



Ripped Revolution

5 Day Body Part Split



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Introduction

Welcome to the Metabolic Masterpiece “Ripped Revolution” workout program. These workouts are designed to burn the fat while adding some lean muscle.

The Ripped Revolution workouts incorporate pyramids, supersets, dropsets, and straightsets that mainly focus on hypertrophy for muscle growth and bringing out the fine details of your physique.

This is a 5 day split routine with great volume and attention to detail for each muscle group.

Before you complete the Ripped Revolution 4 week body sculpting program be sure to check out the entire collection of [Metabolic Masterpiece](#) workouts so you can continue sculpting your body into a work of art!

Enjoy the pump! Let's ROCK!

Workout #1 Description

Today you will be working your chest and abs. You will begin your workout by performing pyramids for the Decline Bench Press. The first set you will select a weight that you can perform for 8-10 reps with good form. The second set you will increase the weight and aim for 6-8 reps. The third set you will increase the weight again and aim for 4-6 reps. The fourth set you will decrease the weight aiming for 6-8 reps. The fifth set you will decrease the weight and aim for 8-10 reps. If you hit the higher portion of the rep range for the first two sets (10 for the first, 8 for the second), it's possible that you could use the same weight for the last two sets, but hit the lower end of the rep range.

Next you will move onto a superset between the Incline Dumbbell Chest Press and Push Ups. With the shorter rest period the chances are pretty good that you will have to slightly decrease the weight of the DCP on the 2nd and 3rd set.

Next you will perform pyramids for the flat Bench Press. Make note that this pyramid uses a higher rep range with reduced rest periods.

Next you will move onto 3 straightsets of Gironda Dips aiming for 8 reps. At this point in the workout your chest should be pretty fried. If you can't hit 8 reps don't worry about it, just do as many as you can.

Now you'll move onto a dropset with Cable Fly's where you will be aiming for 8-12 reps for each of the 4 drops in weight. Your chest should already be pretty fried, so select your weight carefully.

Now it's time to move onto your abs and perform a superset between the Reverse Crunch and a Plank. I enjoy performing the Reverse Crunch on an incline abs bench.

You will now finish off the workout by performing a superset between a Double Crunch and 1 Dumbbell Twist. Rest for 60 seconds between sets.

Workout #2 Description

Today you will be working your Quads, Hammie, and Glutes. You will begin your workout by performing pyramids for the Front Squats. The first set you will select a weight that you can perform for 8-10 reps with good form. The second set you will increase the weight and aim for 6-8 reps. The third set you will increase the weight again and aim for 4-6 reps. The fourth set you will decrease the weight aiming for 6-8 reps. The fifth set you will decrease the weight and aim for 8-10 reps. If you hit the higher portion of the rep range for the first two sets (10 for the first, 8 for the second), it's possible that you could use the same weight for the last two sets, but hit the lower end of the rep range.

Next you will move onto a superset between Barbell Split Squats and Jump Squats. This will totally blast your legs!

Next you will perform pyramids for the Stiff Leg Deadlifts. Make note that this pyramid uses a higher rep range with reduced rest periods.

Next you will move onto 3 straightsets of Glute-Ham Raises aiming for 8 reps. At this point in the workout your legs should be pretty fried. If you need to use your hands to give yourself a little assistance at the sticking point, go right ahead.

Now you'll move onto a dropset with Leg Extensions where you will be aiming for 8-12 reps for each of the 4 drops in weight.

Now it's time to move onto your calves and perform straightsets of Standing Calve Raises where you hold the contraction at the top for 5 seconds and hold the stretch at the bottom for 5 seconds.

You will now finish off the workout by performing straightsets of Seated Calve Raises where you hold the contraction at the top for 5 seconds and hold the stretch at the bottom for 5 seconds..

Workout #3 Description

Today you will be working your Shoulders and abs. You will begin your workout by performing pyramids for the Military Press. The first set you will select a weight that you can perform for 8-10 reps with good form. The second set you will increase the weight and aim for 6-8 reps. The third set you will increase the weight again and aim for 4-6 reps. The fourth set you will decrease the weight aiming for 6-8 reps. The fifth set you will decrease the weight and aim for 8-10 reps. If you hit the higher portion of the rep range for the first two sets (10 for the first, 8 for the second), it's possible that you could use the same weight for the last two sets, but hit the lower end of the rep range.

