

10 WEEK  
**MUSCLE BUILDING**

TRAINING PROGRAM

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# DISCLAIMER

You should consult your physician or other healthcare professional before starting this or any other fitness training program. This is particularly true if you, or your family, have a history of high blood pressure, heart disease, experienced chest pain when exercising or in the past month when not engaged in physical activity, smoke, high cholesterol, are obese, or have a bone/joint problem that could worsen by physical activity. Do not start this fitness program if your physician/health care provider advises against it. If you experience dizziness, faintness, pain or shortness of breath while exercising you should stop training immediately.

Jeffrey Ortiz's *10-Week Muscle Building Training Program* offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace professional medical advice, diagnosis, or treatment. If you have any concerns regarding your health, always consult with your physician or health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this or any book/program.

By engaging in this program, you acknowledge that it is your sole responsibility to consult with your physician regarding both your medical fitness to engage in this exercise program and any medical or physical conditions which might arise during the course of your exercise program. The exercise instructions and advice presented are in no way intended as a substitute for medical consultation. I disclaim any liability from and in connection with this program.

# INTRODUCTION

Welcome to my 10-week training program designed based on my seven-years worth of muscle building and weight-training experience. Through years of experimentation and trial-&-error, I've applied techniques, exercises, and documented material, that were both fundamental and ineffective towards strength and muscle development. Two major components are needed to achieve continuous muscle growth, and they're far more important than any supplement you can buy. **CONSISTENCY** and **HARD WORK**. If one of these elements is overlooked, I guarantee you won't achieve your ideal physique. I do assure if maximum effort is present on a daily basis, as you follow my proven practices, you will obtain results.

In this intro, I wanted to incorporate the story of how I managed to "transform" myself from a "scrawny little thin kid", gaining pounds of muscle, becoming this "buffed muscular dude". But c'mon, how many times have you come across this same exact narrative roaming through the Internet? I didn't want to include my journey for two reasons.

**ONE** - This isn't an "inspirational/relatable" biography about my life, as I make it seem that my personal physique is attainable. You will never attain someone else's physique. You guys have seen my initial stages and progress reports on social media. I've tried to inspire and relate through 'humorous fitness situational videos', alongside demonstrating obtainable natural results.

**TWO** - This is about *YOU*. About your self-journey. Whether in the early stages or at a more experienced level, it's the next phase of your physical advancement. I'm sincerely appreciative and truly honored that you have placed trust in me to be of guidance, as you become a stronger, bigger person. I'm not only referring to physical aspects, but also the mental side of things. As you mature physically, there's so much that goes inside the human brain in order to break barriers and plateaus, which we all experience inside the gym. Climbing over those mountains completely transforms and develops the person you are.

Building your body is much deeper than just lifting a dumbbell. It's a lifestyle change which challenges your mental state. The mind plays a huge role, providing you the will to surpass goals you once dreamed of. When attacking a workout, shift your mindset. As growth is achieved through the countless amount of hard work, think about those times you couldn't squat a specific amount of weight. It became possible due to consistency. You achieved because you kept working at it, using diverse methods. This is one of the many reasons people give up when they aren't seeing muscular improvements. They call it quits rather than attacking the problem a different way, strongly relating to many real-world ambitions.

Apply the mental strengths earned in training, to real-life situations. Remember, building your body is a long-term, straining, physical/mental game. You won't experience change overnight, but make sure to enjoy the process, making results that much more satisfying.

# TECHNIQUE AND SAFETY GUIDELINES

Proper technique is crucial when performing exercises. Many make mistakes that hinder muscle growth, seen across all levels of practice, frequently at the beginner stage. It's extremely important to weight-train with proper fundamentals in mind, as it's needed for progressive overload. Performing an exercise with proper form, at a lighter weight, will advance you further than loading up a barbell with a weight-load you can't control, sacrificing technique, mishandling the load, leading to improper muscle stimuli and injuries.

I want to greatly express to please leave the 'egos' at the door. It's not needed for muscle development. Decrease the weight-load if you're sacrificing technique. Your muscle doesn't understand the quantity of weight that's being accumulated on the bar. It stimulates off the amount of stress or tension during quality repetitions.

More weight isn't always equivalent to more stress! Your pecs will experience greater stimulus and fiber breakdown through a controlled eccentric/concentric 135 lbs bench press, as opposed to employing the use of momentum, rapidly bouncing 315 lbs off your chest. One of your key objectives is to execute each exercise at the proper pace, as you gradually increase weight-loads while preserving technique.

I have noted instructions, technique guidelines and exercise/muscular diagrams alongside each exercise. Please perform carefully.

# WEIGHT LIFTING ACCESSORIES

Use weight-training accessories when needed. I advise performing most of your lifts without equipment. Utilize accessories to assist on heavy weight-loads. A few significant weight-lifting gears that can be helpful during your training are:

| ACCESSORIES          | ASSISTS   |
|----------------------|---|
| Knee Sleeves/Wraps   | Squats, Leg Press   |
| Wrist Lifting Straps | Deadlifts, Rack Lifts, Lunges, Rows, Lat Pull Downs, Shrugs |
| Weight Training Belt | Squat, Deadlift, Rows                                       |
| Barbell Pad          | Barbell Hip-Thrust  |
| Chalk                | Deadlifts, Racklifts, Rows, Pull/Chin-ups, Lunges           |

# HOW MUCH WEIGHT SHOULD I LIFT?

There are different types of weight training styles, each providing distinctive results. You can adjust your training to strictly focus on building strength, muscle mass, or muscular endurance. Don't get me wrong, you will still gain strength, muscle, and endurance on all three styles, but someone who is programmed strictly for powerlifting will usually obtain more strength than an individual who is centered on bodybuilding. It's important to understand what your main objectives are when stepping foot inside a training facility.

Each style carries a different approach when handling specific variables such as weight loads, set quantities, repetition ranges, rest periods, and lifting tempos. Strength training generally involves sets in the 1 through 6 rep range. Muscular endurance routines revolve around circuit-training and high repetition sets, roaming around the 15-20 range. Bodybuilding, or training to increase muscle mass, typically incorporates sets within rep ranges of 8 to 12, known as the *hypertrophy range*.

The hypertrophy range will be the focal point of this program. We are here to maximize muscle growth as strength increases alongside. I do want to point out that these rep ranges aren't limited per each training style. We will implement techniques with higher ranges, such as drop sets, as I feel they're extremely necessary to further promote muscle growth, ultimately breaking through plateaus.

