



PLAN:

SUMMER BOD

12 WEEKS



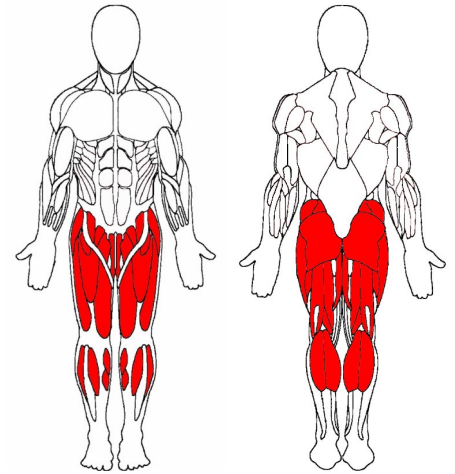
Flash Routine Program Design

Goal: Toned body
Duration: 12 Weeks

CYCLE OUTLINE

No. / Name	Date	Duration	Routine
1		3 weeks	#008, #042
2		3 weeks	#032, #044
3		3 weeks	#008, #042
4		3 weeks	#032, #044

TARGET MUSCLES



NOTES

Perform a light cardio warm up for about 5 minutes before starting your routine

On Cardio days, aim to complete a set number of miles in any cardiovascular activity (running, walking, biking, etc.)

Read all machine instructions

Modify any exercise based on your ability

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Flash Routine Program Design

Goal: Toned Body
Duration: 12 Weeks

CYCLE BREAKDOWN

Cycle#	Week#	Start Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	1		#008	Cardio	Rest	#042	Cardio	Cardio	Rest
1	2		#008	Cardio	#042	Rest	Cardio	#008	Rest
1	3		#042	Cardio	#008	Cardio	#042	Rest	Rest
2	4		#032	Cardio	Rest	#044	Cardio	Cardio	Rest
2	5		#032	Cardio	#044	Rest	Cardio	#032	Rest
2	6		#044	Cardio	#032	Cardio	#044	Rest	Rest
3	7		#008	Cardio	Rest	#042	Cardio	Cardio	Rest
3	8		#008	Cardio	#042	Rest	Cardio	#008	Rest
3	9		#042	Cardio	#008	Cardio	#042	Rest	Rest
4	10		#032	Cardio	Rest	#044	Cardio	Cardio	Rest
4	11		#032	Cardio	#044	Rest	Cardio	#032	Rest
4	12		#044	Cardio	#032	Cardio	#044	Rest	Rest

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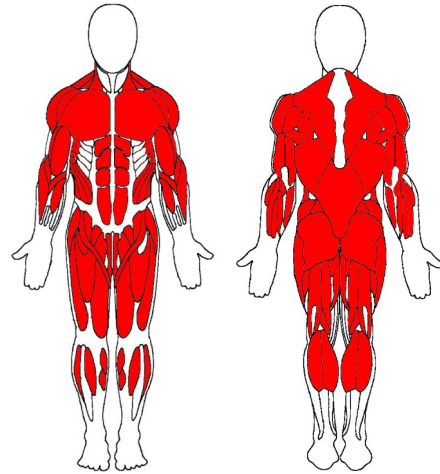
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EXERCISES

- 01** Smith Machine Squats
- 02** Leg Curls
- 03** Leg Extensions
- 04** Smith Machine Shoulder Press
- 05** Lat Pulldown
- 06** Smith Machine Chest Press
- 07** Hanging Leg Raises
- 08** DB Low Back Extensions

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-6
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 1-3X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Pin-selectors, Dumbbells

NOTES

- Read all machines instructions before exercising
- Modify any exercise based on your ability

MORE INFO

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ROUTINE # 008

Frequency: 1-3 wk Reps: 8-12
 Duration: 8-12 wks Rest: 1-2 minutes

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Squats															
Leg Curls															
Leg Extensions															
Smith Machine Shoulder Press															
Lat Pulldown															
Smith Machine Chest Press															
Hanging Leg Raises															
DB Low Back Extensions															

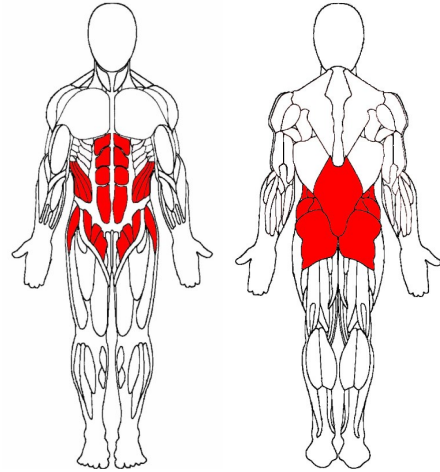
Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Squats															
Leg Curls															
Leg Extensions															
Smith Machine Shoulder Press															
Lat Pulldown															
Smith Machine Chest Press															
Hanging Leg Raises															
DB Low Back Extensions															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Smith Machine Squats															
Leg Curls															
Leg Extensions															
Smith Machine Shoulder Press															
Lat Pulldown															
Smith Machine Chest Press															
Hanging Leg Raises															
DB Low Back Extensions															

EXERCISES

- 01** DB Sit Ups
- 02** Superman
- 03** DB Low Back Extensions
- 04** DB Side Bends
- 05** Plank
- 06** Side Plank

TARGET MUSCLES



DETAILS

- Goal** Muscular Endurance
- Level** Intermediate
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 50-70% 1RM / 4-7 RPE
- Freq** 2-3X Week
- Prog** WP+10%
- Dur** 4-8 weeks
- Equip** Dumbbells, Mat

NOTES

- This routine can be done at home or on the go
- Plank starts at 30 seconds. Increase by 10seconds.
- Modify any exercise based on your ability

MORE INFO



ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 042

Frequency: 2-3 wk Reps: 15-25+
 Duration: 4-8 wks Rest: 30-45 seconds

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Sit Ups											
Superman											
DB Low Back Extensions "Good mornings"											
DB Side Bends											
Plank											
Side Plank											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Sit Ups											
Superman											
DB Low Back Extensions "Good mornings"											
DB Side Bends											
Plank											
Side Plank											

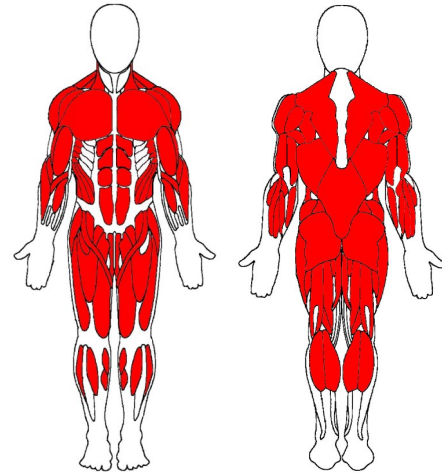
Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Sit Ups											
Superman											
DB Low Back Extensions "Good mornings"											
DB Side Bends											
Plank											
Side Plank											

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Sit Ups											
Superman											
DB Low Back Extensions "Good mornings"											
DB Side Bends											
Plank											
Side Plank											

EXERCISES

- 01** DB Squats
- 02** DB Low Back Extensions
- 03** DB Calf Raises
- 04** DB Shoulder Press
- 05** DB Floor Chest Press
- 06** DB Bent Over Rows
- 07** DB Sit Ups

TARGET MUSCLES



DETAILS

- Goal** Hypertrophy / Tone
- Level** Intermediate
- Sets** 2-6
- Reps** 8-12
- Rest** 1-2 minutes
- Load** 70-80% 1RM / 6-7 RPE
- Freq** 1-3X Week
- Prog** WP+10%
- Dur** 8-12 weeks
- Equip** Dumbbells, Mat

NOTES

- Modify any exercise based on your ability

MORE INFO



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ROUTINE # 032

Frequency: 1-3 wk Reps: 8-12
 Duration: 8-12 wks Rest: 1-2 minutes

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Squats															
DB Low Back Extensions															
DB Calf Raises															
DB Shoulder Press															
DB Floor Chest Press															
DB Bent Over Rows															
DB Sit Ups															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Squats															
DB Low Back Extensions															
DB Calf Raises															
DB Shoulder Press															
DB Floor Chest Press															
DB Bent Over Rows															
DB Sit Ups															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Squats															
DB Low Back Extensions															
DB Calf Raises															
DB Shoulder Press															
DB Floor Chest Press															
DB Bent Over Rows															
DB Sit Ups															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
DB Squats															
DB Low Back Extensions															
DB Calf Raises															
DB Shoulder Press															
DB Floor Chest Press															
DB Bent Over Rows															
DB Sit Ups															

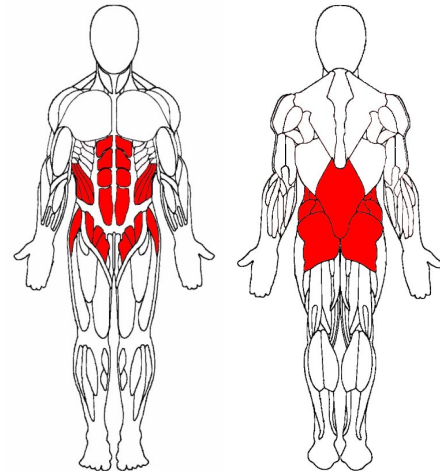
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EXERCISES

- 01** BOSU Crunches
- 02** BOSU Side Crunches
- 03** BOSU Low Back Extensions
- 04** BOSU V-Crunches
- 05** BOSU Plank
- 06** BOSU Side Plank

TARGET MUSCLES



DETAILS

- Goal** Muscular Endurance
- Level** Intermediate
- Sets** 3-4
- Reps** 15-25+
- Rest** 30-45 seconds
- Load** 4-7 RPE
- Freq** 2-3X Week
- Prog** RP+2
- Dur** 4-8 weeks
- Equip** BOSU

NOTES

- Follow BOSU's recommendations for proper set up
- This routine can be done at home or on the go
- Plank starts at 30 seconds. Increase by 10seconds.
- Modify any exercise based on your ability

MORE INFO



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ROUTINE # 044

Frequency: 2-3 wk Reps: 15-25+
 Duration: 4-8 wks Rest: 30-45 seconds

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
BOSU Crunches															
BOSU Side Crunches															
BOSU Low Back Extensions															
BOSU V-Crunches															
BOSU Plank															
BOSU Side Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
BOSU Crunches															
BOSU Side Crunches															
BOSU Low Back Extensions															
BOSU V-Crunches															
BOSU Plank															
BOSU Side Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
BOSU Crunches															
BOSU Side Crunches															
BOSU Low Back Extensions															
BOSU V-Crunches															
BOSU Plank															
BOSU Side Plank															

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
BOSU Crunches															
BOSU Side Crunches															
BOSU Low Back Extensions															
BOSU V-Crunches															
BOSU Plank															
BOSU Side Plank															