



**SECOND
PRIME**

**HERCULES HIGH
T-WORK UP PLAN**



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CELEB STYNE

Welcome to your Hercules High T-Work Up Plan! In the Hercules High-T Work Up Plan, movie-star trainer Celeb Styne will ease you into a simple, brutally effective workout that will get you in the best shape of your life. This is the SAME workout plan that many A-List movie stars use to build muscle and trim fat before their starring role.

Message from your trainer:

Hi there!

I'm Caleb Styne and I have worked in the fitness and wellness industry for more than 9 years. I have a Bachelor's degree in Exercise Science and a Master's degree in Education and Kinesiology from Dallas Baptist University. From having had the opportunity to work with professional athletes, A list celebrities, to your everyday, weekend warriors, has provided me with the knowledge of how to help people reach their individual goals at any level. I have made my life mission just that, helping individuals reach their full potential and goals no matter their current fitness level.

My background in Sports Medicine and Orthopedics also gives me a unique focus on not only the benefits of a healthy, fitness lifestyle but also on the prevention of injuries while trying to reach those fitness goals. There is nothing more important than starting a fitness regimen and being able to stay healthy while doing it. My philosophy when it comes to fitness is that you just have to start. Get up and get moving! The first step and hardest step is to simply decide you are ready to make a change. Everything after that is just results. One thing to remember about fitness and about life is, nothing ever worth having ever comes easy. It takes hard work and dedication. If you want a better life at any age, this is where you start. Don't wait take that first step today.

I have recently created a facebook page just for you! I want to hear from you and be able answer those fitness questions I know you have. Follow me on Facebook <https://www.facebook.com/TrainerCalebStyne/>.

Take the step. Change your life.

Sincerely,

Caleb Styne, BS, MEd, CPT



GETTING STARTED

| Get Your Doctor's Clearance

Talk with your doctor to make sure it's okay to start an exercise regimen. While most doctors strongly suggest regular exercise for a healthy lifestyle, injuries, illnesses, certain conditions, and some medications may affect your ability to work out. Consulting with your doctor will give you the insight you need to how that may relate to your workout.



Good Preparation and planning are the most important parts when you're starting out with exercise. However, to be truly successful, you need momentum. The more momentum you can create, the easier it is to stay motivated.

The most effective way to build and maintain momentum is ACTION. While we all seem to focus on our weight loss goals, try to keep your focus on motivation and commitment to your exercise regimen. When we spend so much time and energy researching what we should do for an exercise regimen, we end up exhausted and never put the plan into action. Here we've made it easy for you. Just grab your Hercules High T-Work Up Plan and treat your exercise time like you would an appointment that you cannot miss!



Here at Second Prime we suggest recording your measurements and weight. The more you see those inches decrease in some areas and increase in others, the more momentum you will create. After all, nothing drives us men like results.



PREPARE TO WORK OUT

| There are two key types of workouts:

Cardio:	Strength Training:
burns the calories by raising our heart rate.	builds muscle and boosts metabolism.

Together, the two can produce amazing results. You will notice that you are trimming down and toning up.

The Cardio sections in this program are designed to be done on any cardio fitness machine like an elliptical, rowing machine, bike, treadmill, etc. However, if you prefer other activities such as outdoor cycling, running, swimming or a group style fitness class, you can substitute it. Remember, when you enjoy what you are doing you are more likely to stick with it.

For the strength workouts, you will need some equipment:

A range of dumbbells: a light set (5 to 8 pounds), a medium set (10 to 15 pounds), and a heavy set (15 to 30 pounds)



An exercise ball: These are one of the best pieces of equipment to strengthen your core and back, as well as increase stability. They do come in different sizes to accommodate height. To determine the correct size for your height sit on it. There should be a 90-degree angle at your hip joints and knee joints.



An exercise mat such as a Yoga or Pilates mat































It will be helpful to know and understand the basics of strength training. Here are two terms that are essential to learn: rep and set.

Rep, or repetition, is a single instance of an exercise —a dumbbell bicep curl, for instance.

A set is the number of repetitions performed sequentially. For example, you can say, “I did 3 sets of 10 reps of bicep curls.”

