

cuts & curves *month 1*

THE WORKOUT For those dedicated women who are eager to get fitness-model ready, Dave Hawk shares the participants' first-month workout.

DAY 1

MORNING: 30 minutes of cardio*

Exercise	Sets/Reps
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► **Waist & Glutes**

Side bend**	3/20
Giant sets (3) with	
– Bar twist**	20
– Standing kickback**	20

AFTERNOON: Legs, Abs, Back

► **Hamstrings**

Lying leg curl	3/20, 15, 15
Seated leg curl	3/12
Giant sets (3) with	
– Stiff-legged dumbbell deadlift	12
– Machine kickback	12

► **Quadriceps**

Leg extension	3/25, 20, 15
Leg press (wide or close)	3/20
Giant sets (2) with	
– Single-leg extension	10, 5 (each leg)
– Side cable lunge	20

► **Inner & Outer Thighs**

Abductor	3/20
Adductor	3/20

► **Calves**

Machine seated calf stretch	3/20
Seated calf stretch	2/15

► **Abs & Lower Back**

Decline crunch	3/25
Giant sets (3) with	
– Leg lift	20
– High-cable ab crunch	30
– Machine back extension	20

DAY 2

MORNING: 30 minutes of cardio*

AFTERNOON: Chest, Shoulders, Abs, Hips

Exercise	Sets/Reps
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► **Chest**

Machine press	2/20, 15
Dumbbell incline press	3/15, 12, 10
Machine flye	3/15
Dumbbell pullover	3/15

Exercise	Sets/Reps
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► **Shoulders**

Machine seated press	3/15, 12, 10
Dumbbell (side or front) lateral	3/15 to failure
Machine reverse shoulder kickback	4/15, 12, 10, 8

► **Abs & Hips**

Machine crunch	3/20
Giant sets (3) with	
– Side bend**	20
– Bar twist**	20
– Kneeling kickback**	20
High-cable ab crunch	3/30

End session with 20–30 minutes of cardio.

DAY 3

MORNING: 30 minutes of cardio*

AFTERNOON: Back, Triceps, Biceps

Exercise	Sets/Reps
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► **Back**

Machine pulldown	3/20, 15, 15
Hammer high row	3/20, 15, 15
Machine mid-/lower-back row	3/20, 15, 15

► **Triceps**

V-bar cable pushdown	3/15
Giant sets (3) with	
– Overhead cable press	15
– Machine triceps press OR machine dip	15

► **Biceps**

Straight-bar curl	3/10–15
Giant sets (3) with	
– Hammer curl	10–15
– Machine preacher curl	10–15

End session with 20–30 minutes of cardio.

DAY 4

OFF

A giant set in this program consists of 2 or more exercises done in a row with little or no rest in between.

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DAY 5

MORNING: 30 minutes of cardio*

AFTERNOON: Legs, Abs, Back

Exercise	Sets/Reps
► Hamstrings	
Lying leg curl	3/15
Giant sets (3) with	
- Seated leg curl	12
- High leg press (top, off heels)	20
- Machine kickback	10, 5 (each leg)
► Quadriceps	
Machine squat	3/20
Giant set (2)	
- Single-leg extension	10, 5 (each leg)
- Rope hack**	20
► Inner & Outer Thighs	
Abductor	3/25
Adductor	3/25
► Calves	
Machine seated calf stretch	3/20
Seated calf stretch	2/15
► Abs & Lower Back	
Decline crunch	3/20
Giant sets (3) with	
- Leg lift	15
- High-cable ab crunch (right, left, center)	15 (each)
- Machine back extension	20

*Hawk suggests the following 30-minute treadmill (or sidewalk) routine: 5 minutes of walking, 15 minutes of jogging, 3 minutes of walking, 5 minutes of jogging, 2 minutes of walking.

**No weight

DAY 6

MORNING: 30 minutes of cardio*

AFTERNOON: Full Body

Exercise	Sets/Reps
► Chest	
Chest press	2 or 3/15, 12, 10
Machine chest flye	2 or 3/15, 12, 10
► Back	
Hammer machine pull	2 or 3/15, 12, 10
► Shoulders	
Machine shoulder flye	2 or 3/15, 12, 10
► Triceps	
Machine triceps press	2 or 3/15, 12, 10
► Biceps	
Machine preacher curl	2 or 3/15, 12, 10
► Abs & Waist	
Machine crunch	3/20
Giant sets (3) with	
- Side bend**	20
- Bar twist**	20
► Thighs & Glutes	
Abductor	3/20
Giant sets (3) with	
- Adductor	20
- Machine kickback	20

End session with 30 minutes of cardio.

