

ADONIS INDEX WORKOUT – BUILD

Waist to Height Ratio $\leq 45-47\%$

Lean Muscle, Growth, Size

Cycle 1: Weeks 1-4 – Lean Muscle

Medium weights, 60-90 seconds rest, 8-13 reps

Cycle 2: Weeks 5-8 – Growth

Heavy Weights, 60-120 seconds rest, 5-13 reps

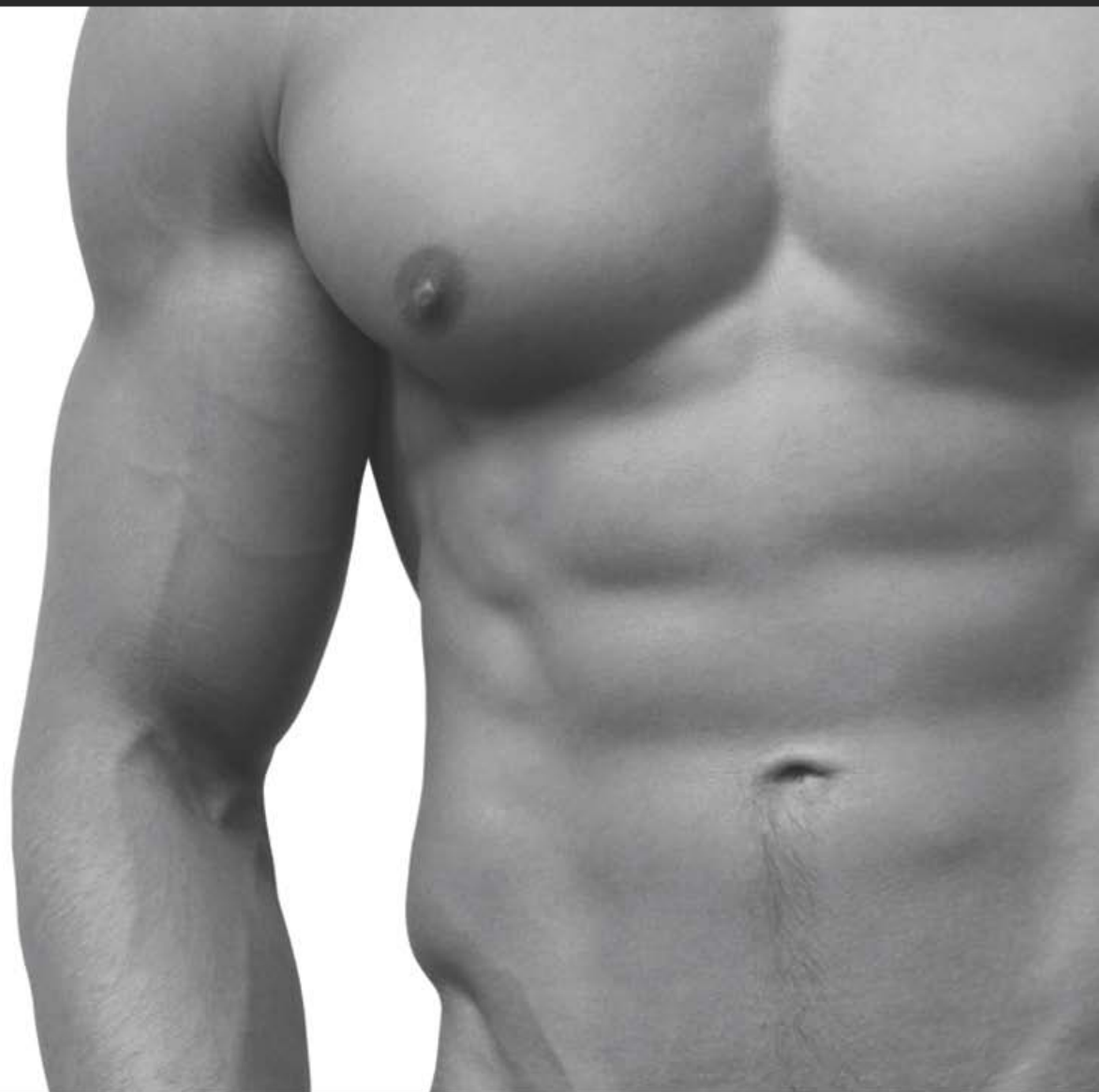
Cycle 3: Weeks 9-12 – Size

Heavy weights, 120 seconds rest, 5-8 reps



ADONIS EFFECT

SUBCONSCIOUS PHYSICAL ATTRACTION



BURN WORKOUT

BECOME A WORK OF ART

ADONIS INDEX Waist to Height Ratio Chart - BUILD

If your waist to height Ratio is in this Chart use the Adonis Index BUILD program

Adonis Index Workout – BUILD			
Waist to Height Ratio: ≤45-47%			
Height (feet' Inches)	Waist Measurement (Inches)		
5'0 (60)	27	27.6	28.2
5'1(61)	27.45	28.06	28.67
5'2(62)	27.9	28.52	29.14
5'3(63)	28.35	28.98	29.61
5'4(64)	28.8	29.44	30.08
5'5(65)	29.25	29.9	30.55
5'6(66)	29.7	30.36	31.02
5'7(67)	30.15	30.82	31.49
5'8(68)	30.6	31.28	31.96
5'9(69)	31.05	31.74	32.43
5'10(70)	31.5	32.2	32.9
5'11(71)	31.95	32.66	33.37
6'0(72)	32.4	33.12	33.84
6'1(73)	32.85	33.58	34.31
6'2(74)	33.3	34.04	34.78
6'3(75)	33.75	34.5	35.25
6'4(76)	34.2	34.96	35.72
6'5(77)	34.65	35.42	36.19
6'6(78)	35.1	35.88	36.66
6'7(79)	35.55	36.34	37.13
6'8(80)	36	36.8	37.6
6'9(81)	36.45	37.26	38.07
6'10(82)	36.9	37.72	38.54
6'11(83)	37	38.18	39.01
7'0(84)	35	38.64	39.48

Warming up

A good warm up before any workout is important.

Go through the following warm up before each workout using a light manageable weight for each of the exercises:

(Note: Choose warm up weights that are approximately 30-50% of your working weight.)

