



WEEK TWO
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK TWO
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	FLAT DB CHEST PRESS*	4	8	+ DROP SET ON LAST SET	4-1-1-0	120
B1	INCLINE DB CHEST PRESS	4	8	1 1/2S (1/2 REPS AT THE BOTTOM)	4-0-1-0	40
C1	DB OVERHEAD PRESS	3	8	N/A	4-0-1-0	0
C2	DB LATERAL RAISES	3	8	+ DROP SET ON LAST SET. SEATED, 1 SEC SQUEEZE AT THE TOP	4-0-1-1	40
D2	CABLE FLIES/CROSSOVERS	3	15	HANDS TO CHIN HEIGHT AT THE TOP. OVERLOAD THE SHORTENED POSITION	4-0-1-2	0
D2	INCLINE MACHINE CHEST PRESS	3	8	OVERLOAD THE LENGTHENED POSITION	4-0-1-0	40

*perform 6-10 sec isometrics in the shortest range before each set



WEEK TWO
DAY THREE - WEDNESDAY
DEADLIFT & BACK

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
-	STRAIGHT ARM PULLOVERS	6	15	WARM UP/ACTIVATION SETS	4-0-1-4	0
A1	REVERSE GRIP LAT PULLDOWN	4	8	N/A	4-0-1-1	40
B1	DEADLIFTS	8	8	KNEES BENT. DON'T LOCK AT THE TOP. EVERY SET TO FAILURE	4-0-1-0	80
C1	1 ARM DB ROWS	8	8	ONLY 20 SEC REST BETWEEN ARMS	4-0-1-1	20
D1	REVERSE PEC FLY (FOR REAR DELTS)	4	8	SHOULDER BLADES RETRACTED (PULLED BACK)	4-0-1-0	0
D2	REVERSE PEC FLY (FOR REAR DELTS)	4	8	+ DROP SET ON LAST SET. SHOULDER BLADES PROTRACTED (PUSHED FORWARD).	4-0-1-0	40

WEEK TWO
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	LEG PRESS	6	8	N/A	4-0-1-0	40
B1	LYING LEG CURL	6	6	CLUSTER SET* IN HIP EXTENSION (PUSHED DOWN INTO THE PAD)	4-0-1-0	20
C1	LYING LEG CURL	4	8	+ DROP SETS ON ALL SETS. IN HIP FLEXION (HIPS UP)	4-0-1-1	40
D1	STIFF LEF DEADLIFT	4	15	N/A	4-1-1-0	40
E1	LEG PRESS	4	8	ONLY 3/4 OF THE WAY UP	4-0-1-1	0

*perform 6-10 sec isometrics in the shortest range before each set



WEEK TWO
DAY FIVE - FRIDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK TWO
DAY SIX - SATURDAY
BACK DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	SEATED CABLE ROWS	4	8	SHOULDER WIDTH GRIP. HOLD 2 SEC ISOMETRIC IN SHORTENED RANGE	4-0-1-2	0
A2	2 ARM DB ROWS	4	8	USE A 45° INCLINE BENCH FOR SUPPORT	4-0-1-0	0
A3	REVERSE GRIP LAT PULLDOWNS	4	8	+ 8 PARTIAL REPS AT THE TOP OF THE RANGE AFTER EACH SET	4-0-1-1	120
B1	ASSISTED WIDE GRIP PULL-UPS	4	8	+ DROP SETS ON ALL SETS	4-0-1-1	40
C1	BENT BB ROWS	4	8	OVERHAND GRIP	4-0-1-0	40



WEEK TWO
DAY SEVEN - SUNDAY
SQUATS & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB BACK SQUATS	8	8	N/A	4-1-1-0	120
B1	BB ALTERNATING LUNGES	5	12	N/A	3-1-1-0	40
C1	HACK SQUATS	5	8	FEET TOGETHER, DON'T LOCK YOUR KNEES	4-1-1-0	40
D1	BB CURLS	3	8	N/A	4-0-1-0	40
D2	BB PREACHER CURLS	3	8	N/A	4-1-1-0	40
D3	2 ARM HIGH CABLE CURLS	3	8	N/A	4-0-1-1	40