Next you will move onto a superset between Cable Lateral Raises and the Y Press.

Next you will perform pyramids for the Rear Delt Cable Fly's. Make note that this pyramid uses a higher rep range with reduced rest periods.

Next you will move onto 3 straightsets of Upright Rows aiming for 12 reps.

Now you'll move onto a dropset with Front Raises where you will be aiming for 8-12 reps for each of the 4 drops in weight.

Now it's time to move onto your abs and perform a superset between the Knee Raises and a 2 Dumbbell Twist.

You will now finish off the workout by performing a superset between a Cable Crunches and an RKC Plank ([video demo here](#)). Rest for 60 seconds between sets.

Workout #4 Description

Today you will be working your Back and Calves. You will begin your workout by performing pyramids for the Wide Grip Pulldowns. The first set you will select a weight that you can perform for 8-10 reps with good form. The second set you will increase the weight and aim for 6-8 reps. The third set you will increase the weight again and aim for 4-6 reps. The fourth set you will decrease the weight aiming for 6-8 reps. The fifth set you will decrease the weight and aim for 8-10 reps. If you hit the higher portion of the rep range for the first two sets (10 for the first, 8 for the second), it's possible that you could use the same weight for the last two sets, but hit the lower end of the rep range.

Next you will move onto a superset between Barbell Rows and Straight Arm Pulldowns.

Next you will perform pyramids for the Seated Rows. Make note that this pyramid uses a higher rep range with reduced rest periods.

Next you will move onto 3 straightsets of Pull-Ups aiming for 8 reps. At this point in the workout your back should be pretty fried. If you can't get all of the reps in don't worry about it. If you need to use the Assisted Pull Up machine go right ahead.

Now you'll move onto a dropset with Deadlifts where you will be aiming for 8-12 reps for each of the 4 drops in weight.

Now it's time to move onto your calves and perform dropsets of Standing Calve Raises where you will be aiming for 8-12 reps for each set.

You will now finish off the workout by performing dropsets of Seated Calve Raises where you will be aiming for 8-12 reps for each set.

Workout #5 Description

Today you will be working your Biceps and Triceps. You will begin your workout by performing pyramids for the Barbell Biceps Curls. The first set you will select a weight that you can perform for 8-10 reps with good form. The second set you will increase the weight and aim for 6-8 reps. The third set you will increase the weight again and aim for 4-6 reps. The fourth set you will decrease the weight aiming for 6-8 reps. The fifth set you will decrease the weight and aim for 8-10 reps. If you hit the higher portion of the rep range for the first two sets (10 for the first, 8 for the second), it's possible that you could use the same weight for the last two sets, but hit the lower end of the rep range.

Next you will perform pyramids for the Close Grip Bench Press using the same rep range as you did with the Barbell Curls.

Next you will move onto a superset between Incline Dumbbell Biceps Curls and Rope Triceps Pressdowns.

Now you'll move onto a dropset with Reverse Curls where you will be aiming for 8-12 reps for each of the 4 drops in weight.

Now you'll move onto a dropset with Triceps Pressdowns where you will be aiming for 8-12 reps for each of the 4 drops in weight.

Now it's time to move onto your abs and perform straightsets of the Jackknife.

You will then perform dropsets of the Cable Crunch.

You will now finish off the workout by performing a superset between a 1 Dumbbell Twist and Spidermans. Rest for 60 seconds between sets.

Workout #1: Chest and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Decline Bench Press	1	8-10		90
Decline Bench Press	2	6-8		90
Decline Bench Press	3	4-6		90
Decline Bench Press	4	6-8		90
Decline Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Bench Press	1			0
Push Ups	1			60
Incline Dumbbell Bench Press	2			0
Push Ups	2			60
Incline Dumbbell Bench Press	3			0
Push Ups	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Bench Press	1	12-15		30
Bench Press	2	10-12		30
Bench Press	3	8-10		30
Bench Press	4	10-12		30
Bench Press	5	12-15		30

