

3 DAY RNT PLAN FOR LEAN, RIPPED & HEALTHY RADIO PODACST

This is a 3-day program for the 30-40 year old busy City Executive beginner male who wants to get strong fast, leaner and place more emphasis on developing his upper body.

There are two workouts to rotate between, so you'll follow it in this format:

Mon - Workout A
Wed - Workout B
Fri - Workout A
Mon - Workout B
Wed - Workout A
etc etc

As you advance, we'll add a third workout in, but for now, the frequent exposure will allow you learn the movement patterns quickly and foster faster strength gains.

The majority of the work is performed in antagonist supersets to save time. I've also given some exercise substitutions in the case of equipment restrictions or injuries.

You should be able to run this for 6 weeks straight on the 3 day rotation before progressing to adding a third workout in the week.

For any exercise videos, please visit: www.rntfitness.co.uk/exercise-library

When approaching these workouts, keep in mind two key principles:

- 1) Focus on getting stronger
- 2) Maintain perfect form at all times

Workout A:

1. Rack Deadlift or Trap Bar Deadlift 3x6-8 120s
- 2A. Incline Bench Press 3x6-8 60s
- 2B. Neutral Grip Chin Up or Pulldown 3x6-8 60s
- 3A. Barbell Push Ups or Dips 3x6-8 45s
- 3B. EZ Reverse Curl 3x6-8 45s
- 4A. Seated Lateral Raise 3x10-12 30s
- 4B. Decline Hammer Raise 3x10-12 30s
5. HIIT Deadmills 5 rounds of 15s FAST, 45s REST

Workout B:

- 1A. DB Split Squat 3x8-12 60s
- 1B. Lying Leg Curls 3x8-12 60s
- 2A. Low Incline DB Press 3x6-8 60s
- 2B. One Arm Dumbbell Row 3x6-8 60s

- 3A. Incline Hammer Curl 3x6-8 45s
- 3B. Lying EZ Extensions 3x6-8 45s
- 4A. Face Pull 3x10-12 30s
- 4B. Swiss Ball Ab Crunch 3x10-12 30s
- 5. HIIT Bike 5 rounds of 15s FAST, 45s REST

If you combine this program with the following, you should get into pretty good shape:

- 1) Calorie Deficit: Take your bodyweight in pounds and multiply by 10-12
- 2) Sufficient Protein: Take your bodyweight in pounds and multiply by 1-1.2
- 3) 8-10,000 steps a day

Once you've completed this and you're up for a challenge, check out our 25 day extreme plan here: <http://www.rntfitness.co.uk/#dietplan>

And if you'd like an insight into how we get the transformations we do at RNT, here's a step by step case study of one of our clients: <http://www.rntfitness.co.uk/shyam-kotecha-15-week-case-study-chubby-city-worker-photoshoot-lean/>

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Enjoy!