DAY 7

30–40 minutes of cardio.*

MONTH 2 TRAINING REGIMEN *Here's the second-month workout.*

DAY 1

MORNING: 30 minutes of cardio*

AFTERNOON: Chest, Hamstrings

Exercise **Sets/Reps**

► Chest

Machine press	3/20, 15, 12
Machine incline press	3/15, 12, 10
Machine flye	3/15
Giant sets (3) with	
- Cable flye	15
- Dumbbell pull-over	15

► Hamstrings

Lying leg curl	4/20, 15, 15, 12
Giant sets (4) with	
- Seated leg curl	15
- Machine kick-back	15 (each leg)

► Abs & Lower Back

High-cable ab crunch	3/40
Giant sets (3) with	
- Machine back extension	20
- Side bend	25
- Twist	25

End session with 30 minutes of cardio.

DAY 2

AFTERNOON: Back, Traps

Exercise **Sets/Reps**

► Back

High-cable lat pull-down	3/15, 15, 12
Hammer machine high row	3/15, 15, 12
Cable row	3/15
Giant sets (3) with	
- Reverse inner pull-down	15
- Behind-the-neck pull-down	15

► Traps

High-cable trap pull	3/15
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► Abs

Lying ab weighted crunch	3/25
Giant sets (3) with	
- Leg lift	20
- Twist	20
- Side bend	20

End session with 30 minutes of cardio.

DAY 3

MORNING: 30 minutes of cardio*

AFTERNOON: Legs

Exercise **Sets/Reps**

► Quads

Leg extension	5/25, 20, 15, 10 (single leg, each), 5 (single leg, each)
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Giant sets (3 or 4) with

- Smith-machine squat	20
- Leg press, wide	15
- Leg press, close	15
- Lunges off a box*	10 (single leg, each)

► Inner & Outer

Thighs & Adductor 3/20

► Calves

Giant sets (3) with

- Abductor	20
- Machine-seated calf raise	15 (toes pointed out)
- Machine seated calf raise	15 (toes pointed in)**
- Leg press calf raise	15 (toes pointed out)
- Leg press calf raise	15 (toes pointed in)**

End session with 30 minutes of cardio.

DAY 4

OFF

A giant set in this program consists of 3 or 4 exercises done in a row with little or no rest in between. There is a warm-up set for each body part.

* No weight or light dumbbells.

** Stretch calves after each of these sets.

DAY 5

MORNING: 30 minutes of cardio*

AFTERNOON: Shoulders, Triceps, Biceps

Exercise	Sets/Reps
▶ Shoulders	
Machine seated press	3/15, 12, 10
Dumbbell side lateral	3/15, 12, 10
Dumbbell front lateral	1-2/12, 10, 8
Machine reverse shoulder kick-back	4/15

▶ Triceps

V-bar cable push-down	2-3/15
Giant sets (2-3) with	
- Overhead cable press	15
- EZ-bar skull crusher	15
- Machine dip	15

▶ Biceps

Straight-bar curl	2-3/10-15
Giant sets (2-3)	
- Hammer curl	10-15
- Preacher curl	10-15

▶ Abs & Lower Back

Machine crunch	3/20
Giant sets (3) with	
- Back extension	20
- High-cable ab crunch	30
- Twist	20
- Side bend	20

† No weight.

** Stretch calves after each of these sets.

DAY 6

MORNING: 30 minutes of cardio*

AFTERNOON: Light Leg Day

Exercise	Sets/Reps
▶ Hamstrings	

Lying leg curl	3/15
Superset with seated leg curl	3/15

▶ Quads

Giant sets (3) with	
- Single leg extension	10 each leg); 5 (each leg)
- Machine squat off heels	25
- Tope hack†	20

▶ Inner & Outer Thighs

Machine kick-back	3/10 (each leg), 3/5 (each leg)
Giant sets (3) with	
- Abductor	25
- Adductor	25

▶ Calves

Machine seated calves	3/20**
Seated calves	2/15**

DAY 7

MORNING: 30 minutes of cardio*

AFTERNOON: Abs

Exercise	Sets/Reps
Lying ab weighted crunch	3/25
Giant sets (3) with	
- Left and right side crunch off bench	20 (each side)
- Leg lift	20
- Twist	20
- Side bend	20