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	2			60

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Workout #1 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Fly's	1			0
Cable Fly's	2			0
Cable Fly's	3			0
Cable Fly's	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Crunch	1			0
Plank	1			60
Reverse Crunch	2			0
Plank	2			60
Reverse Crunch	3			0
Plank	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Double Crunch	1			0
1 Dumbbell Twist	1			60
Double Crunch	2			0
1 Dumbbell Twist	2			60
Double Crunch	3			0
1 Dumbbell Twist	3			60

Workout #2: Quads & Hammies

Exercise	Set	Reps	Weight Lifted	Rest
Front Squat	1	8-10		90
Front Squat	2	6-8		90
Front Squat	3	4-6		90
Front Squat	4	6-8		90
Front Squat	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Split Squats	1			0
Squat Jumps	1			60
Barbell Split Squats	2			0
Squat Jumps	2			60
Barbell Split Squats	3			0
Squat Jumps	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Stiff Leg Deadlift	1	12-15		30
Stiff Leg Deadlift	2	10-12		30
Stiff Leg Deadlift	3	8-10		30
Stiff Leg Deadlift	4	10-12		30
Stiff Leg Deadlift	5	12-15		30
Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Leg Extensions	1			0
Leg Extensions	2			0
Leg Extensions	3			0
Leg Extensions	4			0

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Workout #2 Continued....

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Glute-Ham Raises	1			60
Glute-Ham Raises	1			60
Glute-Ham Raises	2			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Standing Calve Raises (5 second hold)	1			60
Standing Calve Raises (5 second hold)	2			60
Standing Calve Raises (5 second hold)	3			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Seated Calve Raises (5 seconds hold)	1			60
Seated Calve Raises (5 seconds hold)	2			60
Seated Calve Raises (5 seconds hold)	3			60

Workout #3: Shoulders and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Military Press	1	8-10		90
Military Press	2	6-8		90
Military Press	3	4-6		90
Military Press	4	6-8		90
Military Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Cable Lateral Raises	1			0
Y Press	1			60
Cable Lateral Raises	2			0
Y Press	2			60
Cable Lateral Raises	3			0
Y Press	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Rear Delt Cable Fly's	1	12-15		30
Rear Delt Cable Fly's	2	10-12		30
Rear Delt Cable Fly's	3	8-10		30
Rear Delt Cable Fly's	4	10-12		30
Rear Delt Cable Fly's	5	12-15		30

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Upright Rows	1			60
Upright Rows	1			60
Upright Rows	2			60

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Workout #3 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Front Raises	1			0
Front Raises	2			0
Front Raises	3			0
Front Raises	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Knee Raises	1			0
2 Dumbbell Twist	1			60
Knee Raises	2			0
2 Dumbbell Twist	2			60
Knee Raises	3			0
2 Dumbbell Twist	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunch	1			0
RKC Plank	1			60
Cable Crunch	2			0
RKC Plank	2			60
Cable Crunch	3			0
RKC Plank	3			60

Workout #4: Back and Calves

Exercise	Set	Reps	Weight Lifted	Rest
Wide Grip Pulldowns	1	8-10		90
Wide Grip Pulldowns	2	6-8		90
Wide Grip Pulldowns	3	4-6		90
Wide Grip Pulldowns	4	6-8		90
Wide Grip Pulldowns	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Row	1			0
Straight Arm Pulldown	1			60
Barbell Row	2			0
Straight Arm Pulldown	2			60
Barbell Row	3			0
Straight Arm Pulldown	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Seated Row	1	12-15		30
Seated Row	2	10-12		30
Seated Row	3	8-10		30
Seated Row	4	10-12		30
Seated Row	5	12-15		30
Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Pull Ups	1			60
Pull Ups	1			60
Pull Ups	2			60

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Workout #4 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Deadlift	1			0
Deadlift	2			0
Deadlift	3			0
Deadlift	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Standing Calve Raises	1			0
Standing Calve Raises	2			0
Standing Calve Raises	3			0
Standing Calve Raises	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Seated Calve Raises	1			0
Seated Calve Raises	2			0
Seated Calve Raises	3			0
Seated Calve Raises	4			0

Workout #5: Biceps and Triceps

Exercise	Set	Reps	Weight Lifted	Rest
Barbell Biceps Curls	1	8-10		90
Barbell Biceps Curls	2	6-8		90
Barbell Biceps Curls	3	4-6		90
Barbell Biceps Curls	4	6-8		90
Barbell Biceps Curls	5	8-10		90