Also, it is important to determine how much weight you should be using. You should start out with a light weight and run through a set. Continue adding weight with each until you can do 10 reps in good form with the last rep being difficult but not impossible.

THE PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							



Basic Strength Training



Beginner Intervals



Rest



20-30' Cardio Routine

A person wearing a maroon long-sleeved shirt and black leggings is stretching their leg on a concrete ledge. They are holding their right foot with their left hand. The background is a vibrant sunset with orange and yellow clouds and a bright sun low on the horizon. The person is wearing maroon sneakers with white soles.

WORKOUT INSTRUCTIONS

STRETCH SEGMENT:

Everyday you should do a version of the stretch segment, particularly before working out. Remember to spend approximately 5 - 10 minutes on your stretch segment.

Hold each stretch for 10 to 30 seconds and repeat one to three times. Avoid any exercises that cause pain or discomfort, and only stretch as deep as you can. The stretch should feel good and should not be painful. If your muscles are shaking, you need to back off a bit and let your muscles relax more.



Seated Side Stretch

1. Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling.
2. Stretch up and then move your torso over to the right, feeling a stretch down your left side.
3. Hold for 15 to 30 seconds and switch sides, repeating 1 to 3 times.



Triceps Stretch

1. Bend the left elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in your triceps.
2. Hold for 15 to 30 seconds and switch sides, repeating 1 to 3 times.

Shoulder Stretch

1. Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
2. Try dropping the shoulder down if you're not feeling a stretch.
3. Hold for 15 to 30 seconds and switch sides, repeating 1 to 3 times.



Biceps Stretch

1. Take your arms out to the sides, slightly behind you, with the thumbs up, like you're a hitchhiker.
2. Rotate your thumbs down and back until they are pointing to the back wall to stretch the biceps.
3. Hold for 15 to 30 seconds, repeating 1 to 3 times.

Upper Back Stretch

1. Clasp your hands together in front of you or round your back, pressing your arms away from your body to feel a stretch in your upper back.
2. Make sure you contract the abs to really get the most out of this stretch.
3. Hold for 15 to 30 seconds, repeating 1 to 3 times.

Chest and Shoulder Stretch

1. Sit or stand, and clasp your hands together behind your back, arms straight.
2. Lift your hands towards the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest.
3. Hold for 15 to 30 seconds, repeating 1 to 3 times.
If your shoulders are a little tight, try just taking your arms out to the sides like an airplane.

Standing Hamstring Stretch

1. Take your left foot forward and tip from the hips, keeping the back flat.
2. Lower down until you feel a stretch in the back of the leg.
3. Rest the hands on the upper thighs to give your back some support.
4. Hold for 15 to 30 seconds and switch sides, repeating 1 to 3 times.
If you feel shaky or your hamstrings are tight, try using a resistance band to give you more leverage.

Quad Stretch

1. Stand and hold onto a wall for balance if needed.
2. Grab the top of the right foot and bend your knee, bringing the foot towards the glutes, knee pointing straight at the floor. You should feel a stretch right down the front of your leg.
3. Squeeze your hips forward for a deeper stretch.
4. Hold for 15 to 30 seconds and switch sides, repeating 1 to 3 times.

20-MINUTE CARDIO WORKOUT FOR BEGINNERS:

You can use any cardio machine discussed above. Complete each section of the workout, setting the speed, resistance and incline.

Warm Up: Start with an easy to moderate pace for about 5 minutes. You should feel comfortable and be able to easily speak. Allow your heart rate to gradually rise by increasing your speed, resistance and incline during the warm up phase.

Baseline: Increase your speed, incline and resistance or a combination of to find your baseline. You should be a little out of breath and a little out of your comfort zone but still able to talk. You will feel as though your body is working but not overworking. This should last around 20 minutes.

Find your target heart rate in the chart below and try to maintain it using speed, resistance and incline. Do not exceed your maximum heart rate:

Estimated heart rates for exercising (beats per minute)				
Age	Maximum heart rate		Target heart rate (50%-85% of maximum)	
50		170		85-145
55		165		83-140
60		160		80-136
65		155		78-132
70		150		75-128
75		145		73-123
80		140		70-119

Cool Down: Reduce incline, resistance and speed until you are working at a comfortable level to end your workout. Spend at least 2 to 3 minutes in this zone. Take note how long your total workout should last according to your schedule. Increase the amount of time in your baseline to match how long your workout should be.

