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The plan is broken in three “ splits ” of two body parts followed by a conditioning circuit. In total, four days will be spent in the gym while others are reserved for rest and/or cardio. You may follow the plan for four, six, or eight weeks. This will be the year you dramatically change the composition of your body.

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And it focuses on four components to build you a new body: big-muscle exercises, metabolic

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The REDEMPTION workout plan is about more than workouts. It ' s about finding the right state of mind, and igniting what triggers your motivation. For 45-60 minutes per day, your number-one priority is to hit the gym and give your all. And while pounding away, rep after rep, think about everything you want to achieve.

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