



10 MINUTE 12 PEAKS

By Eric Bradley



WELCOME!

What awaits you here is nothing short of transformational!

Based on his popular 10 MINUTE WORKOUT SYSTEM, Eric Bradley has made it possible for you to have a go-to remedy that is convenient, efficient and attacks the entire body with laser sharp precision. So, keep this on your mobile device or print it out and have your game plan ready BEFORE you hit the gym or when you want to get a solid workout in at home or on the road.

GETTING STARTED:

Part of the beauty of the 10 MINUTE 12 PEAKS Series is the simplicity of it.

Simply get your workout ready, set your interval timer for 30 Seconds of "Work" & 5 Seconds of "Rest", grab your set of dumbbells (10-12.5 lbs) & GO!

You will complete the exercise Cycle 3 times. There is a handy box that you can check off as you complete each cycle.

Your goal is to accomplish a minimum of 15 QUALITY REPS per exercise during your 30 seconds of work. Remember it's you against you. Push yourself to the max. Challenge yourself to beat your rep count each and every time! Aim to work each body part at least twice a week while getting in that Cardio. Enjoy seeing & feeling the progression as you move through the series and elevate each and every workout!

GOOD LUCK TO YOU!



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THE SCIENCE:

The premise of 10 MINUTE 12 PEAKS is to train the muscle density upward. This means you will be increasing the tone and dexterity of the muscles while keeping the flexibility, looseness, and reflexes of the muscles.

You will be increasing blood flow and oxygen levels to the muscle by using slow twitch training circuits. This will assist in increasing the overall VO2MAX by delivering obscene amounts of blood during this type of set. This will cause the muscle to endure more and increase conditioning exponentially.

You will be increasing muscle response time. This means your speed will increase due to the quick twitch muscle circuits. This combined with the delivery of more blood flow and oxygen from the slow twitch training, will give you the best of both worlds: Endurance and Speed. Remember the oldest formula in the laws of physics is $\text{Speed} \times \text{Velocity} = \text{POWER}$

Last, but not least, from this program, is the ability to shred the muscle fiber up when accompanied by eating proper amounts of protein, carbs and fats in your meal plan.

A KEY COMPONENT TO NOTE: A stagnant muscle can only be so productive. That's why basic body building doesn't work effectively for fighters or many other type athletes. Muscles not only have to experience linear movements, but angular motions as well. Mix that with dynamic movements and you will have the ingredients of this amazing program.

KEEP IN MIND: Vesting into the active form of exercises while strengthening, toning and elevating the muscles are necessary for long term overall development of the body. One without the other will cause you to be stiff, achy, sore and much more likely to develop tendentious at a younger age than an active individual.

The physical transformation will definitely be obvious to anyone who is known by you. But the difference is, they won't be able to figure out exactly what it is you're doing due to the higher levels of activity during your strength training. We call this toning while going through the muscle optimization phase.



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THE EXECUTION:

There are 3 Stages of 12 PEAKS:

1. Target Heart Rate pace resistance
2. Slow Twitch Muscle pace resistance
3. Quick Twitch Fight mode pace resistance

These three stages prepare an athlete for all phases of their battle → **SPEED, POWER & ENDURANCE**

The 12 PEAKS program impacts the heart as well as the muscles:

FIRST:

We will attack TARGET HEART RATE ZONE by working at an AVERAGE PACE. A 1-2-3 easy & steady count is the standard for set 1.

SECOND:

We will use a 6 SECOND SLOW COUNT going down as your release the squeeze during the contraction during set 2.

THIRD:

We will go at a RAPID FIRE PACE as if we were punching fiercely. This taps into our quick twitch muscle fibers in set 3.

Now, we have tapped each layer of muscle fiber to give us the maximum return in toning & conditioning.

This is 12 PEAKS.

BEST OF LUCK TO YOU!



Let's all agree that the reality of having a 10 Minute workout system that delivers results is bad ass. However, some of us desire more.

The beauty of **the 10 MINUTE 12 PEAKS** is its versatility & flexibility. Research shows that mixing the proper body parts will maximize the return in your investment. The physiological mixture of two or more muscle groups combined to work together as one unit during a workout is nearly twice as effective as a general workout.

The following combinations have transformed countless physiques. So go ahead and mix it up and watch what happens.

Mirrors don't lie. Neither does the ring or octagon.

SUGGESTED SPLITS:

FOR MAXIMUM FAT BURN:

CARDIO



QUADS



ARMS



THE TRIFECTA

ABDOMINALS



ARMS



CARDIO



FOR A BUILT BACKSIDE:

BACK



GLUTES



FOR THE ULTIMATE UPPER BODY:

ARMS



BACK



FOR POWER HOUSE LEGS:

QUADS



GLUTES



Additional Components To Accelerate **REACHING YOUR PEAK:**

1. Add a 1 mile run at a 5.5 mph-6.5 mph to any **12 PEAKS** workout.
2. "Super-Set" your exercises. What is a "Super-Set"? Moving from one exercise to the next **without** rest.

Cardio Circuit

This is CARDIO day. Time to get that heart pumping and incinerate those calories. Stay focused, dig deep, 30 seconds of WORK & 5 seconds of REST. You will have this one in the bank before you know it. You've got this. Now GO!

*Use this workout any time you feel you need that extra calorie burn or even super-set it with another 10 MINUTE WORKOUT CIRCUIT to give you that extra burn to rev up your workout.

✓ **The Cycles Completed:**

1.



2.



3.



