



## **12 Week Affluent Program**

### **Weeks 1-4:**

Initial Fitness Exam (Calisthenics)	Initial Fitness Exam (Bodybuilding)	Proper Stretching Techniques	Introduction to Calisthenics	Introduction to Bodybuilding
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics

### **Weeks 5-8:**

Midterm Fitness Exam (Calisthenics)	Midterm Fitness Exam (Bodybuilding)	Yoga/ Stretching	Full Upper Body Hypertrophy	Long Distance Cardio (Weighted Walk)
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics

### **Weeks 9-12**

Short Distance Cardio/ Plyometrics	Yoga/ Stretching	Push/Pull Calisthenics	Full Upper Body Hypertrophy	Long Distance Cardio (Weighted Walk)
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Tricep Hypertrophy	Pull Calisthenics
Remedial Training	Yoga/ Stretching	Final Fitness Exam (Calisthenics)	Final Fitness Exam (Bodybuilding)	Affluent Fitness Graduation Run



## Starting Line

*Hypertrophy training is simple: aim for controlled failure.*

### **The Target: 4 Sets of 15 Reps**

Every set you perform should aim for 15 reps, but here's the trick—you *shouldn't* be able to hit it. If you're consistently reaching 15 reps, you're either:

- Going too light,
- Moving too fast, or
- Letting your form slip.

You should feel your muscles burning and slowing down around rep 8–12. That's the sweet spot.

### **Focus on:**

- **Form first:** Every rep should be clean and controlled.
- **Tempo second:** Slow things down. Use a 3-second negative (lowering phase) if possible.
- **Failure always:** Stop only when you truly can't complete another clean rep.

### **What If You Hit 15?**

*Congrats! It's time to take things further:*

- Add more weight (for weighted exercises),
- Increase time under tension (slower reps), or
- Choose a harder variation (for bodyweight moves).

**Examples:** Pushups too easy? Switch to diamond, archer, or explosive pushups.

Pullups too easy? Try L-sit, typewriter, or add weight.



**Choose Five Exercises From Each List (Or Include Your Own):**

Push Calisthenics	<ol style="list-style-type: none"><li>1. Push-Ups (all variations)</li><li>2. Bodyweight Dips</li><li>3. Extension Press-Ups</li><li>4. Wall Climbers</li><li>5. Pike Press</li><li>6. Dive Bombers</li><li>7. Pseudo Planche Lean</li><li>8. Tricep Bodyweight Extensions</li></ol>
Back/Biceps Hypertrophy	<ol style="list-style-type: none"><li>1. Bicep Curls (All Variations)</li><li>2. Machine Back Extensions</li><li>3. Shoulder Shrugs</li><li>4. Bent Forward Rows</li><li>5. Straight Arm Lat Pulldowns</li><li>6. Reverse Flys</li><li>7. Face Pulls</li><li>8. Dumbbell Shrugs</li></ol>
Leg/Core Calisthenics	<ol style="list-style-type: none"><li>1. Bodyweight Squats (All Variations),</li><li>2. Lunges,</li><li>3. Sit-Ups,</li><li>4. Scissor Kicks,</li><li>5. Farmers Carry,</li><li>6. Step-Ups,</li><li>7. V-Ups,</li><li>8. Leg Raises</li></ol>
Chest/Triceps Hypertrophy	<ol style="list-style-type: none"><li>1. Bench Press (All Variations)</li><li>2. Skull Crushers</li><li>3. Cable Chest Fly</li><li>4. Dumbbell Pullover</li><li>5. Cable Triceps Extensions</li><li>6. Pec Deck Machine</li><li>7. Dumbbell Triceps Kickbacks</li><li>8. Dumbbell Squeeze Press</li></ol>
Pull Calisthenics	<ol style="list-style-type: none"><li>1. Pull-Ups (All Variations),</li><li>2. Rope Climb,</li><li>3. Peg Board,</li><li>4. Towel Hangs</li><li>5. Bodyweight Row</li><li>6. Parallel Bars</li><li>7. Standard Dead Hangs</li><li>8. Australian Rows</li><li>9. Scapular Pulls</li></ol>



## **Write Your Five Exercises Down.**

*This Will Be Your 12 Week Plan.*

Push Calisthenics	Back/Biceps Hypertrophy	Leg/Core Calisthenics	Chest/Triceps Hypertrophy	Pull Calisthenics
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.



# **How To Use This Workout Plan**

*This plan is designed to be intense, effective, and efficient.*

## **Structure Your Workout**

*Each training day follows a simple but powerful format:*

- 4 sets per exercise
- 5 exercises per workout
- That's a total of 20 sets per session

## **Rest Between Sets**

- 60 to 90 seconds between each set
- Shorter rest (60 sec) = more burn and metabolic stress
- Longer rest (90 sec) = more recovery for strength and form

*Choose based on how you feel, but stay honest—don't let rest become stalling.*

## **Keep It Under an Hour**

*With focused effort and minimal distractions, each workout should take **45–60 minutes**.*

*If you're going over an hour, ask yourself:*

- Am I moving with purpose?
- Am I resting too long?
- Am I staying focused?

## **Daily Breakdown**

Each day already has your focus areas laid out—just plug in your exercises and get to work. Choose variations based on your current ability, and remember:

**Consistency + Intensity + Recovery = Results**