

## A Shot of Adrenaline - The Iron Body 700 Workout Plan

**Instructions: Mark an "X" under each set once you complete it. Rest periods are only between sets of 100. Once you can't do any more reps of one exercise move on to the next and cycle through until you reach the end of the set.**

Start Date:	Week 1				Week 2			
Sets	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower
100								
200								
300								
400								
500								
600								
700								
3 Exercises:	Pushups	Lunges	Hip Dips	Karate Lunges	Narrow Pushups	Sunken Squat	Burpees	Stationary One-Legged Squats
	Gracie Drill	Hindu Squat	Walking Pushups	Hindu Squat	Chin Ups	Chair Pose	Pull Up Kisses	Lunges
	Plank Supermans	Frog Squat	Pull Ups	(only two today)	Extended Helicopter	Frog Squat	Flutter Kicks	Frog Squat
	Week 3				Week 4			
Sets	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower
100								
200								
300								
400								
500								
600								
700								
3 Exercises:	Clap Pushups	Stationary Lunges	Diverbombers	Karate Lunges	Uneven Pushup	Step Ups	Decline Pushup	Plyo Lunges
	Low Plank	Chair Pose	Chin Ups	Hindu Squat	Dolphin Pushup	Falling Tower	Pull Ups	Chair Pose
	Hanging Monk	High Knees	Alt Crunches	Frog Squat	Static One-Armed Chin Up	Jumping Jacks	V Holds	Frog Squat