

WNY - Project Cyborg

Workout Program

Information:

- This workout program is meant to be followed strictly with no replacement activity and no missing parts.
- The intent of this workout program is to build muscle, increase muscle and cardiovascular endurance, improve mobility, and enhance functional and bodily strength.
- The “Project Cyborg” mission is to help those become the strongest and fastest version of themselves.
- There is no certified research behind the model of this program, but it has been tested for its benefits and legitimacy. This program contains exercises and a format based upon other certified programs.
- This program does not come with a specific or certified diet plan.
- This program fits a moderately to intensely active audience, it is not for first time gym-goers
- WNY does not suggest or advise for any specific supplementing while performing this program
- WNY is not responsible for any injuries that may occur while performing this program
- While enduring Project Cyborg, please send in updates and feedback to any of our social media pages (send in videos, photos, messages, etc)
- If you have a question about the program or its exercises, please contact us via any of our social media pages, or email us at wnysportsandfitness@gmail.com

“Most people fail, not because of lack of desire, but, because of lack of commitment.” –Vince Lombardi

WHY NOT YOU?

PROJECT CYBORG SCHEDULE

(6 WEEKS TOTAL)

- Mondays: Upper Body Push, Cardio
- Tuesdays: Cardio
- Wednesdays: Lower Body Pull
- Thursdays: Core, Cardio,
- Fridays: Upper Body Pull, Cardio
- Saturdays: Lower Body Push
- Sundays: Recovery

(See all push and pull workouts per weekly specifications on tables below)

Week 1:

Monday: Upper Body Push, Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 2 Mile Time Trial (As Fast as Possible)
- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Tuesday: Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 5-Minute Warm-Up Jog (50% Speed)
 2. Interval Sets (Repeat 4x)
 - 60% Speed 2-Minutes
 - 90-100% Speed 1-Minute
 3. 5-Minute Cool-Down Jog (50%)
- Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

WHY NOT YOU?

Wednesday: Lower Body Pull

(See Table Below)

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. 5-Minute Warm Up (50% Speed)
2. Intervals (16 Minutes Total)
 - 1 Minute 60% Speed
 - 1 Minute 100% Speed
3. 5-Minute Cooldown (50% Speed)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 30 to 60 Minutes
 - Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

WHY NOT YOU?

Week 2

Monday: Upper Body Push, Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 2 Mile Run (Pace 60% slower than time-trial)

- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Tuesday: Cardio

Cardio: Running/Sprinting

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 400m Repeats 6x 80-100% Speed

- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Wednesday: Lower Body Pull

(See Table Below)

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. 5-Minute Warm Up (50% Speed)

2. Intervals (16 Minutes Total)

- 1 Minute 60% Speed

- 1 Minute 100% Speed

3. 5-Minute Cooldown (50% Speed)

- Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

WHY NOT YOU?

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 60 to 90 Minutes
- Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

Week 3

Monday: Upper Body Push, Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. Warm-Up Jog (50% Speed)
2. Interval Sets (Repeat 5x)
 - 60% Speed 2-Minutes
 - 90-100% Speed 1-Minute
3. 5-Minute Cool-Down Jog (50%)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

WHY NOT YOU?

Tuesday: Cardio

Cardio: Running/Sprinting

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 800m Repeats 4x 80-100% Speed
- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Wednesday: Lower Body Pull

(See Table Below)

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. 5-Minute Warm Up (50% Speed)
2. Intervals (12 Minutes Total)
 - 1 Minute 60% Speed
 - 1 Minute 100% Speed
3. 5-Minute Cooldown (50% Speed)
- Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 60 to 90 Minutes
- Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

WHY NOT YOU?

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

Week 4

Monday: Upper Body Push, Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 2 Mile Jog (Run at 50-60% Speed)

- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Tuesday: Cardio

Cardio: Running/Sprinting

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 400m Repeats 5x 80-100% Speed

- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Wednesday: Lower Body Pull

(See Table Below)

WHY NOT YOU?