Exercise	Set	Reps	Weight Lifted	Rest
Close Grip Bench Press	1	8-10		90
Close Grip Bench Press	2	6-8		90
Close Grip Bench Press	3	4-6		90
Close Grip Bench Press	4	6-8		90
Close Grip Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Biceps Curls	1			0
Rope Triceps Pressdown	1			60
Incline Dumbbell Biceps Curls	2			0
Rope Triceps Pressdown	2			60
Incline Dumbbell Biceps Curls	3			0
Rope Triceps Pressdown	3			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Curls	1			0
Reverse Curls	2			0
Reverse Curls	3			0
Reverse Curls	4			0

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Workout #5 continued...

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Triceps Pressdown	1			0
Triceps Pressdown	2			0
Triceps Pressdown	3			0
Triceps Pressdown	4			0

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Jackknife	1			60
Jackknife	1			60
Jackknife	2			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunches	1			0
Cable Crunches	2			0
Cable Crunches	3			0
Cable Crunches	4			0

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
1 Dumbbell Twist	1			0
Spidermans	1			60
1 Dumbbell Twist	2			0
Spidermans	2			60
1 Dumbbell Twist	3			0
Spidermans	3			60

Workout #1: Chest and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Decline Bench Press	1	8-10		90
Decline Bench Press	2	6-8		90
Decline Bench Press	3	4-6		90
Decline Bench Press	4	6-8		90
Decline Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Bench Press	1			0
Push Ups	1			60
Incline Dumbbell Bench Press	2			0
Push Ups	2			60
Incline Dumbbell Bench Press	3			0
Push Ups	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Bench Press	1	12-15		30
Bench Press	2	10-12		30
Bench Press	3	8-10		30
Bench Press	4	10-12		30
Bench Press	5	12-15		30

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	2			60

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Workout #1 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Fly's	1			0
Cable Fly's	2			0
Cable Fly's	3			0
Cable Fly's	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Crunch	1			0
Plank	1			60
Reverse Crunch	2			0
Plank	2			60
Reverse Crunch	3			0
Plank	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Double Crunch	1			0
1 Dumbbell Twist	1			60
Double Crunch	2			0
1 Dumbbell Twist	2			60
Double Crunch	3			0
1 Dumbbell Twist	3			60

Workout #2: Quads & Hammies

Exercise	Set	Reps	Weight Lifted	Rest
Front Squat	1	8-10		90
Front Squat	2	6-8		90
Front Squat	3	4-6		90
Front Squat	4	6-8		90
Front Squat	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Split Squats	1			0
Squat Jumps	1			60
Barbell Split Squats	2			0
Squat Jumps	2			60
Barbell Split Squats	3			0
Squat Jumps	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Stiff Leg Deadlift	1	12-15		30
Stiff Leg Deadlift	2	10-12		30
Stiff Leg Deadlift	3	8-10		30
Stiff Leg Deadlift	4	10-12		30
Stiff Leg Deadlift	5	12-15		30
Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Leg Extensions	1			0
Leg Extensions	2			0
Leg Extensions	3			0
Leg Extensions	4			0

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Workout #2 Continued....

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Glute-Ham Raises	1			60
Glute-Ham Raises	1			60
Glute-Ham Raises	2			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Standing Calve Raises (5 second hold)	1			60
Standing Calve Raises (5 second hold)	2			60
Standing Calve Raises (5 second hold)	3			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Seated Calve Raises (5 seconds hold)	1			60
Seated Calve Raises (5 seconds hold)	2			60
Seated Calve Raises (5 seconds hold)	3			60

Workout #3: Shoulders and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Military Press	1	8-10		90
Military Press	2	6-8		90
Military Press	3	4-6		90
Military Press	4	6-8		90
Military Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Cable Lateral Raises	1			0
Y Press	1			60
Cable Lateral Raises	2			0
Y Press	2			60
Cable Lateral Raises	3			0
Y Press	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Rear Delt Cable Fly's	1	12-15		30
Rear Delt Cable Fly's	2	10-12		30
Rear Delt Cable Fly's	3	8-10		30
Rear Delt Cable Fly's	4	10-12		30
Rear Delt Cable Fly's	5	12-15		30

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Upright Rows	1			60
Upright Rows	1			60
Upright Rows	2			60

