



WEEK SIX
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK SIX
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	FLAT DB CHEST PRESS	6	10,8,6, 10,8,6	N/A	4-0-1-0	40
B1	INCLINE DB CHEST PRESS	4	8	N/A	4-0-1-0	40
C1	DB OVERHEAD PRESS	3	8	N/A	4-0-1-0	40
D1	DIPS	3	8	EMPHASIS ON CHEST	4-0-1-0	0
D2	CABLE FLIES/CROSSOVER	3	15	HANDS TO CHIN HEIGHT AT THE TOP	4-0-1-0	40
E1	DB LATERAL RAISES, SEATED	3	8	+ DROP SETS ON ALL SETS	4-0-1-0	40
F1	DB FRONT RAISES	3	8	N/A	4-0-1-0	40
G1	SKULL CRUSHERS	5	8	N/A	4-0-1-0	40
H1	1 ARM DB PREACHER CURL	4	10	N/A	4-0-1-0	40



WEEK SIX
DAY THREE - WEDNESDAY
DEADLIFT & BACK

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	STRAIGHT ARM PULLOVERS	4	10	N/A	4-0-1-0	40
B1	1 ARM DB ROWS	5	10	N/A	4-0-1-0	40
C1	REVERSE GRIP CABLE ROWS	4	8	SEATED	4-0-1-0	0
C2	REVERSE GRIP LAT PULLDOWN	4	8	N/A	4-0-1-0	0
C3	DEADLIFTS	4	8	KNEES BENT	4-0-1-0	120
D1	REVERSE PEC FLIES	4	10	SHOULDER BLADES RETRACTED (PULLED BACK)	4-0-1-0	0
D1	REVERSE PEC FLIES	4	10	SHOULDER BLADES PROTRACTED (PUSHED FORWARD)	4-0-1-0	40



WEEK SIX
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	LEG EXTENSIONS	3	8	N/A	4-0-1-0	0
A2	HACK SQUATS	3	8	N/A	4-0-1-0	0
A3	BB ALTERNATING LUNGES	3	12	N/A	4-0-1-0	0
A4	LEG PRESS	3	20	N/A	4-0-1-0	180
B1	HACK SQUATS	3	10	FEET TOGETHER	4-0-1-0	0
B2	LEG PRESS	3	10	FEET LOW ON PLATFORM	4-0-1-0	0
B3	LEG PRESS	3	10	FEET WIDE ON PLATFORM	4-0-1-0	0
B4	LEG EXTENSIONS	3	15	N/A	4-0-1-0	180



WEEK SIX
DAY FIVE - FRIDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	INCLINE BB BENCH PRESS	4	8	N/A	4-0-1-0	0
A2	FLAT DB CHEST PRESS	4	8	N/A	4-0-1-0	0
A3	FLAT DB FLIES	4	12	1 1/2S (1/2 REP AT THE BOTTOM)	4-0-1-0	0
A4	CABLE FLIES/CROSSOVERS	4	12	1 1/2S (1/2 REP AT THE TOP)	4-0-1-0	0
A5	PUSH-UPS	4	12	N/A	4-0-1-0	180
B1	SEATED DB LATERAL RAISES	3	20	+ DROP SET ON LAST SET	4-0-1-0	0
B2	DB FRONT RAISES	3	8	N/A	4-0-1-0	40

WEEK SIX
DAY SIX - SATURDAY
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY						



WEEK SIX
DAY SEVEN - SUNDAY
REST DAY

EXERCISE

SETS

REPS

COMMENT

TEMPO

REST

REST DAY