



WORKOUT PHASE 2

DIABETIC
SHRED

HELLFIRE.



COMPOUND + ISOLATION EXERCISES



2-4 EXERCISES PER BODYPART



3 WORKING SETS



1-3 MINS RECOVERY



PROGRESSIVE INCREASE IN VOLUME

DIABETIC
SHRED

Printable Workout Log



Phase 3: HELL FIRE

Weeks 7,8,9 – Training Day 1 – BACK + CORE

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

BACK + CORE				
Exercise	Set 1	Set 2	Set 3	Rest
Deadlifts (5 Sets @ 5 RM)				2 min
Rack Chins (3 Sets @ 8-12RM)				1 min
Rope Pull Downs (3 Sets @ 8-12RM)				1 min
Standing Single Cable Row (3 Sets @ 10-15 RM)				1 min
Hanging Leg Raise (3 Sets @ 10 RM)				1 min
Abb Role Outs (3 Sets @ 10 RM)				2 min

Notes:

- Standing cable row: Use handle. Position pulley at waist height. Perform one arm at a time whilst in a staggered foot position.
- Rope Pull Downs: Position yourself with a broad foot stance. Keep spine in a tight neutral position. Initiate movement with lats and ensure to maintain tension throughout the entire movement. Arms locked.

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Phase 3: HELL FIRE

Weeks 7,8,9 – Training Day 2 – CHEST/DELTS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

CHEST/DELTS				
Exercise	Set 1	Set 2	Set 3	Rest
Press Ups (3 Sets @ 10-15 RM)				1 min
Incline Dumbbell Press (3 Sets @ 10-15 RM)				1 min
Cable Fly (3 Sets @ 10-15 RM)				1 min
Standing Single Arm Kettle Bell Shoulder Press (3 Sets @ 10-15 RM)				1 min
Dumbbell Side Laterals (3 Sets @ 10-15 RM)				1 min
Cable Reverse Fly (3 Sets @ 8-12 RM)				1 min

Notes:

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Phase 3: HELL FIRE

Weeks 7,8,9 – Training Day 3 – LEGS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LEGS				
Exercise	Set 1	Set 2	Set 3	Rest
30 Sec Prowler Push (3 Sets)				2 min
Barbell Back Squat (3 sets @ 20 reps)				2 min
Lunges (3 Sets @ 10-15 RM)				1 min
Kettle Bell Swing (3 Sets @ 10 RM)				1 min
Standing Calve Raise (3 Sets @ 10-15 RM)				1 min

Notes:

- Big strides when performing prowler push.

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Phase 3: HELL FIRE

Weeks 7,8,9 – Training Day 4 – ARMS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

ARMS				
Exercise	Set 1	Set 2	Set 3	Rest
A1. Barbell Curls (3 Sets @ 10-15 RM)				10 sec
A2. Close Grip Tricep Press (3 Sets @ 10-15 RM)				1 min
B1. Incline Dumbbell Curls (3 Sets @ 10-15 RM)				10 sec
B2. Skull Crushers (3 Sets @ 10-15 RM)				1 min
C1. Rope Press Downs (3 Sets @ 10-15 RM)				10 sec
C2. Hammer Curls (3 Sets @ 10-15 RM)				1 min

Notes:

- Superset appropriate groups.

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Phase 3: HELL FIRE

Weeks 7,8,9 – Training Day 5 – LEGS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LEGS				
Exercise	Set 1	Set 2	Set 3	Rest
Barbell Hip Thrust (3 Sets @ 8-12 RM)				1 min
Leg Press (3 Sets @ 10-15 RM)				2 min
Farmers Walk (3 Sets @ 30 sec carry)				2 min
Lying Leg Curls (3 Sets @ 10-15 RM)				1 min
Seated Calve Raise (3 Sets @ 10-15 RM)				1 min

Notes:

- No straps for farmers walk. Focus on building hand grip. Use chalk if needed.

