



# Destiny Management

The Final Edge to Metabolic Control™

Enhancing lifestyles through proven wellness and fitness systems™

## ROUTINES

The following are general routines for differing goals.

### Weight Loss

Leg Extension  
Leg Curl  
Standing Calf  
Vertical Row Machine  
Pec Deck Machine  
Lateral Raise  
Biceps Machine  
Triceps Machine  
Reverse Crunches  
Crunches

### Weight Gain

Squats  
Stiff-leg Deadlifts  
Donkey Calf  
Barbell Rows  
Bench Press  
Military Press  
Barbell Curls  
Lying Tricep Extension  
Leg Raises  
Rope Crunches

### General Conditioning

Leg Press  
Side Lunges  
Calf Press (on leg press)  
Vertical Press  
Front Pulldowns  
Shoulder Press Machine  
Tricep Pressdowns  
Dumbbell Curls  
Incline Reverse Crunches  
Twisting Crunches

### Limited Time Frame

Deadlifts  
Seated Calf  
Bench Press  
Barbell Rows  
Abdominal Machine  
*30 seconds of cardiovascular activity between each set*



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Depending on your goals:

- 1) *Time constraints* - Pick exercises that work large areas of the body at the same time: squats or leg press, incline or decline bench, deadlifts or chins or rows or cleans. Pick one from each group and perform 3 sets of each exercise. To maximize benefits, add cardiovascular challenges between sets, such as: steps on a bench or the stationary bike.
- 2) *Bodybuilding* - Vary the routines more often, hit the muscle from all angles. Cycle with strength and endurance phases with 8-12 reps as the mainstay (you must constantly try to do more). Aim for medium volume at a high intensity.
- 3) *Power lifting* - Stick with the bench press, squat, and deadlift. Add accessory exercises to keep a strength balance around the joint; lift in the 3-5 rep range for the mainstay but do endurance cycles to give the joints recovery. Aim for higher volume and decreased intensity.
- 4) *Fat loss* - Medium intensity, fast pace, constant movement, no rest, more aerobics, stick with larger compound movements such as stair steppers or rowers to burn more calories.
- 5) *General fitness* - Medium intensity, vary the routines periodically, increase the intensity when you feel comfortable at a certain level, and concentrate on the cardiovascular system.
- 6) *Sports specific* - Concentrate on strength early in the off season, then switch to power. Use exercises that duplicate activity as closely as possible with the mainstay using the Olympic lifts and variations (i.e. clean & jerk and snatches). Move to a maintenance level during the season, then an active recovery post season.
- 7) *Women* - Can train the same as men except during their menstrual cycle; this may be lighter training *as the body dictates*. Increase water intake to help avoid water retention. When body fat levels get very low or intensity very high, women tend not to menstruate (amenorrhea) which shouldn't cause complications unless you are trying to get pregnant. If pregnancy is the goal, body fat should stay higher than about 18% and intensity should be decreased.
- 8) *Teens* - Incorporate a lot of variety. Stay away from heavy compound movements; stick with more isolation exercises and participate in various sports.
- 9) *Over 60* - Should progress slowly, stay with more isolation exercises, and emphasize a complete conditioning program and lower body strength.