

# ***THE LEAN MACHINE PLAN***

**Transform Your Body With This Routine, A Modified Version Of The Colts Star Dwight Freeney!**

## **Directions**

**Perform This Workout 3 Days A Week, Making Sure You Rest At Least 1 Day Between Sessions. Alternate among exercises of the same number (1A, 1B, 1C for example) until you complete all the sets in that group. In other words, do 1 set of exercise 1A and follow it up with 1 set of 1B, and so on. Don't move on to the next number until you've finished all the prescribed sets. Complete 8 to 12 repetitions of each exercise. Once you can perform more than 12 reps, add more weight to make the exercise more difficult.**

## **Warm Up**

**Before starting the workout, do 3 warm up sets each of the dumbbell power squat and the dumbbell bench press. Use 50 to 60 percent of your 8 rep max and then gradually add to the weight you use on each set, making sure your final set is no more than 80 percent of the max weight you'll lift during the workout. Perform 10, 10, and 5 reps during the warm up.**

## **Rest Periods**

**For exercises 1A to 1C, rest 45 seconds after each exercise and then 2 minutes before repeating the entire sequence. For exercises 2A to 4B, rest 1 minute after each exercise in the sequence.**

### **1A. Dumbbell Single-Leg Romanian Deadlift** (2 or 3 Sets)

Stand with your feet shoulder-width apart. Hold a pair of dumbbells in front of your thighs. Lift one foot off the ground. With your back flat, slowly bend and lower the weights, your free leg rising behind you. Once the weights reach mid-shin, push through your grounded heel to return to the upright position. Complete all reps on one side, and then repeat with other leg lifted.

### **1B. Dumbbell Stepup / Reverse Lunge** (2 or 3 Sets)

Holding a pair of dumbbells, stand 6 inches from a bench. Place your left foot on the bench and push up until your left leg knee is straight and your right knee is raised to hip level. Return to the starting position, and start back with your left foot until your knee almost touches the floor and your right knee is bent 90 degrees. Stand up and, switching legs, repeat the sequence. That's 1 repetition.

### **1C. Dumbbell Power Squat** (2 or 3 Sets)

Holding dumbbells at arm's length at your sides, stand with your feet shoulder-width apart, knees slightly bent, back straight, and eyes ahead. Slowly lower your body-as if you were sitting back into a chair- while keeping your back in its natural alignment. When your upper thighs are parallel to the floor, pause and then explode up onto your toes and shrug your shoulders. That's 1 rep.

### **2A. Dumbbell Bench Press** (2 or 3 Sets)

Lie on a bench holding a pair of heavy dumbbells with your arms extended over your chest and your palms facing forward. Slowly lower the weights to the outside of your chest. Pause, and push them back up.

### **2B. Dumbbell Two Arm Row** (2 or 3 Sets)

Stand holding a pair of dumbbells at your sides with a neutral grip, your palms facing each other. Starting from a narrow stance with your knees slightly bent, bend forward at your waist until your back is almost parallel to the floor. (Don't Round Your Back) Pull the weights up to your rib cage without raising your upper body, and then lower them.

### **3A. Dumbbell Alternating Incline Bench Press** (1 set)

Lie face up on an incline bench. Hold a pair of dumbbells above your chest with arms straight, palms facing forward. Slowly lower your left arm to the side of your chest while keeping your right arm extended above your body. Press back up with your left arm, lower your right arm, lower your right arm, and then return to the starting position. That's 1 rep.

### **3B. Cable Underhand Pulldown** (1 set)

Sit at a cable pulldown machine. Grab the bar with a shoulder-width, underhand grip. Moving only your arms, pull the bar down to your chest by squeezing your shoulder blades together. The bar should travel directly in front of your face and come even with your chest. Pause, and slowly return to the starting position.

### **4A. Diagonal Hand-to-Toe Touch** (1 set)

Lie faceup on the floor with your right leg bent 90 degrees. Keep your left arm at your side and your right arm diagonally above your head. Without rounding your lower back, raise your left leg and right arm and have them meet in the middle of your body. Return to the starting position, complete all your reps, and then switch arms and legs and repeat.

### **4B. Side Plank with Touch** (1 set)

Lie on your left side and prop your upper body up on your left forearm. Bend your right arm and place your hand behind your head. Raise your hips, brace your abs, and hold this position. Keeping your right hand in place, rotate and touch your right elbow to the floor without allowing your hips to push backward. Perform all your right-arm touches, and then repeat with your left arm.