REST DAYS:

Walking and Stretching

Today is an active recovery day. This will give you a chance to do some very light cardio. While structured exercise is great for you, making sure you are moving everyday can also contribute greatly to your overall health and ability to burn those calories. Today you will take a brisk walk, do some gardening, or whatever light exercise you can fit into your daily routine. Do not forget to stretch at least once every day.





BEGINNER INTERVAL TRAINING

You may be concerned that if you are not a veteran exerciser you cannot do interval training. Well, I assure you that you can! Beginners get a lot out of interval training. You will switch up your workouts which makes them more fun and exciting, and you will also get used to working just a little hard, and a little harder and a little harder...

The great part about interval training is you only work hard for short bursts of time, making it more comfortable for you. That is much more effective than suffering through an intense long workout.

Your Interval Workout

The interval workout is a great starting point for any beginner. It's just 21 minutes long and will get you pushing just a little past your comfort zone. That means you won't be out of breath or uncomfortable, but you will be pushing yourself just a little bit. This is the best way to build a strong cardio foundation for getting you back into shape.

Equipment Needed

The workout can be used with a treadmill, elliptical or stationary bicycle. You will change speed and incline.

Instructions

Work Sets: For each work set, use the incline, speed and resistance setting on your machine to increase the intensity. You should be working outside your comfort zone, but not so hard that you are breathless, dizzy or lightheaded. It should be just a little uncomfortable.

Recovery Sets: For each recovery set (rest set), lower the speed and resistance settings. You should be completely recovered before the next work set.

Modify the speed and intensity to match your fitness level: If you are not ready for the higher intensity then set it lower. If it's not enough for you, feel free to speed up or increase the incline.

Monitor Your Intensity Continuously: The rate of perceived exertion levels (RPE) are there to help you keep track of your intensity on a scale from 1 - 10.

During rest sets, you should be about 4-5 on the RPE chart. During work sets, you should stay around 5-6 on the RPE chart. There isn't a drastic difference between the work and rest sets. Put simply, you want to work a little harder during work sets than you did during rest sets.

RPE levels are monitored as follows:





BASIC STRENGTH TRAINING

Equipment Needed:

Light-medium dumbbells, an exercise ball or chair, and a mat.

How-To Tips:

- Start with your Stretching Exercise routine.
- For Basic strength training, you will perform 1 set of 15 reps of each exercise.
- **Remember:** For the weighted exercises, the weight amount should be challenging. The last rep should be difficult, but not impossible. Make sure to rest briefly between exercises as needed. The workout targets every muscle in the body. We will work on your chest, arms, shoulders, hips, back, glutes and thighs. This is a short and simple great place to start with strength training.

Static Lunges

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold weights in each hand if desired and bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Keep the torso straight and abs in as you push through the front heel and back up to starting position.
4. Don't lock the knees at the top of the movement.
5. Make sure to push through the heels and not your toes.
6. Perform 1 to 3 sets of 8 to 16 reps each.

Assisted Lunges

Assisted lunges work all the muscles of the hips, glutes, and thighs. This version is just like a static lunge, except you're using a chair or wall for balance. This is a great way for beginners to practice lunges without losing their balance. Do it right:

1. Stand with right foot forward, left foot back about 3 feet apart.
2. Hold onto a chair or wall for balance.
3. Bend the knees and lower them towards the floor until the back knee is a few inches from the floor and the front knee is at a right angle. Keep the front knee behind the toes, and be sure to lower straight down rather than forward.
4. Keep the torso straight and abs in as you push through the front heel and back up to starting position.
5. Perform 1 to 3 sets of 8 to 16 reps each.

Sliding Lunges

1. Stand with feet hip-width apart, the ball of the left foot resting on the paper plate or gliding disc.
2. Bend the right leg while sliding the left foot backward into a lunge position.
3. Keep the front knee behind the toe, and keep the back leg slightly bent.
4. Slowly slide the left foot back to start, pushing into the plate or disc and repeat for 8 to 16 reps before switching sides.
5. Keep the weight in the front leg so you always have control of the foot resting on the plate.