## ONE REPETITION MAXIMUM

When following a training program, you may end up asking yourself, "How much weight should I load on the bar if I'm aiming for a 10 repetition set?" There are various ways you can approach this situation.

Evaluate your strength. Figure out your one repetition maximum per exercise, while preserving form. Use that max weight and dissect it into percentages. If your one rep max on the bench press is 200 lbs, that will translate to 100% strength intensity. We will frequently be engaging the 8 to 12 rep range, which converts to about 80 to 70% of your maximum. In this case, since you're aiming to perform 10 repetitions, about 75% of your max needs to be loaded, converting to 148 lbs. At this weight, you should be able to execute 10 optimal repetitions.

*See the following page to acquire more information regarding the correlation between Repetition Ranges and your One Rep Maximum.*

# REPETITIONS AND INTENSITY

## RELATIONSHIP BETWEEN MAXIMUM NUMBER OF REPETITIONS, INTENSITY AND TRAINING EFFECT

| MAXIMUM NUMBER OF REPETITIONS | % OF MAXIMUM | TRAINING EFFECT  |
|-------------------------------|--------------|--|
| 1                             | 100.0        | Relative strength increases through enhanced neural drive    |
| 2                             | 94.3         |  |
| 3                             | 90.6         |  |
| 4                             | 88.1         |  |
| 5                             | 85.6         |  |
| 6                             | 83.1         | Optimal compromise of maximal strength and hypertrophy gains |
| 7                             | 80.7         |  |
| 8                             | 78.6         |  |
| 9                             | 76.5         | Best hypertrophy gains leading to increased maximal strength |
| 10                            | 74.4         |  |
| 11                            | 72.3         |  |
| 12                            | 70.3         |  |
| 13                            | 68.8         | Strength-endurance gains and lower hypertrophy gains         |
| 14                            | 67.5         |  |
| 15                            | 66.2         |  |
| 16                            | 65.0         |  |
| 17                            | 63.8         |  |
| 18                            | 62.7         |  |
| 19                            | 61.6         |  |
| 20                            | 60.6         |  |

The Poliquin Principles, pg 9 (Poliquin, 1990)

*Use a training journal to keep track of your progress.*

Another method that can be used is to simply feel out your body and strength as you exercise. Throughout my training experience, one thing I learned was that every workout will never be identical. That's the reality of things, as we experience and overcome challenges to produce change. Many different elements fluctuate, impacting your sessions. Whether it's sleep, nutrition, moods, energy levels, injuries, time of day, climate changes, or training with or without a gym partner. These factors will either have a positive or negative influence on your training.

Occasionally you will feel sluggish and weaker than usual, but always maintain an optimistic attitude as you constantly challenge yourself. Execute your workout based on the lifts from your previous sessions. Most of the time you should match prior lifts, as you achieve growth while advancing through the weeks.

## EXECUTE LEGITIMATE SETS

When approaching weight loads, make sure you're performing legitimate sets. If the target is 8 repetitions, be sure you aren't using moderately lightweight, stopping at 8 reps without a sign of struggle. This is a common mistake people make, as they aren't performing at full potential, resulting in little to no advancement.

High amounts of intensity and tension must be present to obtain results. *A legitimate 8-rep set will require you to reach near muscle failure on that final 8th repetition, all while sustaining form. The 9th rep will be your failure point.* If you can still perform 2 additional reps after that 8th, the weight was a bit too light for that particular set.

Keeping that in mind, if you have room for additional repetitions, extend the set. Perform those extra reps until you reach a rep prior failure, absolutely stressing the muscle. Apply these same concepts when performing techniques such as drop-sets/supersets. Decrease the load according to the number of noted repetitions.

Remember, trial-&-error is your friend! It's a valuable necessary element in bodybuilding.



# TEMPO TRAINING

*Lifting tempo* is the pace at which you perform an exercise. It determines the total time a muscle is under stress or tension. Manipulating tempo rates can be a valuable tool to help you understand the mechanism of an exercise, the function of the muscular system, aiding mind-muscle connection and body control. It's an effective technique to help develop muscle mass, increase strength, ultimately improving your overall performance.

## MUSCULAR CONTRACTIONS

There are three different kinds of muscle contractions while performing a repetition of an exercise. Eccentric, concentric, and isometric contractions. They all play a distinct role through the phases of a lift, affecting the length of a muscle.

The *eccentric muscle contraction* is where the muscle elongates under tension, as muscle fibers produce force to control the weight. Using the bicep curl as an example, the lowering phase of the movement is the eccentric portion of the exercise. When training, many people bypass this phase unaware of the advantages a slow-paced negative state has on muscle stimulation.

The *concentric contraction* is where the muscle produces force while shortening in length. Curling the dumbbell towards the top flexed position is the concentric phase of the bicep curl. This is the more popular type of contraction-work being executed across gyms. It's a lot more visible and satisfying, to watch and feel a muscle group shorten as it hardens towards its contracted state.

*Isometric contractions* occur when the muscle produces force, although its length is unaffected. Holding the weight at a specific point within the range of motion is an isometric contraction or *static hold*. If a bicep curl is paused midway for several seconds, that burning sensation will still be felt as the bicep is exerting force, fighting gravity.

## FOUR DIGIT TEMPO PRESCRIPTION

I have implemented tempo work using a 4-digit prescription throughout the program. They are alongside each exercise and written in such manner - [#-#-#-#]. Each number represents a type of contraction, covering the whole movement of an exercise, at a particular pace. Let's use [3-1-1-0] as an example.

Reading from left to right, the first number (3) indicates the speed of the eccentric phase, in seconds. The second number (1) indicates the time spent at the end of the completion of the first phase. The third number (1) signifies the speed of the concentric phase, as the last number (0) will indicate the pause after the concentric state.

# TEMPO APPLICATION

Let's apply this lifting tempo to a squat.

Slowly **squat down** using a **3-sec count**, **pausing at the bottom** stretched position for a **1-sec count**. **Squat up** using a **1-sec count** as you **avoid pausing on top** since this particular tempo ends at a **0-sec count**.

Many times the letter X will be used in notations such as [3-1-X-0], usually during concentric phases. This simply means to perform at an explosive rate and it's widely used in power/strength training. I didn't apply this variable in the program but instead used "1" as the fastest pace during a concentric/eccentric state. If you see a 1-sec count noted during a concentric/eccentric movement, you can definitely perform slightly faster. Maintain proper form while taking advantage of negative and positive contractions.

