



WEEK FIVE
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK FIVE
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	FLAT BB BENCH PRESS	6	8	N/A	4-1-1-0	40
B1	INCLINE DB CHEST PRESS	3	8	HANDS SLIGHTLY OUTSIDE OF ELBOWS	4-1-1-0	40
C1	INCLINE SMITH MACHINE BENCH PRESS	3	8	START 10 CM ABOVE CHEST	4-0-1-0	40
D1	MACHINE CHEST PRESS	3	8	1 1/2S (1/2 REP AT THE BOTTOM)	4-1-1-0	40
E1	CABLE LATERAL RAISES	3	12	1 1/2S (1/2 REP AT THE TOP)	4-0-1-1	40
F1	DB FRONT RAISES	3	12	N/A	4-0-1-1	40
G1	DB LATERAL RAISE	3	12	BENT OVER FOR REAR DELTS	4-0-1-0	40



WEEK FIVE
DAY THREE - WEDNESDAY
DEADLIFTS & BACK

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	DEADLIFTS	5	15	EXPLOSIVE CONTRACTION. KEEP LOWER BACK FLAT.	4-0-X-0	80
B1	STRAIGHT ARM PULLOVER	5	10	N/A	4-1-1-1	40
C1	CHEST SUPPORTED MACHINE ROWS	3	8	4 SEC ISOMETRIC SQUEEZE	4-0-1-4	40
D1	DB ROWS	3	8	4 SEC ISOMETRIC SQUEEZE	4-0-1-4	40
E1	HYPEREXTENSIONS	3	15	SLOW CONCENTRIC + 4 SEC ISOMETRIC SQUEEZE	4-0-4-4	40
F1	BB CURLS	4	8	N/A	4-0-1-1	0
F2	BB PREACHER CURLS	4	8	N/A	4-1-1-1	0
F3	INCLINE DB CURLS	4	8	N/A	4-0-1-0	120



WEEK FIVE
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	STIFF LEG DEADLIFT	4	20	N/A	4-0-1-0	40
B1	LEG PRESS	4	20	FEET HIGH AND WIDE	4-0-1-0	40
C1	ALTERNATING SINGLE LEG LYING CURL	4	8	N/A	4-0-1-0	0
C2	WALKING LUNGES	4	15	N/A	4-0-1-0	40
D1	LEG EXTENSION	2	8	+ DROP SET ON ALL SETS	4-0-1-0	40

WEEK FIVE
DAY FIVE - FRIDAY
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY						



WEEK FIVE
DAY SIX - SATURDAY
ARM DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB BICEP CURLS	5	8	GIANT SET FORMAT	4-0-1-0	0
A2	BB PREACHER CURLS	5	8	COMPLETE ALL BICEPS BEFORE STARTING WITH TRICEPS	4-0-1-0	0
A3	INCLINE DB CURLS	5	8	N/A	4-0-1-0	0
A4	INCLINE CABLE CURLS	5	8	N/A	4-0-1-0	120
B1	MACHINE TRICEPS DIPS	5	8	N/A	4-0-1-0	0
B2	TRICEPS PUSHDOWN	5	8	N/A	4-0-1-0	0
B3	STANDING OVERHEAD ROPE EXTENSION	5	8	FACE AWAY FROM APPARATUS	4-0-1-0	0
B4	SKULL CRUSHERS	5	8	N/A	4-0-1-0	120

WEEK FIVE
DAY SEVEN - SUNDAY
SQUAT DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BB BACK SQUATS	6	8	HEELS ELEVATED (2.5KG PLATE UNDER)	3-2-1-0	40
B1	DEADLIFTS	6	8,6,4, 8,6,4	KNEES BENT	4-0-1-0	40
C1	BULGARIAN SPLIT SQUATS	5	20	1 1/2S (1/2 REP AT THE BOTTOM)	4-1-1-0	40
D1	REVERSE GRIP ASSISTED PULL-UPS	5	8	NOTE THE TEMPO	6-0-1-3	40