Sliding Side Lunges

1. Stand with feet hip-width apart and place the ball of the left foot on a plate or glider.
2. Bend the right knee, sitting back into the heel as you slide the left foot out to the side.
3. Keep the right knee behind the toe, the torso upright and abs in.
4. Press into the plate or disc to contract the inner thigh, and slide the left foot back.
5. Repeat for 1 to 3 sets of 8 to 16 reps, and then switch legs.

Split Squats

1. Stand about 3 or so feet in front of a step or platform, and place the left leg on the platform either resting on the toe or the top of the foot.
2. Make sure your feet are wide enough that the front knee stays behind the toe when you lunge down.
3. When you have your balance, bend both knees and lower down into a lunge.
4. Push through the front heel to stand up and repeat for 10 to 16 reps before switching sides.
5. Hold weights for added intensity.

Low Lunge

1. Stand in a split stance with feet close together. Feet should be about two feet apart; one foot forward, one foot back.
2. Hold weights in each hand and bend the knees, taking the weight towards the floor. This is the start of the movement.
3. Keeping the abs engaged and the shoulders back, push into the front heel and lift up about halfway.
4. Lower back down and repeat for 1 to 3 sets of 10 to 16 reps each.

Lunge Deadlift

1. Get into a lunge position with the back foot resting on a step or platform. Make sure the front leg is far enough forward that the knee stays behind the toe as you lunge.
2. Hold light-medium weights in both hands if desired.
3. Bend the knees and lunge down while simultaneously lowering the torso towards the front thigh and bringing the weights down towards the floor.
4. Keeping the torso down with the abs engaged, straighten the front knee as in a deadlift.
5. Bend the knee and push back up, straightening the torso.
6. Repeat for 8 to 10 reps on each leg, completing 1 to 3 sets.

One-Legged Lunge With a Reach

1. Place the left foot/shin on the ball and hold a medium-light weight in your right hand.
2. Bend the right knee into a lunge as you roll the ball out with your left leg until it's straight and the front knee is bent to about 90 degrees. (Remember to keep the knee behind the toe.)
3. At the same time, reach the weight out, keeping the abs engaged.
4. Squeeze the right leg to roll the ball back to starting position.
5. Repeat for 10 to 16 reps before switching sides.

Barbell Lunge

1. Place a medium-heavy barbell on the meaty part of your shoulders (use a bar pad if you need to) and take the right foot forward, left foot back in a split stance.
2. Keeping the torso upright and abs engaged, bend the knees to lower the body towards the floor. Keep the front knee behind the toes and be sure to lower straight down rather than forward.
3. Lower down as far as you can go without touching the back knee to the floor.
4. Push into the front heel to stand back up, avoiding locking the knees at the top of the movement.
5. Perform 1 to 3 sets of 8 to 16 reps each.

Sliding Side Lunge with Weights

1. Put a paper plate under the left foot and hold a weight in the left hand. (For reference, I used a 10 lb kettlebell.)
2. Keep the weight in the right leg and bend the knee as you slide the left foot out to the side, keeping the leg straight.
3. As you squat toward the floor, keeping the knee behind the toes, take the weight down and touch the floor.
4. Squat as low as you can and keep the back flat and the abs engaged.
5. Push back up, sliding the left foot in as you stand.
6. Repeat for 8 to 15 reps and then switch sides, completing 1 to 3 sets.

Split Squat with Rotation

1. Pause to get your balance and take the arms out to the sides as you bend the knees into a lunge.
2. As you lunge, rotate the torso, bringing the right hand towards the left foot and the left arm straight up overhead.
3. Rotate back to start and stand up, repeating for 1 to 3 sets of 8 to 16 reps each.
4. As you practice, try to do the entire movement in one smooth motion.

Push Ups - Modified Push Ups (A)

If you can do a push up in good form without modifying it you are welcome to do so. See next exercise.

1. Start on all fours with hands a bit wider than the shoulders.
2. Walk the knees back a bit in order to lean your weight on the hands and flatten the back from the head down to the back of the knees.
3. Pull the abs in and, keeping back straight, bend the elbows and lower body toward the floor until elbows are at 90-degree angles.
4. Push back up and repeat for 1 to 3 sets of 10 to 16 reps each.

