

TNB-28: Upper Body - Lower Body 2-Day Split Routine

Training Logsheet - Workout 1: Upper Body Strength & Muscle

Periodization Cycle:	Week 1: Intro Loading			Week 2: Base Loading			Week 3: Over Loading			Week 4: Shock Loading			
	Date:	___ / ___ / ___			___ / ___ / ___			___ / ___ / ___			___ / ___ / ___		
Time:	start:	finish:		start:	finish:		start:	finish:		start:	finish:		
	Performance:	Weight	Reps	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity
1. Barbell Rows Strength 4 - 7 reps 120-150s rest	warmup												
	warmup												
	set 1												
	set 2												
	set 3												
	set 4												
2. Chin-ups Hypertrophy 8-12 reps 90-120s rest	warmup												
	set 1												
	set 2												
	set 3												
3. Barbell Bench Press Strength 4-7 reps 120-150s rest	warmup												
	warmup												
	set 1												
	set 2												
	set 3												
	set 4												
4. Incline DB Press Hypertrophy 8-12 reps 90-120s rest	warmup												
	set 1												
	set 2												
	set 3												
5. BB Shoulder Press Strength 4-7 reps 90-120s rest	warmup												
	warmup												
	set 1												
	set 2												
	set 3												
6. DB Laterals Hypertrophy 8-12 reps 60-90s rest	warmup												
	set 1												
	set 2												
	set 3												
7. Lying Tricep Ext. Hypertrophy 8-12 reps 0 rest (superset)	warmup												
	superset 1a												
	superset 2a												
	superset 3a												
8. Barbell Curls Hypertrophy 8-12 reps 60-90s rest	warmup												
	superset 1b												
	superset 2b												
	superset 3b												

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Training Logsheet - Workout 2: Lower Body & Abs Strength & Muscle

Periodization Cycle:	Week 1: Intro Loading			Week 2: Base Loading			Week 3: Over Loading			Week 4: Shock Loading		
	Date:	____ / ____ / ____			____ / ____ / ____			____ / ____ / ____			____ / ____ / ____	
Time:	start: finish:		start: finish:		start: finish:		start: finish:		start: finish:		start: finish:	
Performance:	Weight	Reps	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity
1. Barbell Squat Strength 4 - 7 reps 120-150s rest	warmup											
	warmup											
	set 1											
	set 2											
	set 3											
	set 4											
2. DB Split Squat Hypertrophy 8-12 reps 90-120s rest	warmup											
	set 1											
	set 2											
	set 3											
3. BB Romanian Deadlift Hypertrophy 8-12 reps 120-150s rest	warmup											
	warmup											
	set 1											
	set 2											
	set 3											
	set 4											
4. Lying Leg Curl Strength 4-7 reps 90-120s rest	warmup											
	set 1											
	set 2											
	set 3											
5. Seated Calf Hypertrophy 15-20 reps 60-90s rest	warmup											
	set 1											
	set 2											
	set 3											
6. Hanging Leg Raise Hypertrophy 10-15 reps 0s rest (superset)	superset 1a											
	superset 2a											
	superset 3a											
7. Reverse Crunch Hypertrophy 15-20 reps 60s rest	superset 1b											
	superset 2b											
	superset 3b											
8. Plank strength-stability 30-60s+ hold 60 s rest	set 1											
	set 2											
	set 3											

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Training Logsheet - Workout 3: Upper Body Muscle

