

Project Phoenix

Simply put, this program WILL change your body and maybe even your life, if you have the discipline to see it through. We all get knocked down with overwhelming challenges and stresses. But it's on us to rise back up and overcome, to pursue excellence violently, to fight and achieve our "why".

This is a two-month program which will cycle through high volume work weeks with intense cardio after each set of resistance, to a week of traditional resistance training. **For every set of resistance training in Weeks 1-3 and 5-7, you owe cardio immediately after the set!**

SO WHAT? Well, by forcing your body to execute resistance training with limited supply of oxygenated blood to your functioning muscle, you are training your body's systems to work more efficiently.

It's time to rise up and be your best. **Being elite simply starts in your mind, with your own decision to train that way.**

Program Overview

Week	Rep Count	Cardio
Week 1	25-30	60 seconds
Week 2	15-20	60 seconds
Week 3	8-12	30 seconds
Week 4	4-6	None
Week 5	25-30	60 seconds
Week 6	15-20	60 seconds
Week 7	8-12	30 seconds
Week 8	4-6	None

*** Remember, the point of a rep range is to get to the top number of reps within the range at a given weight, and then add additional weight to drop to the lower end of the range.***

*EX: You bench press 30x repetitions of 135 lbs. Then, place 140 or 45 lbs. on the bar and start at 25 repetitions, to work back up to 30x repetitions. **Confused?** **Send me a message!***

Daily Cards

WEEKS 1 & 5

MONDAY: CHEST

NOTES: **60 Sec Cardio** after each set of resistance (jog in place, bench step, plank, jumping jack)

THIS IS A HIGH-VOLUME WEEK – PACE YOURSELF

EXERCISE:	SET 1		SET 2		SET 3	
Dumbbell Bench Press 3 x 25-30						
Incline Bench Press 3 x 25-30						
Neutral Grip DB Press 3 x 25-30						
Incline DB Flye 3 x 25-30						
Cable Crossover 3 x 25-30						
Decline, Dumbbell Sit-ups 3 x 25-30						
Dumbbell Knee Raises 3 x 25-30						
Cable Oblique Wood-Chopper 3 x 25-30						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

TUESDAY: LEGS

NOTES: **60 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Deadlift 3 x 25-30						
Squat 3 x 25-30						
Leg Extension 3 x 25-30						
Leg Curl 3 x 25-30						
Dumbbell Goblet Squat 3 x 25-30						
Dumbbell RDL 3 x 25-30						
Smith Calf Extension 3 x 25-30						
Seated Calf Raise 3 x 25-30						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

WEDNESDAY: BACK

NOTES: **60 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Bent-Over Row 3 x 25-30						
Pull-Up or Negative PU 3 x 25-30						
Cable Row 3 x 25-30						
F.R.O.M Cable Extension 3 x 25-30						
Wide, Straight Arm Pushdown 3 x 25-30						
Rope Cable Sit-Up 3 x 25-30						
Unilateral Cable Leg Lift 3 x 25-30						
Plank 3x Failure						

Authored by Mike Seese

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THURSDAY: SHOULDERS

NOTES: 60 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Military Press 3 x 25-30						
Dumbbell Lateral Raise 3 x 25-30						
EZ Bar Upright Row 3 x 25-30						
Cable Rope Pull 3 x 25-30						
Cable Front Raise 3x8						
Barbell Shrug 3 x 25-30						
Dumbbell Shrug-Raise 3 x 25-30						
3x Max Bodyweight Sit-Ups						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

FRIDAY: ARMS

NOTES: 60 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
BB Curl 3 x 25-30						
Close Grip Bench 3 x 25-30						
Dumbbell Alt Curl 3 x 25-30						
Dumbbell Concentration Curl 3 x 25-30						
Unilateral Dumbbell Preacher 3 x 25-30						
EZ Bar Skull Crusher 3 x 25-30						
Standing Dumbbell Kickback 3 x 25-30						
Tricep Band Pressdown 3 x 25-30						
Wrist Curl 3 x 25-30						
Reverse Wrist Curl 3 x 25-30						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

SATURDAY: ACTIVE RECOVERY DAY:

Work at no more than 60% Max Heart Rate. Full body, static stretching for 15 minutes. Hydrate! Execute stretches AFTER the cardio.

EXERCISE:	SET 1		SET 2		SET 3		SET 4		SET 5	
Hamstring and Quad Stretches, Standing	3 x 15	Seconds								
Child's Pose	3 x 30	Seconds								
Thread the Needle	3 x 30	Seconds								

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC: Bike, Swim, Row, or Hike

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5
30-60 Minutes						

*****NOTE: You can make this a functional fitness day – see my other article on website for suggested circuit!**

Simply execute active recovery on Sunday, instead.