Push Ups (B)

1. Get down on the hands and knees, positioning the hands a bit wider than the shoulders.
2. Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels.

3. Bend the elbows and lower into a push up until your elbows are at about 90 degrees.
4. Press back to start and repeat for 1 to 3 sets of 10 to 16 reps each.

Barbell Bench Press

1. Lie down on a bench, step or the floor. Begin with the barbell hovering just over the chest, elbows bent. Place the hands on the bar a bit wider than the shoulders.
2. Contract the chest and push the weight straight up over the chest without locking the elbows at the top.
3. Bend the elbows and lower the weight down until the elbows are just below the level of the chest.
4. Repeat for 1 to 3 sets of 8 to 16 reps each.

Dumbbell Chest Press

1. Lie down on a bench or step, and begin with the weights in each hand straight up over the chest, palms facing out.
2. Bend the elbows and lower the arms down until the elbows are just below the chest. Arms should look like goal posts.
3. Press the weights back up without locking the elbows and bring them close together.
4. Repeat for 1 to 3 sets of 8 to 16 reps each.

Chest Fly with Dumbbells

1. Lie on the floor, bench or step. Hold weights over the chest with the palms facing each other.
2. Keeping the elbows slightly bent, lower the arms out to the sides and down until they're level with the chest.
3. Keep the elbows in a fixed position and avoid lowering the weights too low.
4. Squeeze chest to bring the arms back up as though you're hugging a tree.
5. Repeat for 1 to 3 sets of 8 to 16 reps each.

Squats

1. Stand with feet hip-width apart and, for added intensity, hold weights at shoulder level or at your sides.
2. Bend the knees and lower into a squat, keeping the knees behind the toes. Imagine that you're sticking your butt out behind you, but keep the torso upright and contracted.
3. Press into the heels to stand up.
4. Repeat for 2 to 3 sets of 8 to 16 reps each.

Lateral Raises - Bent Arm

1. Sit on a ball or chair holding weights in each hand, elbows bent at 90 degrees and abs contracted.
2. Keep the elbows bent, lift the arms out to the sides to shoulder level.
3. Lower back to start and repeat for 1 to 3 sets of 10 to 16 reps each.

Overhead Press

1. Begin standing or sitting with elbows bent and weights next to the ears.
2. Press the weights up over the head.
3. Lower the weights, bringing the hands next to the ears and repeat for 1 to 3 sets of 10 to 16 reps each.

Alternating Overhead Press

1. Begin standing or sitting with elbows bent and weights next to the ears.
2. Press the right arm up overhead while keeping the left arm in place. Engage the abs to keep the rest of the body stable.
3. Lower the right arm and, keeping it in place, press the left arm up overhead.
4. Continue alternating for 10 to 16 reps on each side for 1 to 3 sets.
5. Be sure to keep the movement slow and controlled to avoid using momentum.

Dumbbell Pullover

1. Lie face up on the ball with the head and shoulders supported, weight resting over the chest.
2. Keep the glutes contracted to lift the body into a bridge position, making a straight line from knees to head.
3. Take the weight straight up over the chest, arms slightly bent. You can hold a dumbbell on either side or use a medicine ball.
4. Keeping the body tight and stable, and slowly lower the weight behind you, keeping the elbows slightly bent.
5. Only lower the weight as far as your flexibility allows and try not to lower the weight below your head.
6. Contract the back muscles to pull the weight back up over the chest and complete 1 to 3 sets of 10 to 16 reps each.

Barbell Rows

1. With feet about hip-width apart and hands a bit wider than shoulders on the bar, bend forward at the waist until you're at about a 45-degree angle. Keep the shoulders back, the knees slightly bent and the abs tight and look straight forward.
2. Begin the movement by taking the weight out in front of the knees.
3. Bend the elbows and contract the back to pull the weight in towards the belly button, following the line of the legs.
4. Bring the elbows just past the torso and squeeze the back.
5. Lower down and repeat for 1 to 3 sets of 8 to 16 reps each.

Deadlifts

1. Start with feet hip-width apart. Keeping the back flat, shoulders back and abs in.
2. Tip from the hips and lower down as far as you can (according to your flexibility) and slowly raise back up.
3. Repeat for 1 to 3 sets of 8 to 16 reps each.