Phase 3: HELL FIRE

Week 10,11,12 – Training Day 1 – CHEST/DELTS + CORE

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

CHEST/DELTS + CORE				
Exercise	Set 1	Set 2	Set 3	Rest
Flat Dumbbell Chest Press (3 Sets @ 8 RM)				2 min
Chest Press Machine (3 Sets @ 10-15 RM)				1 min
Dumbbell Fly (3 Sets @ 8 RM) *				1 min
Standing Military Press (3 Sets @ 10 RM)				1 min
Cable Side Raise (3 Sets @ 10 RM) *				1 min
Reverse DB Fly (3 Sets @ 10 RM) *				1 min
Abb Role Outs (3 Sets @ 10 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.

Printable Workout Log



Phase 3: HELL FIRE

Week 10,11,12 – Training Day 2 – ARMS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

ARMS				
Exercise	Set 1	Set 2	Set 3	Rest
A1. Chin Ups (3 Sets @ 8 RM)				1 min
A2. Dips (3 Sets @ 8 RM)				1 min
B1. EZ Curls (3 Sets @ 10-15 RM) *				1 min
B2. Tate Press (3 Sets @ 8 RM) *				1 min
C1. Straight Bar Press Downs (3 Sets @ 10-15 RM)				1 min
C2. Hammer Curls (3 Sets @ 8 RM)				1 min

Notes:

- Superset appropriate groups.
 - If dips prove too hard, use dip machine as an alternative.
 - Tate Press: Use dumbbells or Kettle bells.
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Phase 3: HELL FIRE

Week 10,11,12 – Training Day 3 – LEGS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

LEGS				
Exercise	Set 1	Set 2	Set 3	Rest
30 Sec Farmers Walk (4 Sets)				2 min
Barbell Back Squat (4 sets @ 8 RM) *				2 min
Step Ups (3 Sets @ 8 RM) *				1 min
Leg Extension (3 Sets @ 10-15 RM) *				1 min
Standing Calve Raise (3 Sets @ 10 RM) *				1 min

Notes:

- * = Drop set on final set. Bring to failure.

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Phase 3: HELL FIRE

Week 10,11,12 – Training Day 4 – BACK/DELTS

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

BACK/DELTS				
Exercise	Set 1	Set 2	Set 3	Rest
A1. TRX ROWS (3 Sets @ 10-15 RM)				10 sec
A2. Standing Arnold Press (3 Sets @ 8 RM)				1 min
B1. Dumbbell Side Raise (3 Sets @ 10-15 RM) *				10 sec
B2. Back Row Machine (3 Sets @ 10-15 RM) *				1 min
Deadlifts (4 Sets @ 8 RM)				2 min
Cable Upright Row (3 Sets @ 8 RM)				1 min
Med Ball Slams (3 Sets @ 8 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.

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Phase 3: HELL FIRE

Week 10,11,12 – Training Day 5 – CHEST/ARMS + CORE

Date: _____ Time: _____

Today's Step Count Goal: _____

Mood Pre-Training (1-10): _____

CHEST/ARMS + CORE				
Exercise	Set 1	Set 2	Set 3	Rest
Incline Dumbbell Chest Press (3 Sets @ 8-12 RM)				1 min
Cable Fly (3 Sets @ 8-12 RM)				1 min
Press Ups (3 Sets @ 10-15 RM)				1 min
A1. Chin Ups (3 Sets @ 8 RM)				10 sec
A2. Close Grip Bench Press (3 Sets @ 8 RM)				2 min
B1. Incline Dumbbell Bicep Curls (3 Sets @ 10-15 RM)				1 min
B2. V-Bar Tricep Cable Press Downs (3 Sets @ 8 RM) *				1 min
C2. Weighted Cable Crunch (3 Sets @ 8 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.
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Phase 3: HELL FIRE

Week 13,14 – 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
Standing Dumbbell Rows (3 Sets @ 10-15 RM)*				1.5 min
Press Ups (3 Sets @ 10-15 RM)				1 min
Clean and Press (3 Sets @ 10-15 RM) *				1.5 min
Lying Bodyweight Crunches (3 Sets @ 15 RM)				1 min
Abb Role Outs (3 Sets @ 10 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.