# BREATHING PATTERNS

Breathing patterns have a direct relationship with performance, impacting how well you execute exercises. During weight-training your body and muscles are working much harder than usual, requiring a larger amount of oxygen intake as heart rate is increased. Some people confuse when to inhale and exhale during an exercise. Usually, when performing at low intensity, you can breathe normally, involuntarily. As intensity increases, you'll need to adjust breathing patterns, helping you push through those final tough repetitions.

*Inhale during eccentric phases and exhale through concentric.*

*Examples:*

- When performing bicep curls, inhale when lowering the weight and exhale as you curl.
- When deadlifting, breathe in as the weight returns towards the ground and breathe out as you rise.
- On a bent over barbell row, inhale on negative lowering movements and exhale during contracting pulling phases.

It's pretty simple. Don't overthink it.

Many tend to hold their breath as they perform heavy intense weight-loads. This often leads to light-headedness, dizziness, and possibly cause you to faint due to an increase in blood pressure and lack of oxygen. Ensure you are supplying your lungs and body with large amounts of oxygen, crucial for muscle growth and repair.

# CARDIOVASCULAR ACTIVITY | MISCONCEPTIONS

Cardio should be implemented no matter what your training goals are. There are a large number of misconceptions concerning cardiovascular activity. Some of these arguments include the following.

- Burns muscle mass and decrease strength.
- It should solely be used to target fat loss during weight loss/cutting-phases.
- Must be avoided during bulking periods, as it interferes with weight gain and muscle growth.
- Drains energy levels if performed prior weight-training.
- Don't have to worry about nutrition.
- It's the only way to lose weight and decrease body fat.

Many of these points contain some truth but only if training and nutrition are approached incorrectly.

A depleted, 'bad' diet, alongside an intense amount of cardio/exercise, will trigger a decrease in energy, strength, and muscle mass. A nutritiously balanced eating habit is crucial to maintaining these elements. It's recommended to perform cardiovascular activities after weight-training since factors like glycogen storage levels diminish after a workout session. Exercise in general, on lower glycogen levels, will stimulate fat loss.

Cardio isn't the only way to decrease body weight. Placing yourself on a daily caloric deficit is one of the main causes of weight loss. You can decrease your body weight by simply adjusting your caloric intake, without the need of exercise.

## BENEFITS

I don't recommend neglecting cardiovascular activities. People tend to skip cardio, especially during bulking stages. There are many benefits such as:

- Health benefits. Reduces the risk of illnesses such as heart disease and diabetes. Aids lungs, heart, blood pressure and cholesterol.
- Will assist mental health. May help deal with stress, depression, and anxiety, boosting moods and self-esteem.
- Increases physical traits such as stamina and endurance.
- Improves the quality of sleep.
- Contributes towards weight loss, toning your body.

# HEART RATE AND CARDIO TYPES

Countless amounts of activities can be performed as cardio. Here's a short list.

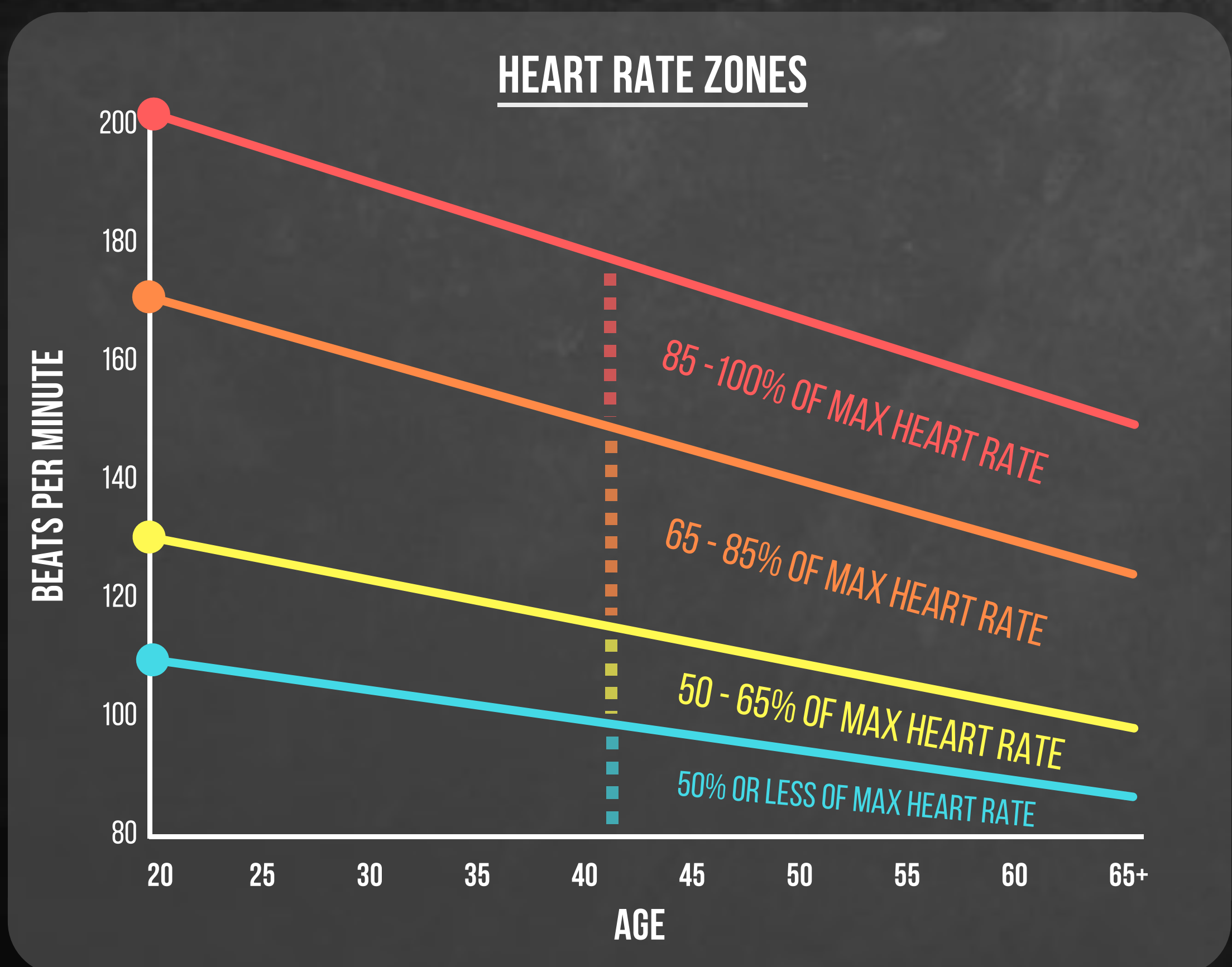
- Walking
- Jogging
- Running
- Sprinting
- Biking/Cycling
- Swimming
- Jump Roping
- Stair Climber/Master
- Elliptical
- Row Machine
- Weight training
- Sports
- Zumba
- Yoga
- Dancing

Performing any activity between *50-85 percent of your maximum heart rate* is considered a form of cardio. See chart below for a bit more insight.

