

# 12 Weeks Hardcore Regimen, Copyright @ [www.bodybuzzfitness.com](http://www.bodybuzzfitness.com)

You think you really tough. Let see if you can handle this heavy hargainer regimen. If you are a wimp or cry baby gym type guy, this routine is not for you. *I repeat; if you are afraid of getting your body to the next level in the shortest amount of time for the next 12 weeks, leave NOW...* If you are serious, then keep on reading

## Training is focused on:

- \*Building Twelve- Packs
- \*Building stronger gluteus, hamstrings, quads, calves
- \*Maximizing progressive bench press by alternating barbell with incline \*dumbbell press for more isolation of the pectoralis, by building stronger front deltoids
- \*Estimated max bench press (i.e 225lbs \* 1.224 =275lbs)

## Comments:

- \*10 mns warm up on treadmill or stationary bike is recommended to allow blood flow in muscle tissues.
- \*Follow protocol of stretching for 10 mns after the routine
- \*Alternate exercises order and schemes every two weeks
- \*Follow a well-plan diet to keep constant result and growth
- \*Avoid over-training other wise limitation of hypertrophy
- \* Stay focus and be consistent.
- \* Get an adequate amount of sleep to keep constant results.

## Training Schedule and Exercises

**Wednesday:** -Quadriceps, Hamstrings, Calves, Abdominals

**Friday** :- Chest, Arm, Forearm, Neck, Abdominals

**Sunday** : -Back, Shoulder, Wrist, Abdomen

### Week 1 -4

Wednesday	Sets	Reps	Friday	Sets	Sunday
Back squat 2wd/2cl	3	12,10,8	Bench Press	3	Barbell rows
Seated calf raise	3	12,10,8	Incline fly	3	Lat Pulldown
Stiff-leg dead-lifts	3	12,10,8	Decline dumbbell	3	Seated rows

Leg press	3	12,10,8	Incline dumbbell press	3	Dead lifts
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**NB: To order the rest of entire program. If you are a beginner in weight training this is **NOT** for you. This program is designed to pack on muscle mass fast for the heavy hitters and the hardcore beasts. Because of its periodizing style, it's very challenging. If you got what it takes then [www.fitnessgenerator.com/ibalexandre](http://www.fitnessgenerator.com/ibalexandre)**