WEEKS 2 & 6

MONDAY: CHEST

NOTES: **60 Sec Cardio** after each set of resistance (jog in place, bench step, plank, jumping jack)

THIS IS A HIGH-VOLUME WEEK – PACE YOURSELF

EXERCISE:	SET 1		SET 2		SET 3	
Dumbbell Bench Press 3 x 15-20						
Incline Bench Press 3 x 15-20						
Neutral Grip DB Press 3 x 15-20						
Incline DB Flye 3 x 15-20						
Cable Crossover 3 x 15-20						
Decline, Dumbbell Sit-ups 3 x 15-20						
Dumbbell Knee Raises 3 x 15-20						
Cable Oblique Wood-Chopper 3 x 15-20						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

TUESDAY: LEGS

NOTES: **60 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Deadlift 3 x 15-20						
Squat 3 x 15-20						
Leg Extension 3 x 15-20						
Leg Curl 3 x 15-20						
Dumbbell Goblet Squat 3 x 15-20						
Dumbbell RDL 3 x 15-20						
Smith Calf Extension 3 x 15-20						
Seated Calf Raise 3 x 15-20						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

WEDNESDAY: BACK

NOTES: **60 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Bent-Over Row 3 x 15-20						
Pull-Up or Negative PU 3 x 15-20						
Cable Row 3 x 15-20						
F.R.O.M Cable Extension 3 x 15-20						
Wide, Straight Arm Pushdown 3 x 15-20						
Rope Cable Sit-Up 3 x 15-20						
Unilateral Cable Leg Lift 3 x 15-20						
Plank 3x Failure						

Authored by Mike Seese

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THURSDAY: SHOULDERS

NOTES: 60 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Military Press 3 x 15-20						
Dumbbell Lateral Raise 3 x 15-20						
EZ Bar Upright Row 3 x 15-20						
Cable Rope Pull 3 x 15-20						
Cable Front Raise 3 x 15-20						
Barbell Shrug 3 x 15-20						
Dumbbell Shrug-Raise 3 x 15-20						
3x Max Bodyweight Sit-Ups						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

FRIDAY: ARMS

NOTES: 60 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
BB Curl 3 x 15-20						
Close Grip Bench 3 x 15-20						
Dumbbell Alt Curl 3 x 15-20						
Dumbbell Concentration Curl 3 x 15-20						
Unilateral Dumbbell Preacher 3 x 15-20						
EZ Bar Skull Crusher 3 x 15-20						
Standing Dumbbell Kickback 3 x 15-20						
Tricep Band Pressdown 3 x 15-20						
Wrist Curl 3 x 15-20						
Reverse Wrist Curl 3 x 15-20						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

SATURDAY: ACTIVE RECOVERY DAY:

Work at no more than 60% Max Heart Rate. Full body, static stretching for 15 minutes. Hydrate! Execute stretches AFTER the cardio.

EXERCISE:	SET 1		SET 2		SET 3		SET 4		SET 5	
Hamstring and Quad Stretches, Standing	3 x 15	Seconds								
Child's Pose	3 x 30	Seconds								
Thread the Needle	3 x 30	Seconds								

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC: Bike, Swim, Row, or Hike

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5
30-60 Minutes						

*****NOTE: You can make this a functional fitness day – see my other article on website for suggested circuit!**

Simply execute active recovery on Sunday, instead.

WEEKS 3 & 7

MONDAY: CHEST

NOTES: **30 Sec Cardio** after each set of resistance (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Dumbbell Bench Press 3 x 8-12						
Incline Bench Press 3 x 8-12						
Neutral Grip DB Press 3 x 8-12						
Incline DB Flye 3 x 8-12						
Cable Crossover 3 x 8-12						
Decline, Dumbbell Sit-ups 3 x 8-12						
Dumbbell Knee Raises 3 x 8-12						
Cable Oblique Wood-Chopper 3 x 8-12						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

TUESDAY: LEGS

NOTES: **30 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Deadlift 3 x 8-12						
Squat 3 x 8-12						
Leg Extension 3 x 8-12						
Leg Curl 3 x 8-12						
Dumbbell Goblet Squat 3 x 8-12						
Dumbbell RDL 3 x 8-12						
Smith Calf Extension 3 x 8-12						
Seated Calf Raise 3 x 8-12						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

WEDNESDAY: BACK

NOTES: **30 Sec Cardio** (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Bent-Over Row 3 x 8-12						
Pull-Up or Negative PU 3 x 8-12						
Cable Row 3 x 8-12						
F.R.O.M Cable Extension 3 x 8-12						
Wide, Straight Arm Pushdown 3 x 8-12						
Rope Cable Sit-Up 3 x 8-12						
Unilateral Cable Leg Lift 3 x 8-12						
Plank 3x Failure						