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. 5-Minute Warm Up (50% Speed)
2. Intervals (10 Minutes Total)
 - 1 Minute 60% Speed
 - 1 Minute 100% Speed
3. 5-Minute Cooldown (50% Speed)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 30 to 60 Minutes
 - Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

WHY NOT YOU?

Week 5

Monday: Upper Body Push, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 60 to 90 Minutes
- Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Tuesday: Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

1. 5-Minute Warm-Up Jog (50% Speed)
2. Interval Sets (Repeat 4x)
 - 60% Speed 2-Minutes
 - 90-100% Speed 1-Minute
3. 5-Minute Cool-Down Jog (50%)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Wednesday: Lower Body Pull

(See Table Below)

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. 5-Minute Warm Up (50% Speed)
2. Intervals (10 Minutes Total)
 - 1 Minute 60% Speed
 - 1 Minute 100% Speed
3. 5-Minute Cooldown (50% Speed)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

WHY NOT YOU?

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

1. Walk for 30 to 60 Minutes
- Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

Week 6

Monday: Upper Body Push, Cardio

Cardio: Running

(Perform 10 minutes of kinetic (warm-up) stretching prior to run)

2. 2 Mile Time Trial (As Fast as Possible)
- Time Recorded:

(Perform 10 minutes of static (recovery) stretching after run)

*Run may be replaced by treadmill run due to conditions/injury/level of fitness

Tuesday: Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

2. Walk for 60 to 90 Minutes
- Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

WHY NOT YOU?

Wednesday: Lower Body Pull

(See Table Below)

Thursday: Core, Cardio

Cardio: Non-Impact Intervals

(Utilize any non-impact cardio machine for this workout: stationary bike, elliptical, rower, etc.)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

4. 5-Minute Warm Up (50% Speed)
5. Intervals (8 Minutes Total)
 - 1 Minute 60% Speed
 - 1 Minute 100% Speed
6. 5-Minute Cooldown (50% Speed)
 - Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Friday: Upper Body Pull, Cardio

Cardio: Walk/Incline Walk

(Perform this workout outdoors, on a stairmaster, or on a treadmill)

(Perform 10 minutes of kinetic (warm-up) stretching prior to workout)

2. Walk for 30 to 60 Minutes
 - Time & Distance Recorded:

(Perform 10 minutes of static (recovery) stretching after workout)

Saturday: Lower Body Push

(See Table Below)

Sunday: Recovery

*Emphasize and execute the following:

- Proper eating
- Stretching
- Yoga
- Mobile Recovery (Walking)
- Therapeutic Muscle Treatment (Massage Gun)
- Sleep

WHY NOT YOU?

WORKOUT TABLES

(Record Reps/Weight Utilized in Weekly Columns)

Weeks 1-3 Workouts

Mondays: Upper Body Push, Cardio

EXERCISES (SETS/REPS)	Week 1	Week 2	Week 3
1.Push-Ups 4x20			
2.Dips 4x 8-10			
3. DB Bench Press 4x10			
4. Seated Arnold DB Press 4x12			
5. DB Extensions 4x 10-12			
6. DB Incline Bench Press 4x10			
7. DB Single Arm Shoulder Press 4x12 Each Arm			
8. DB Kickbacks 4x12			
9.DB Chest Flies 4x 8-10			
10. DB Standing Shoulder Press 4x12			
11. DB Skullcrushers 4x12			
12. DB Incline Chest Flies 4x 8-10			

WHY NOT YOU?

Wednesdays: Lower Body Pull

Exercises SETS/REPS	Week 1	Week 2	Week 3
1. Deadlifts 5x5			
2. Barbell Good-mornings 4x10			
3. KB Swings 4x12			
4. DB Single Leg RDLs 4x10			
5. DB Reverse Lunges 4x10			
6. Back Extensions 4x8			
7. Hamstring Curls 4x10			
8. DB Lateral Lunge 4x12			

Thursdays: Core

Exercises SETS/REPS	Week 1	Week 2	Week 1
1. Planks 3x 60 Seconds			
2. Sit-Ups 3x30			
4. Crunches 3x25			
5. Reverse Crunches 3x25			
6. Russian Twists 3x50			
7. Flutter Kicks 3x50			
8. Bicycles 3x50			
9. Side Crunches 3x15			
10. V-Ups 3x15			

WHY NOT YOU?