Curl & press	1 set x 21 reps	30 seconds rest
Push Ups	1 set x 21 reps	30 seconds rest
Bent Dumbbell Row	1 set x 21 reps	30 seconds rest
Step Ups (bodyweight)	1 set x 13 reps	30 seconds rest
Pulldown & Pressdown	1 set x 21 reps	30 seconds rest
Bodyweight Squats	1 set x 21 reps	30 seconds rest

Intervals

Interval training helps boost your calorie burning, and is more effective than regular slow paced 'cardio' training.

Interval training is simply doing periods of high intensity exercise mixed with periods of low intensity exercise; For example walking/running. If you are using a machine in a gym use the speed setting to increase intensity and lower intensity.

Shorter intervals are meant to be done at higher intensity than longer intervals.

- 1 minute interval – highest intensity
- 2 minute interval – moderate-high intensity
- 3 minute interval – moderate intensity

Interval Example:

Walk/Run treadmill interval:

- 5 min warm up – Treadmill speed 3.2 (walking speed)
- 1 min interval – Treadmill speed 7.5 (running speed)
- 1 min rest – Treadmill speed 3.5 (brisk walk)
- 2 min interval – Treadmill speed 7.0 (moderate run speed)
- 2 min rest – Treadmill speed 3.5 (brisk walk)
- 3 min interval – Treadmill speed 6.5 (jogging speed)

Complete 2 interval workouts per week.

Each interval workout takes 27 minutes

Do your interval workouts on any day you wish. Combine them with 2 of your regular Adonis Index workouts, or do them on your 'off' days that you are not doing your Adonis Index workouts.

Complete one of each Interval workout Day 1 and Day 2 each week.

