



**WEEK ONE
DAY ONE - MONDAY
WEIGHT TESTING DAY**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	FLAT BB BENCH PRESS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
B1	1 ARM DB ROW	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
C1	DEADLIFT	3	8-10	KNEES BENT. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
D1	WIDE GRIP LAT PULLDOWN	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
E1	BB BACK SQUATS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
F1	LEG PRESS	3	8-10	FEET MID-WAY ON PLATFORM. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
G1	LYING LEG CURL	3	8-10	PUSH HIPS INTO PAD. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
H1	SEATED DB LATERAL RAISES	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
I1	SEATED DB CURLS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
J1	TRICEPS PUSHDOWN	3	8-10	OVERHAND GRIP. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40



**WEEK ONE
DAY TWO - TUESDAY
CHEST & DELTS**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	30° INCLINE DB CHEST PRESS	4	8	+DROP SET. KEEP HANDS OUTSIDE OF ELBOWS AT THE BOTTOM	4-0-1-0	40
B1	45° INCLINE BB BENCH PRESS	4	8	FLATTEN LOWER BACK TO BENCH - NO BACK ARCH	4-0-1-0	0
B2	PARALLEL BAR CHEST DIPS	4	FAIL	N/A	4-0-1-0	120
C1	HORIZONTAL CABLE FLIES	3	8	+ DROP SET (LAST SET). HANDS TO CHIN HEIGHT AT THE TOP.	4-0-1-0	0
C2	INCLINE MACHINE CHEST PRESS	3	8	+ DROP SET (LAST SET)	4-0-1-0	40
D1	SEATED DB LATERAL RAISES	3	8	1 1/2S (THE HALF REP AT THE TOP)	4-0-1-0	0
D2	CABLE LATERAL RAISES	3	8	+ DROP SET (LAST SET)	4-0-1-0	40



**WEEK ONE
DAY THREE - WEDNESDAY
DEADLIFT & BACK**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	1 ARM DB ROWS	8	8	N/A	4-0-1-1	40
B1	REVERSE GRIP CABLE ROW	4	8	+ DROP SET ON LAST SET. SEATED	4-0-1-0	40
C1	DEADLIFTS	4	8	KNEES BENT	4-0-1-0	80
D1	REVERSE GRIP LAT PULLDOWN	3	8	+ DROP SET ON LAST SET	4-0-2-0	40
E1	DB CURLS	3	8	SEATED	4-0-1-1	40



WEEK ONE
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	LEG EXTENSION	4	8	2 SEC ISOMETRIC AT THE TOP OF THE RANGE	4-0-1-2	0
A2	LEG EXTENSION	4	8	SAME WEIGHT AS A1, FULL REPS	4-0-1-0	0
A3	LEG EXTENSION	4	8	+ PARTIAL REPS TO FAILURE	2-0-1-0	120
B1	LYING LEG CURLS	4	8	HIPS PUSHED INTO THE PAD	4-0-1-0	0
B2	LYING LEG CURLS	4	8	+ DROP SET ON THE LAST SET. HIPS UP	4-0-1-0	40
C1	LEG PRESS	6	8	FEET HIGH, HAMSTRINGS/GLUTE EMPHASIS	4-0-1-0	0
C2	LEG PRESS	6	8	FEET LOW, QUAD EMPHASIS	4-0-1-0	40

WEEK ONE
DAY FIVE - FRIDAY
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
	REST DAY					



WEEK ONE
DAY SIX - SATURDAY
CHEST & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	FLAT BB BENCH PRESS	4	8	HANDS JUST OUTSIDE OF SHOULDER WIDTH	4-0-1-0	40
B1	INCLINE DB CHEST PRESS	4	8	N/A	4-0-1-0	40
C1	LATERAL BICEPS CURLS	4	12	HIGH CABLE	4-0-1-0	40
D1	1 ARM DB PREACHER CURLS	4	8	N/A	4-0-1-0	40
E1	INCLINE DB CURLS	4	15	N/A	4-0-1-0	40
F1	MACHINE TRICEPS DIPS	3	20	N/A	4-0-1-0	40
F2	LYING EZBAR TRICEPS EXTENSION	3	8	SKULL CRUSHERS	4-0-1-0	40



WEEK ONE
DAY SEVEN - SUNDAY
SQUAT SUNDAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB FRONT SQUATS	4	12	N/A	4-1-1-0	120
B1	BB BACK SQUATS	4	8	+ 1 1/2S (1/2 REPS AT THE BOTTOM)	4-1-1-0	40
C1	WALKING LUNGES	3	15	N/A	3-0-1-0	40
D1	SEATED LEG CURL	8	10	N/A	4-1-1-1	80