	Periodization Cycle:	Week 1: Intro Loading			Week 2: Base Loading			Week 3: Over Loading			Week 4: Shock Loading		
	Date:	___ / ___ / ___			___ / ___ / ___			___ / ___ / ___			___ / ___ / ___		
	Time:	start: finish:		start: finish:		start: finish:		start: finish:		start: finish:		start: finish:	
	Performance:	Weight	Reps	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity
1. Barbell Rows Hypertrophy- Pump 3 X 8-12 reps 1 X 15-20 reps 60-90s rest	warmup												
	warmup												
	set 1												
	set 2												
	set 3												
2. Lat pulldowns Hypertrophy 8-12 reps 60-90s rest	warmup												
	set 1												
	set 2												
	set 3												
3. Barbell Bench Press Hypertrophy 8-12 reps 60-90s rest	warmup												
	warmup												
	set 1												
	set 2												
	set 3												
4. Incline DB Flyes Hypertrophy 8-12 reps 60-90s rest	warmup												
	set 1												
	set 2												
	set 3												
5. DB Shoulder Press Hypertrophy 8-12 reps 0s rest (superset)	warmup												
	superset 1a												
	superset 2a												
	superset 3a												
6. DB Bent Over Lateral Raises Hypertrophy 8-12 reps 60-90s rest	warmup												
	superset 1b												
	superset 2b												
	superset 3b												
7. Tricep Pushdown Hypertrophy 8-12 reps 0 rest (superset)	warmup												
	superset 1a												
	superset 2a												
	superset 3a												
8. Incline DB Curls Hypertrophy 8-12 reps 60-90s rest	warmup												
	superset 1b												
	superset 2b												
	superset 3b												

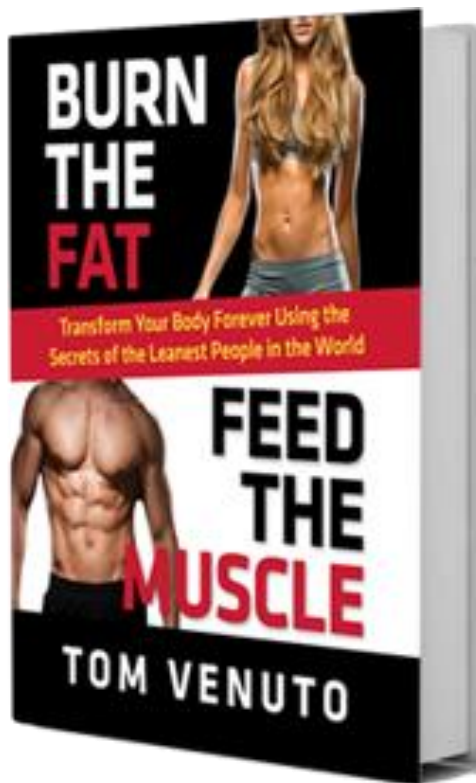
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Training Logsheet - Workout 4: Lower Body & Abs Muscle

Periodization Cycle:	Week 1: Intro Loading			Week 2: Base Loading			Week 3: Over Loading			Week 4: Shock Loading		
	Date:	___ / ___ / ____			___ / ___ / ____			___ / ___ / ____			___ / ___ / ____	
Time:	start:	finish:		start:	finish:		start:	finish:		start:	finish:	
Performance:	Weight	Reps	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity	Goal	Actual	Intensity
1. Barbell Squat Hypertrophy-Pump 3 X 8-12 reps 1 X 15-20 reps 90-120s rest	warmup											
	warmup											
	set 1											
	set 2											
	set 3											
2. Leg Press Hypertrophy - Pump 1 X 8-12 reps 1 X 15-20 reps 60-90s rest	warmup											
	set 1											
	set 2											
	set 3											
	set 4											
3. Lying Leg Curl Hypertrophy 8-12 reps 60-90s rest	warmup											
	set 1											
	set 2											
	set 3											
4. Low Back Ext. Hypertrophy 8-12 reps 60-90s rest	set 1											
	set 2											
	set 3											
5. Standing Calf Hypertrophy 15-20 reps 60-90s rest	warmup											
	set 1											
	set 2											
	set 3											
6. Kneeling Cable Crunch Hypertrophy 15-20 reps 0 rest (superset)	superset 1a											
	superset 2a											
	superset 3a											
7. Lying Leg raise Hypertrophy 15-20 reps 60s rest	superset 1b											
	superset 2b											
	superset 3b											
8. Side Plank strength-stability 30-60s hold 60s rest	warmup											
	set 1											
	set 2											
	set 3											

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