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Workout #3 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Front Raises	1			0
Front Raises	2			0
Front Raises	3			0
Front Raises	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Knee Raises	1			0
2 Dumbbell Twist	1			60
Knee Raises	2			0
2 Dumbbell Twist	2			60
Knee Raises	3			0
2 Dumbbell Twist	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunch	1			0
RKC Plank	1			60
Cable Crunch	2			0
RKC Plank	2			60
Cable Crunch	3			0
RKC Plank	3			60

Workout #4: Back and Calves

Exercise	Set	Reps	Weight Lifted	Rest
Wide Grip Pulldowns	1	8-10		90
Wide Grip Pulldowns	2	6-8		90
Wide Grip Pulldowns	3	4-6		90
Wide Grip Pulldowns	4	6-8		90
Wide Grip Pulldowns	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Row	1			0
Straight Arm Pulldown	1			60
Barbell Row	2			0
Straight Arm Pulldown	2			60
Barbell Row	3			0
Straight Arm Pulldown	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Seated Row	1	12-15		30
Seated Row	2	10-12		30
Seated Row	3	8-10		30
Seated Row	4	10-12		30
Seated Row	5	12-15		30
Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Pull Ups	1			60
Pull Ups	1			60
Pull Ups	2			60

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Workout #4 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Deadlift	1			0
Deadlift	2			0
Deadlift	3			0
Deadlift	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Standing Calve Raises	1			0
Standing Calve Raises	2			0
Standing Calve Raises	3			0
Standing Calve Raises	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Seated Calve Raises	1			0
Seated Calve Raises	2			0
Seated Calve Raises	3			0
Seated Calve Raises	4			0

Workout #5: Biceps and Triceps

Exercise	Set	Reps	Weight Lifted	Rest
Barbell Biceps Curls	1	8-10		90
Barbell Biceps Curls	2	6-8		90
Barbell Biceps Curls	3	4-6		90
Barbell Biceps Curls	4	6-8		90
Barbell Biceps Curls	5	8-10		90

Exercise	Set	Reps	Weight Lifted	Rest
Close Grip Bench Press	1	8-10		90
Close Grip Bench Press	2	6-8		90
Close Grip Bench Press	3	4-6		90
Close Grip Bench Press	4	6-8		90
Close Grip Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Biceps Curls	1			0
Rope Triceps Pressdown	1			60
Incline Dumbbell Biceps Curls	2			0
Rope Triceps Pressdown	2			60
Incline Dumbbell Biceps Curls	3			0
Rope Triceps Pressdown	3			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Curls	1			0
Reverse Curls	2			0
Reverse Curls	3			0
Reverse Curls	4			0

Continued on the next page....

Workout #5 continued...

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Triceps Pressdown	1			0
Triceps Pressdown	2			0
Triceps Pressdown	3			0
Triceps Pressdown	4			0

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Jackknife	1			60
Jackknife	1			60
Jackknife	2			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunches	1			0
Cable Crunches	2			0
Cable Crunches	3			0
Cable Crunches	4			0

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
1 Dumbbell Twist	1			0
Spidermans	1			60
1 Dumbbell Twist	2			0
Spidermans	2			60
1 Dumbbell Twist	3			0
Spidermans	3			60

Workout #1: Chest and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Decline Bench Press	1	8-10		90
Decline Bench Press	2	6-8		90
Decline Bench Press	3	4-6		90
Decline Bench Press	4	6-8		90
Decline Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Bench Press	1			0
Push Ups	1			60
Incline Dumbbell Bench Press	2			0
Push Ups	2			60
Incline Dumbbell Bench Press	3			0
Push Ups	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Bench Press	1	12-15		30
Bench Press	2	10-12		30
Bench Press	3	8-10		30
Bench Press	4	10-12		30
Bench Press	5	12-15		30

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	2			60

Continued on the next page....