I advise applying it *two to five times a week, 15-60 minutes per session*. These components will vary depending on your diet/caloric-intake and goals, whether it's weight loss, weight gain, or maintenance.

I also recommend performing activities you enjoy. During warm weather, my personal favorite forms of cardio are HIIT/long-distance outdoor runs/jogs and bike rides. Through colder climate, I'll perform cardio with indoor equipment such as the stair-master and treadmill. Experiment with different types and styles, whether it's *Steady State Cardio*, *High-Intensity Interval Training*.

See next page for several treadmill cardio workouts.



# TREADMILL CARDIO WORKOUTS

| 25-MIN STEADY-STATE   | 30-MIN HIGH-PACED   | 25-MIN INCLINE   |
|---|---|--|
| 2-3 min walking pace [2-3 mph]<br>3 min jog pace [5-6 mph]<br>3 min increased jog speed [7 mph]<br>6 min increased jog speed [8 mph]<br>3 min decreased jog speed [7 mph]<br>3 min jogging pace [5-6 mph]<br>3-4 min walking pace [2-3 mph] | 3 min walking pace [2.5-3 mph]<br>2 min increased fast paced walk [3.5-4 mph]<br>5 min increased jogging pace [5-6 mph]<br>2 min increased jog speed [7 mph]<br>2 min increased jog speed [8 mph]<br>2 min increased jog/sprint speed [9mph]<br>1 min decreased jog pace [5 mph]<br>2 min increased sprint speed [10 mph]<br>1 min decreased walking pace [3 mph]<br>1.5 min at increased sprint speed [11 mph]<br>1 min decreased walking [3 mph]<br>1.5 min increased sprint speed [12 mph]<br>3 min cooldown slow jog [4-5 mph]<br>3 min cool down walk [2.5-3mph] | 2 min walk [2.5 mph   0% incline]<br>3 min incline power walk [3.5-4 mph   15-MAX% incline]<br>2 min incline slow jog [4-5 mph   8-10 % incline]<br>2 min increased jog pace [6 mph   5% incline]<br>5 min increased jog speed [7-8 mph   0% incline]<br>2 min decreased speed [5-6 mph   5% incline]<br>2 min incline slow jog [4-5 mph   8-10 % incline]<br>2 min incline power walk [3-4 mph   15 % incline]<br>3-5 min walk cool down [2.5 mph   0% incline] |

*\*Speed & incline levels are adjusted to my personal progress. Levels will vary according to the individual.*

## STRETCH

Stretching is an overlooked form of exercise that should be applied to your training regime. Plenty of benefits are obtained when doing so but have been debated with mixed reactions. In my experience, light stretching before entering a vigorous workout has helped me feel more relaxed, loosening muscles and joints.

Stretching can increase your flexibility, improve mobility & range of motion, relieve muscle cramps, prevent injuries, reduce muscle fatigue by eliminating lactic acid, and so on. You can also get in tune with your body as you build upon your mind-body connection, breathing through stretches and sensing muscle/body aches.

I advise light stretching before, during, and after your warm-up openers, while full body stretch sessions post training. Prior and between warm-up rest periods, focus on light stretching. Make sure to target antagonist muscle groups. They will help relieve opposing muscles, improving range of motion in your working muscles. If you're warming-up and training biceps, stretch your triceps, holding for 10 to 15 seconds per stretch.

**Antagonist's muscles** are opposing muscle groups that stretch, directly correlated with **agonists muscle groups**, as they contract. Occasionally your biceps won't be able to reach its fully extended stretched position due to a tight tricep. Other examples of antagonistic muscle pairs are - back and chest, hamstrings and quadriceps, shoulders and lats.

Upon finishing your workout sessions, implement a 15-30 minute full body stretch. Focus on key sections such as your lower back, hips, hamstrings, quadriceps, calves, chest, shoulders, arms, and neck/traps. I recommend post training stretch sessions, as it will help kickstart the muscle recovery process. Please approach your stretch sessions carefully, the same way you'll approach weight-training. Safely execute all movements.

# TRAINING CALENDAR

This program is designed based on a 5 to 6-day work split. It's divided into four phases, **weeks 1-4**, **week 5**, **weeks 6-9**, & **week 10**.

## WEEK 1 - WEEK 5

For the first three weeks follow all instructions and lifting tempos provided per each workout. During week 4 perform all exercises using a standard tempo, 1-0-1-0. This will allow you to increase weight loads, especially on exercises that had adjusted tempos. Week 5 includes its own specialized routines as you'll target each muscle group individually (except biceps/triceps), through increased volumes, higher rep ranges, drop sets and supersets.

|        |                            |                            |                          | PERFORM ALL EXERCISES USING A STANDARD TEMPO 1-0-1-0 |                              |        |  |        |  |
|--------|----------------------------|----------------------------|--------------------------|--|------------------------------|--------|--|--------|--|
| WEEK 1 |                            | WEEK 2                     |                          | WEEK 3   |                              | WEEK 4 |  | WEEK 5 |  |
| DAY 1  | LEGS   HAMSTRINGS          | LEGS   HAMSTRINGS          | LEGS   HAMSTRINGS        | REST   | CHEST   CALVES 1             |        |  |        |  |
| DAY 2  | CHEST   TRICEPS   CALVES 1 | BACK   BICEPS   CALVES 1   | SHOULDERS   CALVES 1     | LEGS   HAMS   CALVES 1                               | BACK   ABS 1                 |        |  |        |  |
| DAY 3  | BACK   BICEPS   ABS 1      | SHOULDERS   ABS 1          | REST                     | CHEST   TRICEPS   ABS 1                              | BICEPS   TRICEPS             |        |  |        |  |
| DAY 4  | LEGS 2   QUADRICEPS        | LEGS 2   QUADRICEPS        | CHEST   TRICEPS   ABS 1  | BACK   BICEPS  | LEGS                         |        |  |        |  |
| DAY 5  | SHOULDERS   CALVES 2       | REST                       | LEGS 2   QUADRICEPS      | SHOULDERS   CALVES 2                                 | SHOULDERS   CALVES 2   ABS 2 |        |  |        |  |
| DAY 6  | REST                       | CHEST   TRICEPS   CALVES 2 | BACK   BICEPS   CALVES 2 | LEGS 2   QUADS   ABS 2                               | REST                         |        |  |        |  |
| DAY 7  | CHEST   TRICEPS   ABS 2    | BACK   BICEPS   ABS 2      | SHOULDERS   ABS 2        | REST   | REST                         |        |  |        |  |