Interval Exercise Choices:

- Bike (outside)
- Stationary bike
- Treadmill
- Walk/jog/run (outside)

INTERVALS DAY 1

INTERVALS DAY 2

5 Intervals	Mins	8 Intervals	Mins
Warm up	5	Warm up	3
Intrerval 1	1	Interval 1	1
Rest	1	Rest	1
interval 2	2	interval 2	1
rest	2	Rest	1
Interval 3	3	interval 3	2
Rest	3	rest	2
Intrerval 4	2	intreval 4	2
Rest	2	Rest	2
Interval 5	1	intreval 5	2
Cool Down	5	Rest	2
Total	27	interval 6	1
		Rest	1
		interval 7	1
		rest	1
		Interval 8	1
		Cool Down	3
		Total	27

BUILD Week 1: Lean Muscle

BUILD Week 1: Day 1 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Cable Curls	2	13	60
Standing Dumbbell Curls	2	13	60
Incline Dumbbell Curls	2	8	90
Barbell Curls	2	8	90
AI			
Curl & Press	3	8	90
Seated Shoulder Press	5	8	90
Wide Grip Pulldowns	3	13	60
Standing Lateral Raise	2	13	60

BUILD Week 1: Day 2 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Step Ups	2	13	60
Reverse Lunge	2	13	60
Dumbbell Squat	2	8	90
Stiff Leg Deadlift	2	8	90
AI			
Squat and Press	3	8	90
Incline Dumbbell Press	5	8	90
High Pull	3	13	60
Shrugs	2	13	60

BUILD Week 1:			
Day 3 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Tricep Rope Pushdowns	2	13	60
Close Hands Push ups	2	13	60
Incline Tricep extension (barbell)	2	8	90
Tate Press	2	8	90
AI			
Pulldown & Pressdown	3	8	90
Standing Dumbbell Press	5	8	90
Upright Row	3	13	60
Bent Dumbbell Row	2	13	60

BUILD Week 1:			
Day 4 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Seated Calf Raise	3	13	60
Calf Press	3	13	60
One leg Calf Raise (dumbbell)	2	8	90
AI			
Rope Face Pulls	3	13	90
Low Pulley Row Wide Grip	5	8	90
Curl & Press	2	8	60
Seated Lateral Raises	3	13	60

BUILD Week 2: Lean Muscle

BUILD Week 2: Day 1 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Incline Tricep Extensions (dumbbell)	2	13	60
Rope Pushdowns	2	13	60
Tate Press	2	8	90
One Hand Push ups	2	8	90
AI			
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Wide Grip Pulldown	3	13	60
Front Raise Plate	2	13	60

BUILD Week 2: Day 2 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Lunge	2	13	60
Dumbbell Squat	2	13	60
Stiff Leg Deadlift	2	8	90
Step Ups	2	8	90
AI			
Squat & Press	3	8	90
Alternate Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	3	13	60
Bent Lateral Raise	2	13	60

BUILD Week 2:			
Day 3 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Calf Press	3	13	60
Standing Calf Raises	3	13	60
One leg Calf Raise (dumbbell)	2	8	90
AI			
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Seated lateral Raises	3	13	60
Shrugs	2	13	60

BUILD Week 2:			
Day 4 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Hammer Curl	2	13	60
Standing Dumbbell Curl	2	13	60
Seated Dumbbell Curl	2	8	90
Barbell Curl	2	8	90
AI			
Bent Dumbbell Row	3	8	90
Standing Dumbbell Press	5	8	90
Incline Dumbbell Press	3	13	60
Standing Lateral Raise	2	13	60

BUILD Week 3: Lean Muscle

BUILD Week 3: Day 1 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Curls	2	13	60
Incline Dumbbell Curls	2	13	60
Standing Dumbbell Curls	2	8	90
Rope Curls	2	8	90
AI			
Pullovers	3	8	90
Seated Shoulder Press	5	8	90
Wide Grip Pulldowns	3	13	60
Front Raise Dumbbell Two Hands	2	13	60

