

**Description:** Get ready for a great 6 Minute Muscle workout!

There isn't a predetermined number of sets in this program. Instead we do an AMSAP (As Many Sets As Possible) in a 6 minute period. Per period you will alternate between 2 exercises over and over. So, you will do the recommended style and number of reps for one exercise, and then do the same for the other exercise. You repeat this over and over until the 6-minute period has ended.

For each set you will perform 4 SUPER HEAVY "4 Count" Positive reps. So, you will slow down the contraction phase of the exercise.

Day 1

Warm Up: Rotator Cuff

**6 Minutes**

4 (4 Count) Positive Resisted Pushups

4 (4 Count) Positive Wide Grip lat Pull

**6 Minutes**

4 (4 Count) Positive Overhead Triceps Push

4 (4 Count) 45 Degree Back Row

**6 Minutes**

4 (4 Count) Resisted Wide Fly Push

4 (4 Count) Back To The Door Seated Triceps Extensions

3 Cycle 20/10 Interval Dead Lifts

Cool Down

**Day 2:** Legs/Shoulders/Biceps

Warm Up: 6 cycle interval Hamstrings curl/Calf Raise. High Row/Roll ups

6 Minutes

4 (4 Count) Squats

4 (4 Count) Front Shoulder Raise

6 Minutes

4 (4 Count) Lateral Raise

4 (4 Count) Standing Hammer Curls

6 Minutes

4 (4 Count) Lunges

4 (4 Count) Shrugs

Cool Down