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THURSDAY: SHOULDERS

NOTES: 30 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
Military Press 3 x 8-12						
Dumbbell Lateral Raise 3 x 8-12						
EZ Bar Upright Row 3 x 8-12						
Cable Rope Pull 3 x 8-12						
Cable Front Raise 3 x 8-12						
Barbell Shrug 3 x 8-12						
Dumbbell Shrug-Raise 3 x 8-12						
3x Max Bodyweight Sit-Ups						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

FRIDAY: ARMS

NOTES: 30 Sec Cardio (jog in place, bench step, plank, jumping jack)

EXERCISE:	SET 1		SET 2		SET 3	
BB Curl 3 x 8-12						
Close Grip Bench 3 x 8-12						
Dumbbell Alt Curl 3 x 8-12						
Dumbbell Concentration Curl 3 x 8-12						
Unilateral Dumbbell Preacher 3 x 8-12						
EZ Bar Skull Crusher 3 x 8-12						
Standing Dumbbell Kickback 3 x 8-12						
Tricep Band Pressdown 3 x 8-12						
Wrist Curl 3 x 8-12						
Reverse Wrist Curl 3 x 8-12						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

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EXERCISE:	SET 1		SET 2		SET 3		SET 4		SET 5	
Hamstring and Quad Stretches, Standing	3 x 15	Seconds								
Child's Pose	3 x 30	Seconds								
Thread the Needle	3 x 30	Seconds								

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AEROBIC: Bike, Swim, Row, or Hike

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5
30-60 Minutes						

*****NOTE: You can make this a functional fitness day – see my other article on website for suggested circuit!**

Simply execute active recovery on Sunday, instead.

WEEKS 4 & 8

MONDAY: CHEST

NOTES: **NO CARDIO AFTER SETS THIS WEEK**

EXERCISE:	SET 1		SET 2		SET 3	
Dumbbell Bench Press 3 x 4-6						
Incline Bench Press 3 x 4-6						
Neutral Grip DB Press 3 x 4-6						
Incline DB Flye 3 x 4-6						
Cable Crossover 3 x 4-6						
Decline, Dumbbell Sit-ups 3 x 4-6						
Dumbbell Knee Raises 3 x 4-6						
Cable Oblique Wood-Chopper 3 x 4-6						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

TUESDAY: LEGS

NOTES: **NO CARDIO AFTER SETS THIS WEEK**

EXERCISE:	SET 1		SET 2		SET 3	
Deadlift 3 x 4-6						
Squat 3 x 4-6						
Leg Extension 3 x 4-6						
Leg Curl 3 x 4-6						
Dumbbell Goblet Squat 3 x 4-6						
Dumbbell RDL 3 x 4-6						
Smith Calf Extension 3 x 4-6						
Seated Calf Raise 3 x 4-6						

ANAEROBIC:

I1	I2	I3	I4	I5	I6	I7	I8	I9	I10

AEROBIC:

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5

WEDNESDAY: BACK

NOTES: **NO CARDIO AFTER SETS THIS WEEK**

EXERCISE:	SET 1		SET 2		SET 3	
Bent-Over Row 3 x 4-6						
Pull-Up or Negative PU 3 x 4-6						
Cable Row 3 x 4-6						
F.R.O.M Cable Extension 3 x 4-6						
Wide, Straight Arm Pushdown 3 x 4-6						
Rope Cable Sit-Up 3 x 4-6						
Unilateral Cable Leg Lift 3 x 4-6						
Plank 3x Failure						

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Dumbbell Lateral Raise 3 x 4-6						
EZ Bar Upright Row 3 x 4-6						
Cable Rope Pull 3 x 4-6						
Cable Front Raise 3 x 4-6						
Barbell Shrug 3 x 4-6						
Dumbbell Shrug-Raise 3 x 4-6						
3x Max Bodyweight Sit-Ups						

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Dumbbell Alt Curl 3 x 4-6						
Dumbbell Concentration Curl 3 x 4-6						
Unilateral Dumbbell Preacher 3 x 4-6						
EZ Bar Skull Crusher 3 x 4-6						
Standing Dumbbell Kickback 3 x 4-6						
Tricep Band Pressdown 3 x 4-6						
Wrist Curl 3 x 4-6						
Reverse Wrist Curl 3 x 4-6						

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AEROBIC:

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AEROBIC: Bike, Swim, Row, or Hike

TIME	DISTANCE	CAL	START HR	MID HR	END HR	END HR +5
30-60 Minutes						

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