BUILD Week 3: Day 2 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Dumbbell Squat	2	13	60
Reverse Lunge	2	13	60
Step Up	2	8	90
Get ups	2	8	90
AI			
Squat and Press	3	8	90
Incline Dumbbell Press	5	8	90
High Pull	3	13	60
Seated Lateral raise	2	13	60

BUILD Week 3:			
Day 3 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Offset Push ups	2	13	60
Tate Press	2	13	60
One Hand Pushups	2	8	90
Incline Tricep Extension (dumbbell)	2	8	90
AI			
Pulldown & Pressdown	3	8	90
One Arm Dumbbell Row Lateral	5	8	90
Upright Row	3	13	60
Reverse Grip Pulldown	2	13	60

BUILD Week 3:			
Day 4 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
One leg calf Raise (dumbbell)	3	13	60
Calf Press	3	13	60
Seated Calf Raise	2	8	90
AI			
Pullovers	3	8	90
Alternate Incline Press	5	8	90
Cable Cross Over (high)	3	13	60
Incline Dumbbell Flys	2	13	60

BUILD Week 4: Lean Muscle

BUILD Week 4: Day 1 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Tate Press	2	13	60
Rope Pushdowns	2	13	60
Incline Tricep Extensions (dumbbell)	2	8	90
Push ups (Spiderman)	2	8	90
AI			
High Pull	3	8	90
Reverse Grip Pulldown	5	8	90
Pulldown & Pressdown	3	13	60
Bent Dumbbell Row	2	13	60

BUILD Week 4: Day 2 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Lunge	2	13	60
Dumbbell Squat	2	13	60
Stiff Leg Deadlift	2	8	90
One Leg Deadlift	2	8	90
AI			
Squat & Press	3	8	90
Alternate Incline Dumbbell Press	5	8	90
Cable Cross Over Mid	3	13	60
Front Raise (Plate)	2	13	60

BUILD Week 4:			
Day 3 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
Calf Press	2	13	60
Seated Calf Raises	3	13	60
One Leg Calf Raise (Dumbbell)	3	8	90
AI			
Pulldown & Pressdown	3	8	90
High Pull	5	8	90
Standing Lateral Raise	3	13	60
Curl & Press	2	13	60

BUILD Week 4:			
Day 4 Lean Muscle			
Exercise			
	Sets	Reps	Rest (Sec)
One Arm Dumbbell Row	2	13	60
Standing Dumbbell Curl	2	13	60
Barbell Curl	2	8	90
Seated Dumbbell Curl	2	8	90
AI			
Bent Dumbbell Row	2	13	90
Low Pulley Row Wide Grip	5	8	90
Incline Dumbbell Flye	3	13	60
Incline Dumbbell Press	3	8	60

BUILD Week 5: Growth

BUILD Week 5: Day 1 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Dumbbell Curls	3	13	60
Incline Dumbbell Curls	3	8	90
Barbell Curls	2	5	120
AI			
Curl & Press	3	5	120
Seated Dumbbell Press	5	8	90
Wide Grip Pulldowns	5	13	60

BUILD Week 5: Day 2 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Step Ups	3	13	60
Reverse Lunge	3	8	90
Dumbbell Squat	2	5	120
AI			
Squat and Press	3	5	120
High Pull	5	8	90
Incline Dumbbell Press	5	13	60

BUILD Week 5: Day 3 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
One Arm Push ups	3	13	60
Offset Push ups	3	8	90
Tricep Rope Pushdowns	2	5	120
AI			
Pulldown & Pressdown	5	5	120
Standing Dumbbell Press	5	8	90
Dumbbell Upright Row	3	13	60

BUILD Week 5: Day 4 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
One leg calf Raise (dumbbell)	5	13	60
Calf Press	3	13	60
AI			
Low Pulley Row Wide Grip	5	13	60
One Arm Dumbbell Row	5	8	90
Curl & Press	3	5	120

BUILD Week 6: Growth

BUILD Week 6: Day 1 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Tricep Extensions (dumbbell)	2	13	60
Rope Pushdowns	3	8	90
Tate Press	3	5	120
AI			
Pulldown & Pressdown	3	5	120
High Pull	5	8	90
Wide Grip Pulldown	5	13	60

