



WORKOUT PHASE 1

DIABETIC
STARTED

GROUNDWORK.



BIG COMPOUND EXERCISES



1-2 EXERCISES PER BODYPART



3 WORKING SETS



2-4 MINS RECOVERY



PROGRESSIVE INCREASE IN VOLUME

DIABETIC
SURE



Phase 1: Groundwork

Week 1 – Training Day 1 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Seated Military Press (3 Sets @ 4-5 RM)				2 min
Barbell Back Squat (3 Sets @ 4-5 RM)				3 min
Incline Barbell Bench Press (3 Sets @ 4-5 RM)				2 min
Deadlifts (3 Sets @ 4-5 RM)				3 min

Notes:



Phase 1: Groundwork

Week 1 – Training Day 2 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Bench Press (3 Sets @ 4-5 RM)				2 min
Barbell Back Squat (3 Sets @ 4-5 RM)				3 min
Barbell Row (3 Sets @ 4-5 RM)				2 min
Standing Military Press (3 Sets @ 4-5 RM)				3 min

Notes:



Phase 1: Groundwork

Week 1 – Training Day 3 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Seated Military Press (3 Sets @ 4-5 RM)				2 min
Barbell Back Squat (3 Sets @ 4-5 RM)				3 min
Incline Barbell Bench Press (3 Sets @ 4-5 RM)				2 min
Deadlifts (3 Sets @ 4-5 RM)				3 min

Notes:



Phase 1: Groundwork

Week 1 – Training Day 4 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 4-5 RM)				3 min
Barbell Underhand Row (3 Sets @ 4-5 RM)				2 min
Incline Barbell Bench Press (3 Sets @ 4-5 RM)				2 min
Standing Military Press (3 Sets @ 4-5 RM)				3 min

Notes:



Phase 1: Groundwork

Week 2 – Training Day 1 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				3 min
Barbell Rows (3 Sets @ 2-3 RM)				3 min
Incline Barbell Bench Press (3 Sets @ 2-3 RM)				3 min
Standing Military Press (3 Sets @ 2-3 RM)				3 min

Notes:



Phase 1: Groundwork

Week 2 – Training Day 2 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				3 min
Deadlifts (3 Sets @ 2-3 RM)				3 min
Incline Barbell Bench Press (3 Sets @ 2-3 RM)				3 min
Pendelay Row (3 Sets @ 2-3 RM)				3 min

Notes:



Phase 1: Groundwork

Week 2 – Training Day 3 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				3 min
Barbell Underhand Row (3 Sets @ 2-3 RM)				3 min
Bench Press (3 Sets @ 2-3 RM)				3 min
Seated Military Press (3 Sets @ 2-3 RM)				3 min

Notes:



Phase 1: Groundwork

Week 3 – Training Day 1 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Seated Dumbbell Shoulder Press (3 Sets @ 6-8 RM)				2 min
Dumbbell Reverse Fly (3 Sets @ 6-8 RM)				2 min
Deadlifts (3 Sets @ 5 RM)				2 min
Dumbbell Row (3 Sets @ 6-8 RM)				2 min
Dumbbell Flat Fly (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 3 – Training Day 2 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 6-8 RM)				2 min
Leg Press (3 Sets @ 6-8 RM)				2 min
Lying Leg Curls (3 Sets @ 6-8 RM)				2 min
Leg Extension (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 3 – Training Day 3 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Incline Dumbbell Chest Press (3 Sets @ 6-8 RM)				2 min
Flat Barbell Bench (3 Sets @ 6-8 RM)				2 min
Underhand Barbell Rows (3 Sets @ 5 RM)				2 min
Lat Pulldowns (3 Sets @ 6-8 RM)				2 min
Press Ups (3 Sets @ 8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 3 – Training Day 4 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 6-8 RM)				2 min
Leg Press (3 Sets @ 6-8 RM)				2 min
Lunges (3 Sets @ 6-8 RM)				2 min
Leg Curl (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 3 – Training Day 5 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Seated Military Press (3 Sets @ 6-8 RM)				2 min
Dumbbell Side Raise (3 Sets @ 6-8 RM)				2 min
Deadlifts (3 Sets @ 5 RM)				2 min
Pull Ups (3 Sets @ 5 RM)				2 min
Underhand Barbell Rows (3 Sets @ 8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 4 – Training Day 1 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				4 min
Leg Press (3 Sets @ 6-8 RM)				2 min
Leg Curl (3 Sets @ 6-8 RM)				2 min
Lunges (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 4 – Training Day 2 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Bench Press (3 Sets @ 2-3)				3 min
Dumbbell Flys (3 Sets @ 6-8 RM)				2 min
Deadlifts (3 Sets @ 2-3 RM)				4 min
Pull Ups (<i>use assistance if needed</i>) (3 Sets @ 6-8 RM)				2 min
Lat Pull Down (3 Sets @ 2-3 RM)				2 min

Notes:



Phase 1: Groundwork

Week 4 – Training Day 3 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 6-8 RM)				3 min
Step Ups (3 Sets @ 6-8 RM)				2 min
Leg Extension (3 Sets @ 6-8 RM)				2 min
Leg Curls (3 Sets @ 6-8 RM)				2 min

Notes:

- 1 - 1.5 foot step for step up exercise.