Fridays: Upper Body Pull

EXERCISES SETS/REPS	Week 1	Week 2	Week 1
1. Pull-Ups/Assisted Pull-Ups 4x 8-10			
2. EZ Bar Curls 4x15			
3. DB Front Raises 4x12			
4. DB Single Arm Rows 4x10			
5. DB Hammer Curls 4x12			
6. DB WYT's 4x12			
7. DB Alt Curls 4x12			
8. Barbell Back Rows 4x10			
9. DB Shrugs 4x20			
10. Cable Rows or Close Grip Pulldowns 4x10			
11. Cable Curls 4x15			
12. Barbell Shrugs 4x15			

WHY NOT YOU?

Saturdays: Lower Body Push

EXERCISES SETS/REPS	Week 1	Week 2	Week 3
1. Barbell Back Squat 4x10			
2. Barbell Front Squat 4x10			
3. DB Step-Ups 4x10			
4. DB Hack Squat 4x10			
5. DB Calf Raises 4x15			
6. Leg Extensions 4x12			
7. Leg Press 4x 8-10			
8. Calf Raise Machine 4x16			
9. DB Forward Lunges 4x10			
10. V-Squat or Hack Squat Machine 4x10			

Notes:

- Record the weight used per set in each weekly column
- 10 minutes of kinetic (warm-up) stretching before every workout
- 10 minutes of static (cool-down) stretching after every workout
- 30-60 seconds rest in between sets per exercise
- Increase weight weekly per exercise
- If finding extreme discomfort or unusual pain, stop exercise
- Weight used should cause difficulty around reps 6+ per exercise

WHY NOT YOU?

WEEKS 3-6

Mondays: Upper Body Push

(Record rounds completed per weekly column)

UPPER BODY PUSH AMRAP 30 Minutes	Week 4	Week 5	Week 6
1. 15 Push-Ups 2. 10 DB Shoulder Press 3. 8 Dips 4. 10 Decline Push-Ups 5. 8 DB Chest Flies			

Wednesdays: Lower Body Pull

LOWER BODY PULL HIIT 10 ROUNDS	Week 4	Week 5	Week 6
1. 5 Deadlifts 2. 15 KB Swings 3. 1:00 Assault Bike/Rower 4. 10 Lunges Each Leg 5. 1:00 Wall Sit			

WHY NOT YOU?

Thursdays: Core

Exercises SETS/REPS	Week 4	Week 5	Week 6
1.Planks 3x 60 Seconds			
2. Sit-Ups 3x30			
4. Crunches 3x25			
5.Reverse Crunches 3x25			
6.Russian Twists 3x50			
7.Flutter Kicks 3x50			
8.Bicycles 3x50			
9.Side Crunches 3x15			
10.V-Ups 3x15			

Fridays: Upper Body Pull

UPPER BODY PULL AMRAP 30 MINUTES	Week 4	Week 5	Week 6
1. 5 Pull-Ups/Assist ed Pull-Ups 2. 10 Dumbbell Curls 3. 10 DB Front Raises 4. 200m Rower 5. 20 DB Shrugs 6. 8 Body Rows			

WHY NOT YOU?

Saturdays: Lower Body Push

LOWER BODY PUSH AMRAP 30 MINUTES	Week 4	Week 5	Week 6
1. 25 Air Squats 2. 10 Box Jumps or 15 Jump Squats 3. 10 Burpees 4. 15 KB Squats 5. 12 Wall-Balls 6. 25 DB Calf Raises			

Notes:

- Record the time or rounds completed in each weekly column
- 10 minutes of kinetic (warm-up) stretching before every workout
- 10 minutes of static (cool-down) stretching after every workout
- Increase weight weekly per workout
- If finding extreme discomfort or unusual pain, stop exercise

WHY NOT YOU?