



WEEK THREE
DAY ONE - MONDAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK THREE
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	INCLINE BB BENCH PRESS	4	8	NO BACK ARCH, LOWER BACK FLAT AGAINST PAD, ABS ENGAGED	4-0-1-0	40
B1	INCLINE DB CHEST PRESS	4	8	+ DROP SET ON LAST SET	3-2-1-0	40
C1	FLAT DB FLIES	4	8	+ DROP SET ON LAST SET. 3/4 OF THE WAY UP. SLOW CONCENTRIC	4-1-3-0	0
C2	PUSH-UPS	4	FAIL	PAUSE AT THE BOTTOM, RETRACT SHOULDERS, EXPLODE UP	4-1-X-0	40
D1	DB OVERHEAD PRESS	3	8	N/A	4-1-1-0	0
D2	BENT OVER DB LATERAL RAISES	3	8	N/A	4-0-1-0	40
E1	DB LATERAL RAISES	3	8	SEATED	3-0-1-2	0
E2	CABLE LATERAL RAISES	3	20	N/A	3-2-1-0	40
F1	BB PREACHER CURLS	4	8	N/A	4-0-1-0	40
F2	INCLINE DB CURLS	4	8	N/A	4-0-1-0	40



WEEK THREE
DAY THREE - WEDNESDAY
DEADLIFT, BACK & TRICEPS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	DEADLIFT	4	8	FROM A RACK SET JUST BELLOW KNEE HEIGHT. GO HEAVY	4-0-1-0	120
B1	DEADLIFT	3	8	FROM THE FLOOR. SLOW CONCENTRIC	6-0-6-0	40
C1	1 ARM DB ROW	5	8	+ DROP SET ON LAST SET	3-0-1-2	40
D1	SUPPORTED MACHINE ROWS	3	8	+ DROP SET ON LAST SET	4-0-1-0	40
E1	REVERSE GRIP LAT PULLDOWN	3	8	+ DROP SET ON LAST SET	4-1-1-0	40
F1	CLOSE GRIP BB BENCH PRESS	4	8	N/A	4-0-1-0	40
F2	TRICEPS PUSHDOWN	4	8	OVERHAND GRIP	4-0-1-3	40



WEEK THREE
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	LYING LEG CURLS	5	8	PUSH HIPS INTO THE PAD	4-0-1-1	0
A2	LEG EXTENSION	5	12	+ DROP SET ON LAST SET	4-0-1-2	40
B1	HACK SQUATS	4	20	1 1/2S (1/2 AT THE BOTTOM)	4-0-1-0	0
B2	SEATED LEG CURLS	4	8	+ DROP SET ON LAST SET	4-1-1-0	40
C1	SINGLE LEG PRESS	5	10	N/A	3-1-1-0	40

WEEK THREE
DAY FIVE - FRIDAY
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY						



WEEK THREE
DAY SIX - SATURDAY
DELTS & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	DB LATERAL RAISES	3	8	SEATED	3-0-1-2	0
A2	DB LATERAL RAISES	3	8	BENT OVER FOR REAR DELTS	4-0-1-0	0
A3	DB OVERHEAD PRESS	3	8	N/A	4-0-1-0	0
A4	MACHINE SHOULDER PRESS	3	8	N/A	4-0-1-0	0
A5	CABLE LATERAL RAISES	3	8	N/A	4-1-1-0	80
B1	DB LATERAL RAISES	8	8	+ DROP SET ON LAST SET. SEATED	4-0-1-0	40
C1	LATERAL BICEP CURLS	3	12	+ DROP SET ON LAST SET. HIGH CABLE	4-0-1-1	0
C2	2 ARM CABLE KICKBACKS	3	12	+ DROP SET ON LAST SET	4-0-1-1	40
D1	BB PREACHER CURLS	3	8	N/A	4-0-1-0	0
D2	LYING EZ BAR TRICEPS EXTENSION	3	8	SKULL CRUSHERS	4-0-1-0	40



WEEK THREE
DAY SEVEN - SUNDAY
SQUATS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB FRONT SQUATS	6	6	N/A	4-0-1-0	90
B1	LYING LEG CURLS*	8	5	CLUSTER SETS	4-0-1-0	20
C1	BULGARIAN SPLIT SQUATS	5	8	N/A	4-0-2-0	0
D1	HACK SQUATS**	5	8	1 1/2S (1/2 REP AT THE BOTTOM BEFORE THE PAUSE)	4-4-1-0	0
D2	HACK SQUATS***	5	20	N/A	4-0-1-0	40

*Cluster sets – choose a weight you could normally do for 8-10 reps but only do 5 perfect reps. Rest 20 seconds and repeat. Enjoy!

**Note the tempo! 4 second pause at the bottom. DO NOT relax or sink into the rep. Focus on keeping tension but getting a max stretch.

***Drop the weight by 20% from D1 to D2. All the way down, 3/4 of the way up.