

## Natural Pro Bodybuilder Bernard Cunningham

### Calves, abs, cardio plan

#### Calves

1. Seated calves toes straight 2 sets 10-12 reps, toes out heels close together 2 sets 10-12 reps, toes pointed in heels out 2 set 10-12 then perform the same routine with standing calves 30 sec stretch in between sets , do one leg calves stand on something with dumbbell 4 sets 10-12 on each calve.

2. On the next calves workout start off with standing calves, seated calves then one calve at a time with same set and reps range.

3. Standing calves toes straight 10 reps, toes out heels together 10 reps then toes touching heels out 10 reps then stretch for 30 sec then repeat for 3 more seats a total of 4 sets then do seated calves in the same set and rep range.

4. Calves on any leg press machine plated or machine press, start off with heavy weight reps with 30 sec rest in between sets, 1 set 10 reps, 1 set 20 reps, 1 set 30 reps, 1 set 40 reps and 1 set 50 reps, stretch calves in between workouts, on the last 2 to 3 sets turn toes in and out 5-10 reps at a time when the workout starts to get tough.

On the entire calves workout make sure you stretch them coming down and squeeze coming up.

Do calves every other day and if you are a person that neglects calves then make it your first workout.

#### Abs

1. Crunches 50 reps, 2. Cross crunches 10 -20 reps each side, 3. Leg raises 10-20 reps, 4. Heel touches 123 1 count until 10 reps, 5. Flutter kicks 123 1 count until 30 reps, 6. Bicycle crunches 123 1 count until 10 reps, 7. side crunches 10 reps on each side, 8. elbow planks for 60 sec rest for a min then repeat for 3 more sets a total of 4 set, you do these at home, also in the gym do cable crunches a total of a 100, dumbbell side bend 4 sets 15 reps on each side and flat bench seated leg raise 4 set 15-20 reps. When doing crunches squeeze and hold for a quick sec to contract the abs do abs 2-3 days a week. Do want you can at first then work your way up.

**Cardio** The best cardio is fasting cardio first thing in morning on an empty stomach with a cup of black coffee and sweat pants and hoodie, start off with 10 min and work your way up to 20 to 30 min on the stair stepper set on fat burn, start off low with a heart rate level and work your way up to 190 to 200, after that do the bike for interval or moderate depends on how you feel for 15 to 30 min or you can do treadmill or elliptical machine a max of an hour cardio combine together for best results, if your gym don't have a stair stepper start off with the bike for 30 min, after you get your desire look you can just do the stair stepper or another machine of your choice for 30 min and if you are getting ready for a show and your gym has a sauna a week before a show go into it for 30 min drink plenty of water while in there. Sometimes i would do 30 min to an hour after a workout getting ready for a show depends on how I am looking a few weeks before. Make sure you are ready two weeks before a competition; only 30 min three times a week when putting on mass depend on your fat%. You also do your cardio at home, I prefer to watch TV while I'm doing it, do cardio 3-5 days a week.