Workout #1 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Fly's	1			0
Cable Fly's	2			0
Cable Fly's	3			0
Cable Fly's	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Crunch	1			0
Plank	1			60
Reverse Crunch	2			0
Plank	2			60
Reverse Crunch	3			0
Plank	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Double Crunch	1			0
1 Dumbbell Twist	1			60
Double Crunch	2			0
1 Dumbbell Twist	2			60
Double Crunch	3			0
1 Dumbbell Twist	3			60

Workout #2: Quads & Hammies

Exercise	Set	Reps	Weight Lifted	Rest
Front Squat	1	8-10		90
Front Squat	2	6-8		90
Front Squat	3	4-6		90
Front Squat	4	6-8		90
Front Squat	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Split Squats	1			0
Squat Jumps	1			60
Barbell Split Squats	2			0
Squat Jumps	2			60
Barbell Split Squats	3			0
Squat Jumps	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Stiff Leg Deadlift	1	12-15		30
Stiff Leg Deadlift	2	10-12		30
Stiff Leg Deadlift	3	8-10		30
Stiff Leg Deadlift	4	10-12		30
Stiff Leg Deadlift	5	12-15		30
Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Leg Extensions	1			0
Leg Extensions	2			0
Leg Extensions	3			0
Leg Extensions	4			0

Continued on the next page....

Workout #2 Continued....

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Glute-Ham Raises	1			60
Glute-Ham Raises	1			60
Glute-Ham Raises	2			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Standing Calve Raises (5 second hold)	1			60
Standing Calve Raises (5 second hold)	2			60
Standing Calve Raises (5 second hold)	3			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Seated Calve Raises (5 seconds hold)	1			60
Seated Calve Raises (5 seconds hold)	2			60
Seated Calve Raises (5 seconds hold)	3			60

Workout #3: Shoulders and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Military Press	1	8-10		90
Military Press	2	6-8		90
Military Press	3	4-6		90
Military Press	4	6-8		90
Military Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Cable Lateral Raises	1			0
Y Press	1			60
Cable Lateral Raises	2			0
Y Press	2			60
Cable Lateral Raises	3			0
Y Press	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Rear Delt Cable Fly's	1	12-15		30
Rear Delt Cable Fly's	2	10-12		30
Rear Delt Cable Fly's	3	8-10		30
Rear Delt Cable Fly's	4	10-12		30
Rear Delt Cable Fly's	5	12-15		30

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Upright Rows	1			60
Upright Rows	1			60
Upright Rows	2			60

Continued on the next page....

Workout #3 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Front Raises	1			0
Front Raises	2			0
Front Raises	3			0
Front Raises	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Knee Raises	1			0
2 Dumbbell Twist	1			60
Knee Raises	2			0
2 Dumbbell Twist	2			60
Knee Raises	3			0
2 Dumbbell Twist	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunch	1			0
RKC Plank	1			60
Cable Crunch	2			0
RKC Plank	2			60
Cable Crunch	3			0
RKC Plank	3			60

Workout #4: Back and Calves

Exercise	Set	Reps	Weight Lifted	Rest
Wide Grip Pulldowns	1	8-10		90
Wide Grip Pulldowns	2	6-8		90
Wide Grip Pulldowns	3	4-6		90
Wide Grip Pulldowns	4	6-8		90
Wide Grip Pulldowns	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Row	1			0
Straight Arm Pulldown	1			60
Barbell Row	2			0
Straight Arm Pulldown	2			60
Barbell Row	3			0
Straight Arm Pulldown	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Seated Row	1	12-15		30
Seated Row	2	10-12		30
Seated Row	3	8-10		30
Seated Row	4	10-12		30
Seated Row	5	12-15		30
Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Pull Ups	1			60
Pull Ups	1			60
Pull Ups	2			60

Continued on the next page....

Workout #4 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Deadlift	1			0
Deadlift	2			0
Deadlift	3			0
Deadlift	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Standing Calve Raises	1			0
Standing Calve Raises	2			0
Standing Calve Raises	3			0
Standing Calve Raises	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Seated Calve Raises	1			0
Seated Calve Raises	2			0
Seated Calve Raises	3			0
Seated Calve Raises	4			0

Workout #5: Biceps and Triceps

Exercise	Set	Reps	Weight Lifted	Rest
Barbell Biceps Curls	1	8-10		90
Barbell Biceps Curls	2	6-8		90
Barbell Biceps Curls	3	4-6		90
Barbell Biceps Curls	4	6-8		90
Barbell Biceps Curls	5	8-10		90

Exercise	Set	Reps	Weight Lifted	Rest
Close Grip Bench Press	1	8-10		90
Close Grip Bench Press	2	6-8		90
Close Grip Bench Press	3	4-6		90
Close Grip Bench Press	4	6-8		90
Close Grip Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Biceps Curls	1			0
Rope Triceps Pressdown	1			60
Incline Dumbbell Biceps Curls	2			0
Rope Triceps Pressdown	2			60
Incline Dumbbell Biceps Curls	3			0
Rope Triceps Pressdown	3			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Curls	1			0
Reverse Curls	2			0
Reverse Curls	3			0
Reverse Curls	4			0

Continued on the next page....