BUILD Week 6: Day 2 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Lunge	3	13	60
Dumbbell Squat	3	8	90
Stiff Leg Deadlift	2	5	120
AI			
Squat & Press	3	5	120
Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	5	13	60

BUILD Week 6: Day 3 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Standing Calf Raises	5	13	60
Seated Calf Raises	3	13	60
AI			
Pulldown & Pressdown	5	13	60
High Pull	5	8	90
Shrug	3	5	120

BUILD Week 6: Day 4 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Barbell Curl	2	13	60
Standing Dumbbell Curl	3	8	90
Seated Dumbbell Curl	3	5	120
AI			
Bent Dumbbell Row	3	5	120
Curl & Press	5	8	90
Upright Row	5	13	60

BUILD Week 7: Growth

BUILD Week 7: Day 1 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Incline Dumbbell Curls	3	13	60
Standing Dumbbell Curls	3	8	90
Barbell Curls	2	5	120
AI			
Seated Dumbbell Press	3	5	120
Wide Grip Pulldowns	5	8	90
Curl & Press	5	13	60

BUILD Week 7: Day 2 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Dumbbell Squat	3	13	60
Reverse Lunge	2	8	90
Step Up	3	5	120
AI			
Squat and Press	5	5	120
Incline Dumbbell Press	5	8	90
High Pull	3	13	60

BUILD Week 7: Day 3 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Offset Push ups	3	13	60
One Arm Push ups	2	8	90
Tricep Bar Pushdowns	3	5	120
AI			
Pulldown & Pressdown	5	5	120
Dumbbell Upright Row	5	8	90
Standing Dumbbell Press	3	13	60

BUILD Week 7: Day 4 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Calf Press	5	13	60
One leg calf Raise (dumbbell)	3	5	120
AI			
Low Pulley Row Wide Grip	5	5	120
Curl & Press	5	8	90
One Arm Dumbbell Row	3	13	60

BUILD Week 8: Growth

BUILD Week 8: Day 1 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Tate Press	3	13	60
Rope Pushdowns	3	8	90
Incline Tricep Extensions (dumbbell)	2	5	120
AI			
High Pull	5	5	120
Wide Grip Pulldown	3	8	90
Pulldown & Pressdown	5	13	60

BUILD Week 8: Day 2 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Lunge	3	13	60
Dumbbell Squat	3	8	90
Stiff Leg Deadlift	2	5	120
AI			
Squat & Press	3	5	120
Alternate Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	5	13	60

BUILD Week 8: Day 3 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Calf Press	2	13	60
Seated Calf Raises	3	8	90
One Leg Calf Raise (Dumbbell)	3	5	120
AI			
Pulldown & Pressdown	5	5	60
High Pull	5	8	90
Shrug	3	13	120

BUILD Week 8: Day 4 Growth			
Exercise			
	Sets	Reps	Rest (Sec)
Standing Dumbbell Curl	2	13	60
Seated Dumbbell Curl	3	8	90
Barbell Curl	3	5	120
AI			
Bent Dumbbell Row	3	5	120
Curl & Press	5	8	90
Upright Row	5	13	60

BUILD Week 9: Size

BUILD Week 9: Day 1 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Dumbbell Curls	3	8	90
Incline Dumbbell Curls	3	8	90
Barbell Curls	2	5	120
AI			
Curl & Press	5	5	120
Seated Shoulder Press	5	8	90
Wide Grip Pulldowns	3	8	90

BUILD Week 9: Day 2 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Step Ups	3	8	90
Reverse Lunge	3	8	90
Dumbbell Squat	2	5	120
AI			
Squat and Press	5	5	120
High Pull	5	8	90
Incline Dumbbell Press	3	8	90

BUILD Week 9: Day 3 Size			
Exercise			
	Sets	Reps	Rest (Sec)
One Arm Push ups	3	8	90
Push ups (Offset)	3	8	90
Tate Press	2	5	120
AI			
Pulldown & Pressdown	5	5	120
Alternate Incline Dumbbell Press	5	8	90
Standing Dumbbell Press	3	8	90

BUILD Week 9: Day 4 Size			
Exercise			
	Sets	Reps	Rest (Sec)
One leg calf Raise (dumbbell)	5	8	90
Calf Press	3	8	90
AI			
Low Pulley Row Wide Grip	5	5	120
Bent Dumbbell Row	5	8	90
Curl & Press	3	8	90

BUILD Week 10: Size

BUILD Week 10: Day 1 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Tricep Extensions (dumbbell)	5	8	90
Tricep Extension (Barbell)	3	5	120
AI			
Pulldown & Pressdown	5	5	120
High Pull	5	8	90
Wide Grip Pulldown	3	8	90

BUILD Week 10: Day 2 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Stiff Leg Deadlift	3	8	90
Dumbbell Squat	3	8	90
Reverse Lunge	2	5	120
AI			
Squat & Press	5	5	120
Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	3	8	90

BUILD Week 10:			
Day 3 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Standing Calf Raises	5	8	90
Seated Calf Raises	3	8	90
AI			
High Pull	5	5	120
Pulldown & Pressdown	5	8	90
Power Shrug	3	8	90

BUILD Week 10:			
Day 4 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Incline Curls	5	8	90
Standing Dumbbell Curls	3	5	120
AI			
Bent Dumbbell Row	5	5	120
Curl & Press	5	8	90
Upright Row	3	8	90

BUILD Week 11: Size

BUILD Week 11: Day 1 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Barbell Curls	3	8	90
Incline Dumbbell Curls	3	8	90
Dumbbell Curls	2	5	120
AI			
Wide Grip Pulldowns	5	5	120
Seated Shoulder Press	5	8	90
Curl & Press	3	8	90

BUILD Week 11: Day 2 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Step Ups	3	8	90
Reverse Lunge	3	8	90
Dumbbell Squat	2	5	120
AI			
Squat and Press	5	5	120
Incline Dumbbell Press	5	8	90
High Pull	3	8	90

BUILD Week 11:			
Day 3 Size			
Exercise			
	Sets	Reps	Rest (Sec)
One Arm Push ups	3	8	90
Push ups (Offset)	3	8	90
Tricep Extension (Dumbbell)	2	5	120
AI			
Pulldown & Pressdown	5	5	120
Wide grip Pulldowns	5	8	90
Upright Row	3	8	90

BUILD Week 11:			
Day 4 Size			
Exercise			
	Sets	Reps	Rest (Sec)
One leg calf Raise (dumbbell)	5	8	90
Calf Press	3	8	90
AI			
Low Pulley Row Wide Grip	5	5	120
Bent Dumbbell Row	5	8	90
Alternate Incline Dumbbell Press	3	8	90

Week 12: Size

BUILD Week 12: Day 1 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Incline Tricep Extensions (dumbbell)	5	8	90
Rope Pushdowns	3	5	120
AI			
Pulldown & Pressdown	5	5	120
High Pull	5	8	90
Wide Grip Pulldown	3	8	90

BUILD Week 12: Day 2 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Reverse Lunge	3	8	90
Dumbbell Squat	3	8	90
Stiff Leg Deadlift	2	5	120
AI			
Squat & Press	5	5	120
Incline Dumbbell Press	5	8	90
Low Pulley Row Wide Grip	3	8	90

BUILD Week 12:			
Day 3 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Standing Calf Raises	5	8	90
Seated Calf Raises	3	8	90
AI			
Alternate Incline dumbbell Press	5	5	120
High Pull	5	8	90
Shrug	3	8	00

BUILD Week 12:			
Day 4 Size			
Exercise			
	Sets	Reps	Rest (Sec)
Incline Tricep Extension (Barbell)	5	8	90
Tate Press	3	5	120
AI			
Bent Dumbbell Row	5	5	120
Pulldown & Pressdown	5	8	90
Seated Shoulder Press	3	8	90