30 seconds work / 5 seconds rest / 15 Rep Minimum per exercise

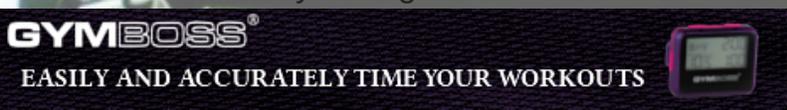
Repeat 3 Times:

1. **Jumping Jacks**
2. **Power Clings**
3. **Explosive Upright Rows**
4. **Jump Squats**
5. **Sprint In Place With Dumbbells**
6. **Diagonal Explosive Toe Touches**

Keeping perfect time is an essential element to this program. Affordable & accurate, the GYMBOSS is our go-to fitness accessory.

Don't be caught without it!

You can get yours at masterboxingllc.com



Arm Circuit

This is ARM day. This workout will have you flossing lean, strong & cut arms in no time.

So grab your dumbbells (a light pair & a heavier pair), crank your tunes & start your interval timer! Stay locked in and keep those abdominals contracted as you make your way through each circuit of 30 seconds of Work & 5 seconds of Rest.

✓ **The Cycles Completed:**

1.



2.



3.



30 seconds work / 5 seconds Rest / 15 Rep Minimum per exercise

Repeat 3 Times:

1. Push Ups With Weighted Vest

2. Bicep Curls

3. Arnold Presses

4. Upright Rows

5. Overhead Tricep Extension

6. Hammer Curls



Quad Circuit

Today we are going to turn up the heat and build those quads. Focus on the muscle as you execute each move. Keep your abdominals contracted as you also test and improve your stabilization. Work with purpose as you make your way through each circuit of 30 seconds of Work & 5 seconds of Rest. Strong and defined quads are made and this circuit will deliver if you apply yourself. No more neglecting the legs. Go get it!

✓ **The Cycles Completed:**

1.



2.



3.



30 seconds work / 5 seconds Rest /15 Rep Minimum per exercise

Repeat 3 Times:

- 1. Alternating Reverse Lunges**
- 2. Heel Kicks**
- 3. Alternating Forward Lunges**
- 4. Alternating Lateral Lunges**
- 5. Wave Squats**
- 6. Military Kicks**

Glute Circuit

You may not see it when you look straight in the mirror but that is no excuse to neglect the backside. The largest muscle in the body demands attention and it will respond quickly and powerfully when worked and challenged properly. Grab your light or heavy dumbbells then move & execute with intention. Work it for 30 seconds then rest for 5 seconds. Don't slack for one of them. Every single one counts. A stout backside is built and the 10 minutes that you dedicate to yours will without a doubt shape up your rear view & give you additional balance & power in your lower body.



The Cycles Completed:

1.

2.

3.

30 seconds Work / 5 seconds Rest / 15 Rep Minimum per exercise

Repeat 3 Times:

- 1. Squats**
- 2. Stiff Legged Dead Lifts**
- 3. Alternating Reverse Lunges**
- 4. Alternating Step Ups**
- 5. Alternating Lateral Lunges**
- 6. Mountain Climbers**

Back Circuit

Today's target training puts a spotlight on the back. Often neglected, your back plays a huge role in your entire body functions, because it attaches to your hips, abdominals, chest, shoulders, and neck. Grab your dumbbells (enough weight to challenge you without sacrificing form) and let's show your back some love.

Be mindful of letting the back muscles do the work and not the arms. This circuit fuses back and front body so lock in and make it count!

✓ **The Cycles Completed:** **1.** **2.** **3.**

30 seconds work / 5 seconds rest Step Minimum per exercise

Repeat 3 Times:

- 
- 1. Bent Over Rows**
 - 2. Power Clings**
 - 3. Posterior Flys**
 - 4. Pull-Overs**
 - 5. Angels**
 - 6. Split Jumps**

Abdominal Circuit

Today is the day we are going to light those abdominals on fire. You owe it to this awesome group of muscles to give them the attention they deserve. After all, they play a major role in your movements and posture throughout the day & in the ring.

Be mindful of your breathing by exhaling fully on each and every contraction. Don't just go through the motion of the movement, commit to it and make every rep count.

Your abs will respond beautifully and serve as a dependable shield of armor.

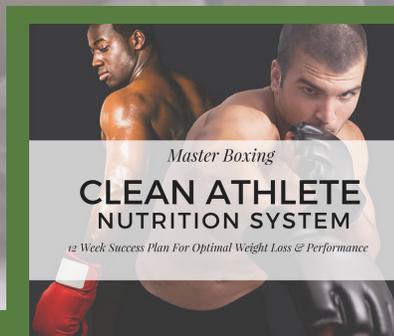
✓ **The Cycles Completed:** 1. 2. 3.

30 seconds work / 5 seconds rest / 15 Rep Minimum per exercise

Repeat 3 Times:

1. **Cross Crunches**
2. **Butterfly Crunches**
3. **Super Sit-Ups**
4. **Knee Tucks**
5. **Jack Knives**
6. **Pike Planks**

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It all starts with the food!
All of the ab work in the world won't give you a lean & toned middle without eating right.
Not to worry. We have taken all of the guess work out of it for you in our new digital download: a 12 Week meal plan that will have you eating & looking like a true professional.
www.masterboxingllc.com

Punch Circuit

This circuit is sure to have you rewing on all cylinders!

Ad some light resistance to this punch sequence & LOCK IN & FOCUS!

Execute each move with CONVICTION & POWER.

Grab your POWERHANDZ at www.masterboxingllc.com or 3-5 pound dumbbells.

Get that timer ready and PUNCH!



The Cycles Completed:

1.



2.



3.



30 seconds Work / 5 seconds Rest / 15 Rep Minimum per exercise

Repeat 3 Times:

- 1. Jump Rope**
- 2. QUICK Straight Punches**
- 3. HARD Upper Cuts**
- 4. STRONG Alternating Haymaker Hooks**
- 5. Alternating Cross Punches**
- 6. Run In Place + Punch Ceiling w/Dumbbells**