Workout #5 continued...

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Triceps Pressdown	1			0
Triceps Pressdown	2			0
Triceps Pressdown	3			0
Triceps Pressdown	4			0

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Jackknife	1			60
Jackknife	1			60
Jackknife	2			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunches	1			0
Cable Crunches	2			0
Cable Crunches	3			0
Cable Crunches	4			0

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
1 Dumbbell Twist	1			0
Spidermans	1			60
1 Dumbbell Twist	2			0
Spidermans	2			60
1 Dumbbell Twist	3			0
Spidermans	3			60

Workout #1: Chest and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Decline Bench Press	1	8-10		90
Decline Bench Press	2	6-8		90
Decline Bench Press	3	4-6		90
Decline Bench Press	4	6-8		90
Decline Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Bench Press	1			0
Push Ups	1			60
Incline Dumbbell Bench Press	2			0
Push Ups	2			60
Incline Dumbbell Bench Press	3			0
Push Ups	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Bench Press	1	12-15		30
Bench Press	2	10-12		30
Bench Press	3	8-10		30
Bench Press	4	10-12		30
Bench Press	5	12-15		30

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	1			60
Gironda Dips (V-bar or Wide Grip)	2			60

Continued on the next page....

Workout #1 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Fly's	1			0
Cable Fly's	2			0
Cable Fly's	3			0
Cable Fly's	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Crunch	1			0
Plank	1			60
Reverse Crunch	2			0
Plank	2			60
Reverse Crunch	3			0
Plank	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Double Crunch	1			0
1 Dumbbell Twist	1			60
Double Crunch	2			0
1 Dumbbell Twist	2			60
Double Crunch	3			0
1 Dumbbell Twist	3			60

Workout #2: Quads & Hammies

Exercise	Set	Reps	Weight Lifted	Rest
Front Squat	1	8-10		90
Front Squat	2	6-8		90
Front Squat	3	4-6		90
Front Squat	4	6-8		90
Front Squat	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Split Squats	1			0
Squat Jumps	1			60
Barbell Split Squats	2			0
Squat Jumps	2			60
Barbell Split Squats	3			0
Squat Jumps	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Stiff Leg Deadlift	1	12-15		30
Stiff Leg Deadlift	2	10-12		30
Stiff Leg Deadlift	3	8-10		30
Stiff Leg Deadlift	4	10-12		30
Stiff Leg Deadlift	5	12-15		30
Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Leg Extensions	1			0
Leg Extensions	2			0
Leg Extensions	3			0
Leg Extensions	4			0

Continued on the next page....

Workout #2 Continued....

Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Glute-Ham Raises	1			60
Glute-Ham Raises	1			60
Glute-Ham Raises	2			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Standing Calve Raises (5 second hold)	1			60
Standing Calve Raises (5 second hold)	2			60
Standing Calve Raises (5 second hold)	3			60

Straightset	Set	Reps (Target=8-12)	Weight Lifted	Rest
Seated Calve Raises (5 seconds hold)	1			60
Seated Calve Raises (5 seconds hold)	2			60
Seated Calve Raises (5 seconds hold)	3			60

Workout #3: Shoulders and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Military Press	1	8-10		90
Military Press	2	6-8		90
Military Press	3	4-6		90
Military Press	4	6-8		90
Military Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Cable Lateral Raises	1			0
Y Press	1			60
Cable Lateral Raises	2			0
Y Press	2			60
Cable Lateral Raises	3			0
Y Press	3			60

Exercise	Set	Reps	Weight Lifted	Rest
Rear Delt Cable Fly's	1	12-15		30
Rear Delt Cable Fly's	2	10-12		30
Rear Delt Cable Fly's	3	8-10		30
Rear Delt Cable Fly's	4	10-12		30
Rear Delt Cable Fly's	5	12-15		30

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Upright Rows	1			60
Upright Rows	1			60
Upright Rows	2			60

Continued on the next page....