MONTH 3 TRAINING REGIMEN *Take a deep breath and dive into this month's six-day-a-week routine.*

DAY 1

MORNING: 30 minutes of cardio on treadmill

AFTERNOON: Legs, Abs

Exercise	Sets/Reps
▶ Hamstrings	
Lying leg curl	1 warm-up set
- (pyramid drop sets)*	2/10–12, 15
Giant sets (3) with	
- seated leg curl	15
- machine kickback	15
- stiff-legged deadlift	15
▶ Quads	
Leg extension	1 warm-up set
- (pyramid drop sets)	2/15, 20
Giant sets (3) with	
- machine leg press (wide st.)	15–20
- machine leg press (narrow st.)	15–20
- dumbbell walking lunge	15–20
- single leg extension	15–20
▶ Inner & Outer Thighs/Calves	
Giant sets (3) with	
- adductor	15–20
- abductor	15–20
- machine seated calf raise	15–20
▶ Abs & Lower Back	
Giant sets (3) with	
- high-cable ab crunch	40
- back extension	25
- side bend	25
- twist	25

* Reduce weight each successive set (e.g., 60 lb, 50 lb, etc.)

DAY 2

MORNING: 40 minutes of cardio on treadmill

AFTERNOON: Chest, Shoulders & Triceps

Exercise	Sets/Reps
▶ Chest	
Machine press	1–2 warm-up sets
- (pyramid drop sets)	2/10–12, 15
Giant sets (2) with	
- machine flye	15
- low-cable cross-over	15
- dumbbell pull-over	15
▶ Shoulders	
Machine press	1–2 warm-up sets
- (pyramid drop sets)	2/10–12, 15
Giant sets (3) with	
- single-arm cable lateral raise	15
- cable front raise (with rope)	15
- machine rear flye	20
▶ Triceps	
Giant sets (3) with	
- cable push-down	10–15
- overhead cable French press	10–15
- machine dip	10–15

End session with 20 minutes of cardio on stair climber.

DAY 3

AFTERNOON: Legs

Exercise	Sets/Reps
▶ Back	
Lat pull-down (wide grip)	1–2 warm-up sets
- (pyramid drop sets)	2/10–12, 15
Giant sets (2) with	
- hammer machine high row	10–15
- seated cable row	10–15
- behind-the-neck pull-down	10–15
- reverse-grip pull-down	10–15
▶ Biceps	
Giant sets (2–3) with	
- standing cable curl	10–15
- dumbbell hammer curl	10–15
- machine preacher curl	10–15
▶ Abs & Lower Back	
Giant sets (4) with	
- machine ab crunch	40
- cable oblique crunch	25
- oblique crunch	25
- seated leg lift off bench	30
- side bend	30
- twist	25

End session with 30 minutes of cardio on bike.

DAY 4

OFF

DAY 5

MORNING: 40 minutes of cardio

AFTERNOON: Legs, Abs

Exercise	Sets/Reps
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▶ **Hamstrings**

Giant sets (3) with	
- lying leg curls	20
- seated leg curl	20
- stiff-legged deadlift with dumbbell	20

▶ **Quads & Thighs**

Giant sets (3) with	
- leg extension	15-20
- machine leg press	15-20
- rope back squat	15-20
- adductor	15-20
- abductor	15-20

▶ **Calves**

Seated calf press	3/25
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▶ **Abs & Lower Back**

Giant sets (3) with	
- high-cable ab crunch	40
- machine back extension	25
- side bend	25
- twist	25

End session with 20-30 minutes of cardio on stair climber.

DAY 6

MORNING: 40 minutes of cardio

AFTERNOON: Chest, Back, Arms & Abs

Exercise	Sets/Reps
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▶ **Chest**

Machine press	1 warm-up sets
- (pyramid drop sets)	1/10, 12, 15
Cable crossover	2-3/15-20

▶ **Back**

Giant sets (2) with	
- behind-the-neck pull-down	15-20
- reverse pull-down	15-20

▶ **Shoulders, arms**

Giant sets (2-3) with	
- single-arm cable flye	15
- reverse triceps push-down	15
- cable curl	15

▶ **Abs**

Oblique crunch	3-4/15-25
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DAY 7

MORNING: 30 minutes of cardio

AFTERNOON: Abs & Lower Back (same as Day 3)