## WEEK 6 - WEEK 10

During weeks 6-8 you'll follow a separate set of workout routines. They all include instructions and tempos alongside each exercise. On week 9 perform all exercises using a standard lifting tempo, 1-0-1-0. Week 10 will incorporate its own high-volume specialized routines. Each large muscle group will be individualized, except for biceps and triceps, which will be performed together.

|        |                            |                            |                          | PERFORM ALL EXERCISES USING A STANDARD TEMPO 1-0-1-0 |                              |        |  |         |  |
|--------|----------------------------|----------------------------|--------------------------|--|------------------------------|--------|--|---------|--|
| WEEK 6 |                            | WEEK 7                     |                          | WEEK 8   |                              | WEEK 9 |  | WEEK 10 |  |
| DAY 1  | LEGS   HAMSTRINGS          | LEGS   HAMSTRINGS          | LEGS   HAMSTRINGS        | REST   | CHEST   CALVES 1             |        |  |         |  |
| DAY 2  | CHEST   TRICEPS   CALVES 1 | BACK   BICEPS   CALVES 1   | SHOULDERS   CALVES 1     | LEGS   HAMS   CALVES 1                               | BACK   ABS 1                 |        |  |         |  |
| DAY 3  | BACK   BICEPS   ABS 1      | SHOULDERS   ABS 1          | REST                     | CHEST   TRICEPS   ABS 1                              | BICEPS   TRICEPS             |        |  |         |  |
| DAY 4  | LEGS 2   QUADRICEPS        | LEGS 2   QUADRICEPS        | CHEST   TRICEPS   ABS 1  | BACK   BICEPS  | LEGS                         |        |  |         |  |
| DAY 5  | SHOULDERS   CALVES 2       | REST                       | LEGS 2   QUADRICEPS      | SHOULDERS   CALVES 2                                 | SHOULDERS   CALVES 2   ABS 2 |        |  |         |  |
| DAY 6  | REST                       | CHEST   TRICEPS   CALVES 2 | BACK   BICEPS   CALVES 2 | LEGS 2   QUADS   ABS 2                               | REST                         |        |  |         |  |
| DAY 7  | CHEST   TRICEPS   ABS 2    | BACK   BICEPS   ABS 2      | SHOULDERS   ABS 2        | REST   | REST                         |        |  |         |  |

You can repeat the program two to three times as you'll experience further muscle growth and strength improvements.

## ALTERNATIVE WORKOUT SPLITS

Also included are 5-day & 4-day training splits for those who need extra off days throughout the week. Even though training frequency decreases, it's still effective for muscle and strength development. Follow the specific routine for each corresponding week!

### 5 DAYS ON | 2 DAYS OFF

| WEEK 1-4, 6-9 |                              | WEEK 5, 10                   |  |
|---------------|------------------------------|------------------------------|--|
| DAY 1         | LEGS   HAMSTRINGS   CALVES 1 | CHEST   CALVES 1             |  |
| DAY 2         | CHEST   TRICEPS   ABS 1      | BACK   ABS 1                 |  |
| DAY 3         | BACK   BICEPS                | BICEPS   TRICEPS             |  |
| DAY 4         | LEGS   QUADRICEPS   CALVES 2 | LEGS                         |  |
| DAY 5         | SHOULDERS   ABS 2            | SHOULDERS   CALVES 2   ABS 2 |  |
| DAY 6         | REST                         | REST                         |  |
| DAY 7         | REST                         | REST                         |  |

### 4 DAYS ON | 3 DAYS OFF

| WEEKS 1, 3, 7, 9 |                              | WEEKS 2, 4, 6, 8               |                              | WEEKS 5, 10 |  |
|------------------|------------------------------|--------------------------------|------------------------------|-------------|--|
| DAY 1            | CHEST   TRICEPS   ABS 1      | CHEST   TRICEPS   ABS 1        | CHEST   CALVES 1             |             |  |
| DAY 2            | BACK   BICEPS   CALVES 1     | BACK   BICEPS   CALVES 1       | BACK   ABS 1                 |             |  |
| DAY 3            | REST                         | REST                           | BICEPS   TRICEPS             |             |  |
| DAY 4            | SHOULDERS   ABS 2            | SHOULDERS   ABS 2              | LEGS                         |             |  |
| DAY 5            | LEGS   HAMSTRINGS   CALVES 2 | LEGS 2   QUADRICEPS   CALVES 2 | SHOULDERS   CALVES 2   ABS 2 |             |  |
| DAY 6            | REST                         | REST                           | REST                         |             |  |
| DAY 7            | REST                         | REST                           | REST                         |             |  |

# WEEK

## 1-4

|                 |    |
|-----------------|----|
| LEGS            | 15 |
| LEGS II         | 17 |
| CHEST   TRICEPS | 19 |
| BACK   BICEPS   | 21 |
| SHOULDERS       | 23 |
| CALVES I   II   | 25 |
| ABS             | 26 |
| ABS II          | 27 |

# LEGS | HAMSTRING EMPHASIS

## WARM-UP

### SINGLE LEG CURL | BODY WEIGHT SQUAT

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 15   | 30-45 SEC | ISOLATION     |
| 2   | 15   | 15   | 45-60 SEC | COMPOUND      |