Phase 1: Groundwork

Week 4 – Training Day 4 – UPPER BODY

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Romanian Deadlifts (3 Sets @ 4-5 RM)				4 min
T-Bar Rows (3 Sets @ 6-8 RM)				2 min
Chin Ups (<i>use assistance if needed</i>) (3 Sets @ 4-5 RM)				2 min
Seated Dumbbell Shoulder Press (3 Sets @ 4-5 RM)				2 min
Dumbbell Reverse Fly (3 Sets @ 6-8 RM)				2 min
Dumbbell Lateral Raise(3 Sets @ 6-8 RM)				2 min

Notes:

- Chin ups can be assisted with pull up band or machine.
- Or, position a bar at waist height within a squat rack and perform half bodyweight chin ups, ass on floor marking the end point of rep.



Phase 1: Groundwork

Week 4 – Training Day 5 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				4 min
Hack Squat (3 Sets @ 6-8 RM)				2 min
Lunges (3 Sets @ 6-8 RM)				2 min
Leg Curls (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 5 – Training Day 1 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Chin Ups (<i>use assistance if needed</i>) (3 Sets @ 4-5 RM)				2 min
Barbell Rows (3 Sets @ 6-8 RM)				2 min
Bench Press (3 Sets @ 6-8 RM)				2 min
Seated Dumbbell Shoulder Press (3 Sets @ 4-5 RM)				2 min
Dumbbell Reverse Fly (3 Sets @ 6-8 RM)				2 min
Dumbbell Lateral Raise (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 5 – Training Day 2 – LOWER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 6-8 RM)				3 min
Romanian Deadlifts (3 Sets @ 4-5 RM)				4 min
Leg Extension (3 Sets @ 6-8 RM)				2 min
Leg Curls (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 5 – Training Day 3 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Bench Press (3 Sets @ 2-3)				2 min
Dumbbell Flys (3 Sets @ 6-8 RM)				2 min
Deadlifts (3 Sets @ 2-3 RM)				4 min
Pull Ups (<i>use assistance if needed</i>) (3 Sets @ 6-8 RM)				2 min
Lat Pull Down (3 Sets @ 2-3 RM)				2 min

Notes:



Phase 1: Groundwork

Week 5 – Training Day 4 – LOWER BODY

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LOWER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Back Squat (3 Sets @ 2-3 RM)				4 min
Hack Squat (3 Sets @ 6-8 RM)				2 min
Lunges (3 Sets @ 6-8 RM)				2 min
Leg Curls (3 Sets @ 6-8 RM)				2 min

Notes:



Phase 1: Groundwork

Week 5 – Training Day 5 – UPPER BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

UPPER BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Romanian Deadlifts (3 Sets @ 4-5 RM)				4 min
T-Bar Rows (3 Sets @ 6-8 RM)				2 min
Seated Pulley Rows (3 Sets @ 6-8 RM)				2 min
Seated Dumbbell Shoulder Press (3 Sets @ 4-5 RM)				2 min
Dumbbell Reverse Fly (3 Sets @ 6-8 RM)				2 min
Dumbbell Lateral Raise (3 Sets @ 6-8 RM)				2 min

Notes:

RE-GEN #1



COMPOUND + ISOLATION EXERCISES



1 EXERCISE PER BODYPART



3 WORKING SETS



1-3 MINS RECOVERY



FOCUSED DE-TRAINING PERIOD

DIABETIC
SURE



Phase 2: RE-GEN #1

Week 6 – Training Day 1 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Press Ups (3 Sets @ 10-15 RM)				2 min
Barbell Underhand Row (3 Sets @ 10-15 RM)				2 min
Lunge (3 Sets @ 10-15 RM)				2 min
Barbell Hip Thrust (3 Sets @ 10-15 RM)				2 min

Notes:



Phase 2: RE-GEN #1

Week 6 – Training Day 2 – WHOLE BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Clean and Press (3 Sets @ 10-15 RM)				2 min
Leg Press (3 Sets @ 10-15 RM)				2 min
Lat Pull Down (3 Sets @ 10-15 RM)				2 min
Dumbbell Fly (3 Sets @ 10-15 RM)				2 min

Notes:



Phase 2: RE-GEN #1

Week 6 – Training Day 3 – TOTAL BODY

Date: _____ **Time:** _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

WHOLE BODY				
Exercise	Set 1	Set 2	Set 3	Rest
Deadlifts (3 Sets @ 15 RM)				2 min
Rack Chins (3 Sets @ 10-15 RM)				2 min
Incline Dumbbell Press (3 Sets @ 10-15 RM)				2 min
Dumbbell Rows (3 Sets @ 10-15 RM)				2 min

Notes:
