

## **Rex Cox Full Fitness Program 2021**

### **Morning Routine:**

- 30-40 minutes of low-medium intensity cardio 4-5 times a week
- 45 minutes of high intensity cardio only 1-2 times a week
- Take a freezing cold shower EVERY DAY immediately after cardio, go until your teeth start chattering and/or you have goosebumps. In the beginning, start with 30 seconds then over the course of 2 weeks, move it up to 2-3 minutes. No need to exceed 3 minutes in my opinion.

### **Cardio Options**

- Low-Medium Intensity Sessions:
  - Inclined walking on treadmill with weight/weights - switch hands every minute if only using one weight
  - Traditional cardio: elliptical, stair-master, rowing machine, stationary bike or regular running (use machines if possible because your joints can get very fatigued from doing 2 workouts a day)
  - Jump Rope (I do sets of 100, alternating between double jumps and single jumps, but do them both equally each set)
- High Intensity Sessions:
  - Run a half mile and “super set” with 3 sets of jump rope as described above. Repeat entire set 2-6 times.
  - Other high intensity cardio such as ropes, sprints, box jumps etc.

### **Morning Session Notes:**

- I aim to burn 300-400 calories with low-medium intensity cardio sessions. The high intensity cardio sessions will burn more, but I think of those sessions as a way to spike your metabolism and improve other aspects of fitness like breath capacity and endurance, instead of just burning calories.
- Make sure to warm up/stretch before immediately jumping into cardio, especially if it's high intensity. And no, the warmup does not count as part of the overall time.

## **Weight Lifting:**

Notes: Warm up before every exercise. If I write "4 sets," I'm just referring to the sets at the full weight. If I do three or four warmup sets, they don't count.

Example: I might 'technically' do 8 sets of bench press, but the first four don't count until I hit my working weight. Basically, you only count the sets where you're actually putting in work.

Also, if I write 4-6 reps, you should NOT be using a weight where you can get 8 reps, that defeats the whole purpose.

- Chest and Biceps (Day 1):

- Bench Press: 4-5 sets of 4-6 reps
- Incline or Decline Bench Press: 4 sets of 8-10 reps
- Flies (dumbbell or cable): 3-4 sets of 12-15 reps
- Pushups: 3 sets till absolute failure. If you can get more than 12 pushups after all those sets, then you did not challenge yourself enough.
  
- Dumbbell Curl: 4 sets of 8 reps
- Seated Hammer Curls: 4 sets of 6-8 or 10-12 reps (depending on the day)
- Barbell Curl: 21s. This is 7 half reps at the bottom, 7 half reps at the top, 7 full reps. Look up for more details if you don't know what this is.
- Rope Curls: 3 sets till failure, go slowly and really squeeze those arms.

- Back and Triceps (Day 2):

- Pull Ups: 5 sets until failure. If you can't get at least 8 pull ups every set, then use some form of assistance such as putting your foot through a band that's attached to the bar. Rep range should be anywhere from 12-20.
- Dumbbell / Barbell / T Bar Rows: 4 sets of 4-6 reps - go heavy on these.
- Seated or Bent Over Close Grip Rows: 4 sets of 8-10 reps
- Pull Downs or Lateral Push Downs: 3-4 sets of 10-15 reps and squeeze
  
- Skullcrushers: 4 sets of 6-8 reps
- Overhead Dumbbell Skullcrusher Single Arm: 4 sets of 8-10 reps
- Pushdowns: 3 sets of 10-12 reps
- Ancillary Tricep Machines: 3 sets till failure - aim for 15-20 reps

- Legs (Day 3):
  - Squats: 5 sets of 5 reps (5x5) or (4x4) or (3x3) depending
  - Leg Press: 4 sets of 10 reps
  - Leg Extensions and Leg Curls Super Set: 3 sets of 12 SLOW reps
  - Goodmornings: 3-4 sets of 10-12 (keep these light and controlled)
  - 15 minutes of easy cardio to reduce lactic acid buildup. Ex: bike
- Shoulders, Abs and sometimes Forearms (Day 4):
  - Seated Overhead Barbell Press: 4 sets of 6 reps
  - Arnolds or Shoulder Press Machine: 4 sets of 8-10 reps
  - Shoulder Rows: 3 sets of 12 reps, control the descent
  - Shoulder Flies: 21s, 7 forward, 7 lateral, 7 bent over, focus on hitting each different head of the shoulder with each position respectively
  - Abs shouldn't really be rep based to avoid bulk in the abdomen. So do any combination of the following exercises until exhaustion: ab wheel, leg raises (sometimes weighted), sit ups, crunch machine, oblique twists (with cables), medicine ball throws and anything else that targets abs/obliques.
  - Similarly, I don't work forearms with specific sets and reps because they should be getting worked basically everyday with every single upper body exercise. This is another one of the body parts that you can just work until it feels completely exhausted. I would explain the sensation as a "balloon" feeling. Almost as if there's too much blood in such a small part of your body. An awesome feeling.

Notes: On "smaller" range of motion exercises, make an effort to control the weight on the way down to break down more muscle fibers. This includes exercises like biceps, triceps, non heavy shoulder exercises etc.

Also, feel free to reward yourself after legs by getting a quick bicep pump, keep the weight light and squeeze. And feel free to hit some triceps after finishing shoulder day, the same concept applies. Smaller muscle groups can be hit basically every other day, but your joints/tendons etc might get fatigued, so keep the weight light and focus on squeezing the muscle.

If any of the days have too much volume, remove one of the higher rep exercises from that day's workout completely instead of cutting back on the amount of reps and sets in each of them. It's more important to kill it on the big exercises instead of "keeping some gas in the tank" for the finisher exercises.

## **Diet:**

- General:
  - I eat 3-4 meals a day and a protein shake after I lift. I don't have more than about 25g of carbs in my first 2-3 meals so I stay low carb, but never get close to ketosis.
  - Meal 1: Usually just 3 eggs sometimes with a slice of toast
  - Meal 2: Chicken sandwich, sometimes with lettuce instead of bread
  - Meal 3: More of a pre-workout snack, just keep it low carb, maybe get some fruits/vegetables if possible
  - Meal 4 aka dinner: Varies daily, just stop eating as soon as you feel "full"
- Snack: My favorite is greek yogurt with semi-sweet chocolate chips- still very high protein and low calorie! Don't have a snack everyday, it doesn't taste as good if you eat it everyday.
- Post Workout Shake: 8 oz of skim milk, half a banana, small scoop of peanut butter, heaping scoop of protein powder, handful of ice

## **Supplements:**

- Coffee or energy drink (don't exceed 1)
- Pre-Workout (I use the most basic C4)
- Beta-Alanine (put it into your pre workout)
- Creatine (5 grams)
- Whey Protein Powder (get one without a lot of sugars)

You can take all of the above basically everyday. Creatine is the only one that needs to be taken everyday to get the full results. The product says not to exceed 8 weeks in a row on creatine but there's a lot of studies that say it's fine if you don't want to cycle off. I personally only do about 6 or 7 weeks on creatine at a time. If taking creatine, drink a LOT of water to prevent kidney stones. I usually have upwards of 120 oz of water every day.

## **Conclusion:**

This is the program I've been using so I can personally vouch for the results. I wish you the best of luck and feel free to DM me with any questions you might have. Get after it my friends. :)