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Phase 3: HELL FIRE

Week 13,14 – 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 Hip Thrusts (3 Sets @ 12 RM)				2 min
Single Leg Press (3 Sets @ 15 RM)				2 min
Goblet Squat (3 Sets @ 10 RM)				1 min
Lying Leg Curls (3 Sets @ 10 RM) *				1 min
Seated Calve Raises (3 Sets @ 15 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.

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Phase 3: HELL FIRE

Week 13,14 – 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
Press Ups (3 Sets @ 10-15 RM)				1 min
Incline Dumbbell Press (3 Sets @ 10-15 RM) *				1 min
Cable Fly (3 Sets @ 10-15 RM)				1 min
Single Arm Kettle Bell Press (3 Sets @ 8 RM) *				1 min
Dumbbell Side Laterals (3 Sets @ 10-15 RM)				1 min
Cable Reverse Fly (3 Sets @ 10-15 RM) *				1 min
Press Ups (3 Sets @ 10-15 RM)				1 min

Notes:

- * = Drop set on final set. Bring to failure.

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Phase 3: HELL FIRE

Week 13,14 – 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
30 Sec Prowler Push (3 Sets)				2 min
Barbell Back Squat (3 sets @ 20 reps)				2 min
Lunges (3 Sets @ 10-15 RM) *				1 min
Kettle Bell Swing (3 Sets @ 10-15 RM)				1 min
Standing Calve Raise (3 Sets @ 10-15 RM)				1 min

Notes:

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Phase 3: HELL FIRE

Week 13,14 – 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
A1. Barbell Curls (3 Sets @ 10-15 RM)				10 sec
A2. Close Grip Tricep Press (3 Sets @ 10-15 RM)				1 min
B1. Incline Dumbbell Curls (3 Sets @ 10-15 RM)				10 sec
B2. Skull Crushers (3 Sets @ 10-15 RM)				1 min
C1. Rope Press Downs (3 Sets @ 10-15 RM)				10 sec
C2. Hammer Curls (3 Sets @ 10-15 RM)				1 min

Notes:

RE-GEN #2



COMPOUND + ISOLATION EXERCISES



1 EXERCISE PER BODYPART



3 WORKING SETS



1-3 MINS RECOVERY



FOCUSED DE-TRAINING PERIOD

DIABETIC
SHRED

Week 15-16 – 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
A1. Leg Press (3 Sets @ 10-15 RM)				30 sec
A2. Seated Leg Curls (3 Sets @ 10-15 RM)				2 min
B1. Seated Dumbbell Press (3 Sets @ 10-15 RM)				10 sec
B2. Underhand Lat Pulldowns (3 Sets @ 10-15 RM)				1 min
C1. Triceps Rope Press downs (3 Sets @ 10-15 RM)				20 sec
C2. Seated Dumbbell Curls (3 Sets @ 10-15 RM)				1 min

Notes:

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Phase 3: RE-GEN #2

Week 15-16 – 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
Deadlifts (3 Sets @ 8 RM)				2 min
T-Bar Rows (3 Sets @ 10-15 RM)				1 min
Close Grip Tricep Press (3 Sets @ 10-15 RM)				1 min
Skull Crushers (3 Sets @ 10-15 RM)				1 min
Dumbbell Preacher Curls (3 Sets @ 10-15 RM)				1 min
Hanging Leg Raise (3 Sets @ 10-15 RM)				1 min

Notes:

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Phase 3: RE-GEN #2

Week 15-16 – 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
Clean and Press (3 Sets @ 10-15 RM)				2 min
Goblet Squat (3 Sets @ 10-15 RM)				2 min
Farmers Walk (Single Arm) (3 Sets @ 30 sec)				2 min
Press Ups (3 Sets @ 10-15 RM)				2 min
Lat Pulldowns (3 Sets @ 10-15 RM)				2 min
KB Swing (3 Sets @ 10-15 RM)				2 min

Notes:
