

Suggested Workout Routines

After getting familiar with your Iron Chest Master® - we suggest the following training routines that will transform your entire body when performed in conjunction with a healthy nutrition plan.

The workout routines focus on three aspects of physical performance:

- **Fat Loss**
- **Fitness**
- **Advanced Workout**

FAT LOSS

By following the Iron Chest Master Fat Loss Routine and ICM Nutrition Plan, you will lose excess body fat and see your body begin to shape, sculpt, and build in a short period of time.

DAY	Workout
Monday	ICM Build and Burn Workout
Tuesday	30 Minutes Cardio/Iron Core
Wednesday	ICM Build and Burn Workout
Thursday	30 Minutes Cardio/Iron Core
Friday	ICM Build and Burn Workout
Saturday	30 Minutes Cardio/Iron Core
Sunday	Day of Rest

FITNESS

Commit 30 minutes a day to the Iron Chest Master Fitness Routine to build and sculpt your chest, shoulders, triceps, and abs.

DAY	Workout
Monday	ICM Muscle Max Workout
Tuesday	30 Minutes of Cardio
Wednesday	ICM Muscle Max Workout
Thursday	30 Minutes of Cardio
Friday	ICM Muscle Max Workout
Saturday	30 Minutes of Cardio
Sunday	Day of Rest

Advanced Chiseled Chest Extreme Workout – The ultimate chest workout for completely sculpting and defining the chest. Get ready to be amazed by the definition and strength of your upper body!

DAY	Workout
Monday	ICM Chiseled Chest Extreme
Tuesday	30 Minutes of Cardio
Wednesday	ICM Chiseled Chest Extreme
Thursday	30 Minutes of Cardio
Friday	ICM Chiseled Chest Extreme
Saturday	30 Minutes of Cardio
Sunday	Day of Rest