#### TEMPO | 1-0-1-0 SINGLE LEG CURL

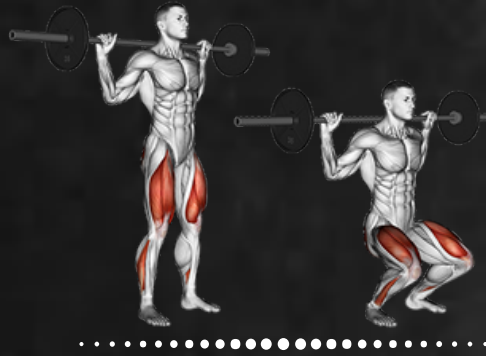
- PERFORM ON THE STANDING LEG CURL MACHINE. IF THE EQUIPMENT ISN'T AVAILABLE, USE THE LYING LEG CURL MACHINE, AS YOU CURL WITH ONE LEG & MAINTAIN THE OTHER EXTENDED. YOU MAY ALSO USE THE SEATED LEG CURL, AS ONE LEG REMAINS RESTING, CURLED ON THE SEAT.
- ISOLATE EACH HAMSTRING, CONTROLLING ECCENTRIC/CONCENTRIC PHASES. MAINTAIN A SHARP FOCUS ON STRETCHING & SQUEEZING/CONTRACTING YOUR HAMSTRINGS.
- THIS IS AN OPENER. USE A LIGHT WEIGHT-LOAD, PERFORMING THE NOTED REPETITIONS PER LEG. YOU SHOULD SLIGHTLY BE STRUGGLING DURING FINAL REPETITIONS ON EACH SET. YOU SHOULDN'T NEED SHORT MIDWAY REST PERIODS, AS USUALLY NOTED FOR WORKING-SETS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE CONTRACTED POSITION.

#### TEMPO | 1-0-1-0 BODY WEIGHT SQUAT (SUPERSET)

- POSITION YOUR FEET AT A NEUTRAL STANCE, TOES POINTED SLIGHTLY OUTWARD, MAINTAINING AN UPRIGHT NEUTRAL TORSO.
- CROSS YOUR HANDS BELOW YOUR CHIN, & POINT ELBOWS OUTWARD TO HELP SUSTAIN BALANCE AND POSTURE.
- FOCUS ON ACHIEVING FULL RANGE OF MOTION, SQUATTING SLIGHTLY BELOW PARALLEL, ACTIVATING YOUR GLUTES, HAMSTRINGS, & QUADRICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BARBELL BACK SQUAT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 60 SEC    | COMPOUND      |
| 2   | 12   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 10   | 2-3 MIN   |               |
| 5   | 8    | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

HAMSTRINGS | GLUTEUS | QUADRICEPS

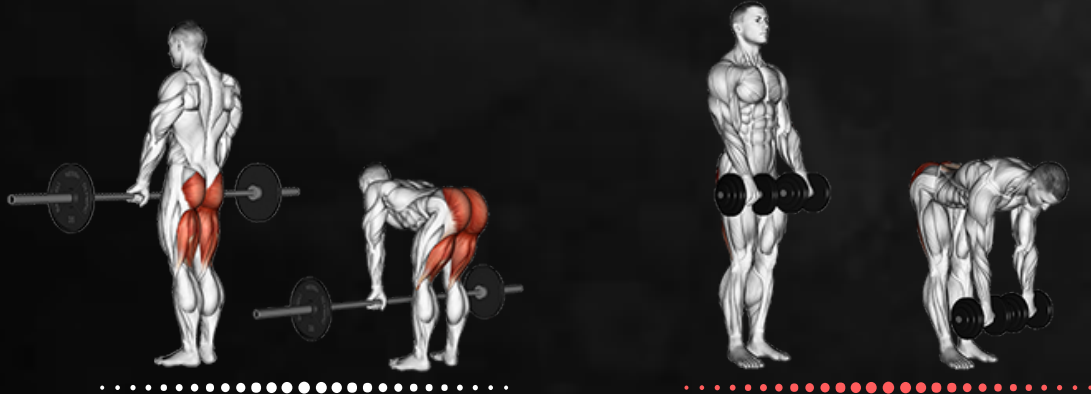
#### TEMPO | 1-0-1-0

- POSITION YOUR FEET SHOULDER-WIDTH APART WHILE TOES POINT SLIGHTLY OUTWARD.
- HAVE A FIXED GAZE IN FRONT OF YOU TO HELP MAINTAIN YOUR HEAD/NECK/SPINE AT THE NEUTRAL POSITION.
- KEEP A STRAIGHT BACK AND HIGH CHEST. ENGAGE YOUR CORE TO ASSIST YOUR LOWER BACK.
- BEGIN BY SITTING BACK INTO YOUR HIPS, BALANCING & DRIVING THE WEIGHT THROUGH YOUR HEELS.
- SQUAT SLIGHTLY BELOW PARALLEL, HIPS BELOW KNEES, TO ACHIEVE FULL RANGE OF MOTION. ONE OF YOUR KEY OBJECTIVES IS TO CREATE A GOOD STRETCH ON YOUR HAMSTRINGS/GLUTES.
- WHEN DRIVING BACK UP, FOCUS ON SUSTAINING PROPER FORM & RECRUITING/CONTRACTING MAIN MUSCLE GROUPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BARBELL ROMANIAN DEADLIFT

### DUMBBELL ROMANIAN DEADLIFT

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 1.5 MIN   | COMPOUND      |
| 2   | 10   | 10   | 1.5-2 MIN | COMPOUND      |
| 3   | 10   | 10   | 1.5-2 MIN |               |
| 4   | 8    | 8    | 2 MIN     |               |



## PRIMARY MUSCLES TARGETED

HAMSTRINGS | GLUTEUS | ERECTOR SPINAE

#### TEMPO | 1-0-1-0 BARBELL ROMANIAN DEADLIFT 'STIFF LEG'

- POSITION YOUR FEET HIP-WIDTH APART, TOES POINTED FORWARD. PLACE ARMS AT SHOULDERS-WIDTH LENGTH USING AN OVERHAND GRIP. YOU MAY USE A MIXED GRIP DURING HEAVIER WEIGHT-LOADS.
- MAINTAIN NEUTRAL POSTURE WITH YOUR TORSO AS YOUR HEAD, NECK, & BACK REMAIN ALIGNED. ELBOWS WILL BE FIXED AT THE LOCKED POSITION AS ARMS REMAIN EXTENDED.
- AS YOU BEND AT THE HIPS, LOWER THE WEIGHT, STRETCHING YOUR HAMSTRINGS/GLUTES. YOUR LEGS WILL REMAIN AT A FIXED POSITION WITH KNEES SLIGHTLY BENT. YOUR LOWER BACK WILL UNDERGO STRESS SINCE, IN FACT, IT'S ONE OF THE MAJOR MUSCLE GROUPS RECRUITED IN THIS EXERCISE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 3-1-1-0 DUMBBELL ROMANIAN DEADLIFT 'STIFF LEG' (SUPERSET)