Workout #3 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Front Raises	1			0
Front Raises	2			0
Front Raises	3			0
Front Raises	4			0

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Knee Raises	1			0
2 Dumbbell Twist	1			60
Knee Raises	2			0
2 Dumbbell Twist	2			60
Knee Raises	3			0
2 Dumbbell Twist	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunch	1			0
RKC Plank	1			60
Cable Crunch	2			0
RKC Plank	2			60
Cable Crunch	3			0
RKC Plank	3			60

Workout #4: Back and Calves

Exercise	Set	Reps	Weight Lifted	Rest
Wide Grip Pulldowns	1	8-10		90
Wide Grip Pulldowns	2	6-8		90
Wide Grip Pulldowns	3	4-6		90
Wide Grip Pulldowns	4	6-8		90
Wide Grip Pulldowns	5	8-10		90
Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Barbell Row	1			0
Straight Arm Pulldown	1			60
Barbell Row	2			0
Straight Arm Pulldown	2			60
Barbell Row	3			0
Straight Arm Pulldown	3			60
Exercise	Set	Reps	Weight Lifted	Rest
Seated Row	1	12-15		30
Seated Row	2	10-12		30
Seated Row	3	8-10		30
Seated Row	4	10-12		30
Seated Row	5	12-15		30
Straightset	Set	Reps (Target=8)	Weight Lifted	Rest
Pull Ups	1			60
Pull Ups	1			60
Pull Ups	2			60

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Workout #4 Continued....

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Deadlift	1			0
Deadlift	2			0
Deadlift	3			0
Deadlift	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Standing Calve Raises	1			0
Standing Calve Raises	2			0
Standing Calve Raises	3			0
Standing Calve Raises	4			0

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Seated Calve Raises	1			0
Seated Calve Raises	2			0
Seated Calve Raises	3			0
Seated Calve Raises	4			0

Workout #5: Biceps and Triceps

Exercise	Set	Reps	Weight Lifted	Rest
Barbell Biceps Curls	1	8-10		90
Barbell Biceps Curls	2	6-8		90
Barbell Biceps Curls	3	4-6		90
Barbell Biceps Curls	4	6-8		90
Barbell Biceps Curls	5	8-10		90

Exercise	Set	Reps	Weight Lifted	Rest
Close Grip Bench Press	1	8-10		90
Close Grip Bench Press	2	6-8		90
Close Grip Bench Press	3	4-6		90
Close Grip Bench Press	4	6-8		90
Close Grip Bench Press	5	8-10		90

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
Incline Dumbbell Biceps Curls	1			0
Rope Triceps Pressdown	1			60
Incline Dumbbell Biceps Curls	2			0
Rope Triceps Pressdown	2			60
Incline Dumbbell Biceps Curls	3			0
Rope Triceps Pressdown	3			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Reverse Curls	1			0
Reverse Curls	2			0
Reverse Curls	3			0
Reverse Curls	4			0

Continued on the next page....

Workout #5 continued...

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Triceps Pressdown	1			0
Triceps Pressdown	2			0
Triceps Pressdown	3			0
Triceps Pressdown	4			0

Straightset	Set	Reps (Target=12)	Weight Lifted	Rest
Jackknife	1			60
Jackknife	1			60
Jackknife	2			60

Dropsets	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Cable Crunches	1			0
Cable Crunches	2			0
Cable Crunches	3			0
Cable Crunches	4			0

Supersets	Set	Reps (Target=8-12)	Weight Lifted	Rest
1 Dumbbell Twist	1			0
Spidermans	1			60
1 Dumbbell Twist	2			0
Spidermans	2			60
1 Dumbbell Twist	3			0
Spidermans	3			60

CONCLUSION

So there you have it. The Metabolic Masterpiece “Ripped Revolution” 4 week body sculpting program!



If you are ready to take your physique to the next level and sculpt it into an absolute work of art, you definitely need to check out the entire collection of [Metabolic Masterpiece Body Sculpting Programs](#).

The Metabolic Masterpiece workouts are inspired by Classic Physique Artists. The men and women who have sculpted the best looking physiques for over half a century!

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