for 1 second at the top.

\*\*\***NOTE:** If you want, you can finish this session off with 2-3 x 30 KB Swings with 30s rest between rounds.