- THE SAME FORM APPLIES AS MENTIONED ABOVE, JUST WITH A SLIGHTLY TWEAKED EXECUTION.
- WHEN PERFORMING THE DUMBBELL DEADLIFT, MAINTAIN CONSTANT TENSION BY NOT ENTERING THE LOCKED UPRIGHT POSITION.
- INSTEAD OF FULLY CONTRACTING, ONCE A SLIGHT BEND AT THE HIPS IS REACHED, IMMEDIATELY LOWER THE WEIGHT BACK DOWN. USE SLOW 3-SEC COUNT ECCENTRIC/NEGATIVE PHASES AS YOU STRETCH YOUR HAMSTRINGS/GLUTES.
- HOLD AT THE STRETCHED POSITION AND RISE BACK UP.
- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM REST POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LEG PRESS (WIDE STANCE)

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 1-1.5 MIN | COMPOUND      |
| 2   | 12   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 10   | 12 MIN    |               |



## PRIMARY MUSCLES TARGETED

HAMSTRINGS | QUADRICEPS

#### TEMPO | 1-0-1-0

- POSITION YOUR FEET SLIGHTLY WIDER THAN SHOULDER-WIDTH APART, TOWARDS THE TOP PORTION OF THE PLATFORM, AS TOES POINT SLIGHTLY OUTWARD.
- MAINTAIN YOUR HEAD, NECK & BACK AT NEUTRAL POSTURE. DON'T ROUND YOUR LOWER BACK AS YOUR GLUTES/BACK REMAIN ON THE SEAT AT ALL TIMES.
- PERFORM EACH REPETITION AT FULL RANGE OF MOTION, BRINGING YOUR LEGS/KNEES TOWARDS YOUR SIDES.
- DRIVE THE WEIGHT THROUGH THE HEELS OF YOUR FEET. KNEES STAY BEHIND YOUR TOES AS A GREAT AMOUNT OF STRESS IS PLACED ON YOUR HAMSTRINGS DUE TO THE WIDE STANCE.
- DO NOT LOCK YOUR KNEES ON TOP, MAINTAINING CONSTANT TENSION THROUGH ECCENTRIC/CONCENTRIC PHASES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*



# WALKING DUMBBELL LUNGES

## PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS | GLUTEUS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1.5-2 MIN | COMPOUND      |
| 2   | 10   | 2-3 MIN   |               |
| 3   | 8    | 2-3 MIN   |               |



TEMPO | 1-0-1-0

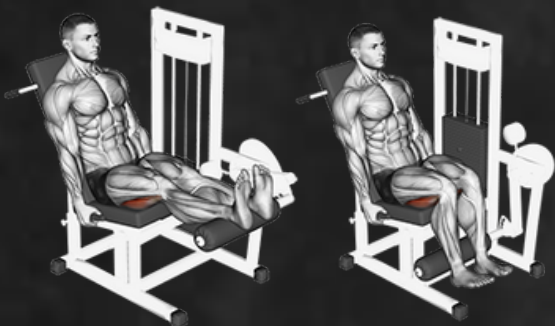
- POSITION YOUR FEET AT SHOULDER-WIDTH APART WHILE HOLDING DUMBBELLS BY YOUR SIDE. ARMS REMAIN EXTENDED TOWARDS THE GROUND, KEEPING ELBOWS AT THE LOCKED POSITION.
  - SUSTAIN AN UPRIGHT TORSO, MAINTAINING YOUR CHEST HIGH & BACK STRAIGHT.
  - TAKE A STEP FORWARD, LOWER YOUR HIPS, & BEND KNEES SIMULTANEOUSLY. DON'T SLAM YOUR HIND KNEE ON THE FLOOR. YOU CAN SOFTLY MAKE FLOOR-CONTACT, ENSURING FULL RANGE OF MOTION.
  - PROCEED & ALTERNATE BETWEEN LEGS AS YOU CONTINUE TO WALK FORWARD. YOU MAY PAUSE AFTER EACH STEP TO GATHER YOUR BALANCE.
  - PERFORM THE NOTED REPETITIONS PER LEG. FOR EXAMPLE: ON SET 1, YOU WILL PERFORM 12 REPS/STEPS PER LEG, TOTALING 24 REPETITIONS.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE IN BETWEEN STEPS THROUGH THE FINAL REPS OF YOUR SETS\*

# SEATED LEG CURL

## PRIMARY MUSCLES TARGETED

HAMSTRINGS

| SET | REPS    | REST      | EXERCISE TYPE |
|-----|---------|-----------|---------------|
| 1   | 12   10 | 45-60 SEC | ISOLATION     |
| 2   | 10   10 | 1-1.5 MIN |               |
| 3   | 10   10 | 1-1.5 MIN |               |
| 4   | 8   10  | 1-1.5 MIN |               |



TEMPO | 3-0-1-1

TEMPO | 1-0-1-0

- POSITION YOUR LEGS HIP-WIDTH APART WHILE SITTING AT AN UPRIGHT POSITION. ADJUST THE MACHINE SO THE FOOT PAD IS ABOVE YOUR HEELS.
  - YOUR LEGS SHOULD BE PARALLEL TO THE GROUND AT THE START POSITION. THIS WILL ENFORCE FULL RANGE OF MOTION, ENSURING YOUR HAMSTRINGS ARE FULLY STRETCHED.
  - CURL THE PAD, GRIPPING THE HANDLES TO MAINTAIN YOUR BODY ON THE SEAT, ISOLATING & CONTRACTING YOUR HAMSTRINGS. HOLD AT THE CONTRACTED POSITION & SLOWLY RAISE THE WEIGHT BACK UP USING 3-SEC COUNTS DURING ECCENTRIC PHASES.
  - IMMEDIATELY DECREASE THE WEIGHT, & PERFORM THE RED HIGHLIGHTED REPETITIONS (DROP SET) AT A STANDARD TEMPO.
  - LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCH POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCH POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LEG EXTENSION

## PRIMARY MUSCLES TARGETED

QUADRICEPS

| SET | REPS | REST   | EXERCISE TYPE |
|-----|------|--------|---------------|
| 1   | 12   | 60 SEC | ISOLATION     |
| 2   | 10   | 60 SEC |               |
| 3   | 10   | -      |               |



TEMPO | 1-0-1-0

- POSITION YOUR LEGS AT HIP-WIDTH APART. ADJUST THE MACHINE SO YOUR MID/LOWER SHINS ARE BEHIND THE PAD.
  - YOUR LEGS SHOULD FORM AT LEAST A 90-DEGREE ANGLE AT THE STARTING POSITION. I RECOMMEND FURTHER ADJUSTING THE MACHINE, AS YOUR LEGS FORM LESS THAN 90-DEGREES, OBTAINING A GREATER STRETCH ON THE QUADRICEPS.
  - GRIP THE SIDE HANDLES, PULLING YOUR BODY DOWNWARDS, SUSTAINING YOUR GLUTES/BACK ON THE SEAT. THIS WILL ASSIST IN AVOIDING MOMENTUM, ISOLATING YOUR QUADRICEPS.
  - EXTEND LEGS & FLEX/CONTRACT YOUR QUADRICEPS. ONCE THE CONTRACTED POSITION IS REACHED, IMMEDIATELY LOWER THE WEIGHT TOWARDS THE STRETCHED POSITION.
  - CONTROL ECCENTRIC/CONCENTRIC PHASES OF THE MOVEMENT STRICTLY WITH YOUR QUADRICEPS.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LEGS II | QUADRICEP EMPHASIS

## WARM-UP

### SINGLE LEG EXTENSION | STATIONARY LUNGES

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 15   | 30-45 SEC | ISOLATION     |
| 2   | 15   | 15   | 45-60 SEC | COMPOUND      |

#### TEMPO | 1-0-1-0 SINGLE LEG EXTENSION

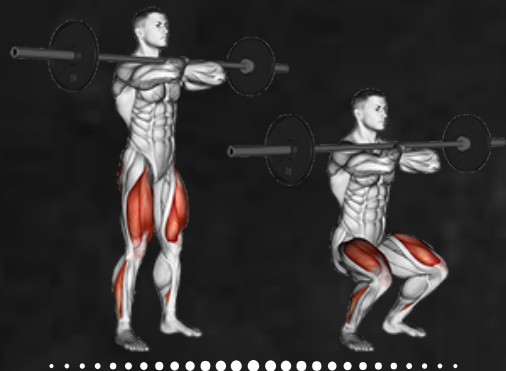
- PERFORM ON THE LEG EXTENSION MACHINE, ONE LEG AT A TIME.
- EXTEND ONE LEG, MAINTAINING THE OTHER CURLED AGAINST THE SEAT, ISOLATING EACH QUADRICEP.
- CONTROL ECCENTRIC/CONCENTRIC PHASES AS YOU MAINTAIN A SHARP FOCUS ON STRETCHING & SQUEEZING/CONTRACTING YOUR QUADRICEPS.
- THIS IS AN OPENER. USE A LIGHT WEIGHT-LOAD, PERFORMING THE NOTED REPETITIONS PER LEG. YOU SHOULD BE JUST SLIGHTLY STRUGGLING ON THOSE FINAL REPETITIONS ON EACH SET. YOU WON'T NEED REST-POINTS/PAUSES, AS I NOTE ON WORKING-SETS BELOW.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

#### TEMPO | 1-0-1-0 BODYWEIGHT STATIONARY LUNGES (SUPERSET)

- POSITION YOUR FEET AT SHOULDER-WIDTH APART, AS YOU PLACE HANDS ON YOUR HIPS, OR CROSSED BELOW YOUR CHIN.
- KEEP AN UPRIGHT TORSO, MAINTAINING YOUR CHEST HIGH & BACK STRAIGHT.
- ENTER A SPLIT STANCE, LOWER HIPS, & BEND KNEES SIMULTANEOUSLY AS THEY DON'T GO PAST YOUR TOES.
- PERFORM THE NOTED REPETITIONS PER LEG. FOCUS ON STRETCHING & CONTRACTING, ACTIVATING YOUR QUADRICEPS, HAMSTRINGS, & GLUTES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## FRONT BARBELL SQUAT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 1-1.5 MIN | COMPOUND      |
| 2   | 12   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 10   | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

QUADRICEPS | GLUTEUS | HAMSTRINGS

#### TEMPO | 1-0-1-0

- PLACE YOUR FEET AT SHOULDER-WIDTH APART WITH TOES POINTED SLIGHTLY OUTWARD.
- POSITION YOURSELF UNDER THE BARBELL & REST THE BAR ON YOUR SHOULDERS. CROSSOVER YOUR FOREARMS AS YOUR HANDS TOUCH THE BARBELL. USE YOUR HANDS TO HELP SUSTAIN THE BAR IN PLACE.
- MAINTAIN AN UPRIGHT TORSO, STRAIGHT BACK, HIGH CHEST, & NEUTRAL HEAD. FOCUS ON PUSHING YOUR ELBOWS UPWARD AS YOUR ARMS REMAIN PARALLEL TO THE GROUND. ENGAGE CORE TO ASSIST LOWER BACK & STABILIZE WEIGHT-LOAD.
- SQUAT SLIGHTLY BELOW PARALLEL, BRINGING YOUR HIPS BACK, AS KNEES STAY BEHIND YOUR TOES.
- SQUAT UP WITH A SHARP FOCUS ON PROPER POSTURE. DRIVE THE WEIGHT FROM THE CENTER OF YOUR FEET.
- FRONT SQUATS TAKE PRACTICE. I SUGGEST A SET OR TWO WITH A LIGHT WEIGHT-LOAD. YOU MAY USE DIFFERENT HAND GRIPS SUCH AS THE TRADITIONAL HAND PLACEMENT. IT ALL BOILS DOWN TO YOUR COMFORT LEVEL.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LEG PRESS (NARROW STANCE)

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 8    | 1.5-2 MIN |               |



## PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS

#### TEMPO | 1-0-1-0

- POSITION YOUR FEET AT A NARROW STANCE, HIP-WIDTH APART, WITH TOES POINTED FORWARD.
- MAINTAIN YOUR HEAD, NECK, & BACK AT NEUTRAL POSTURE. DON'T ROUND YOUR LOWER BACK AS YOUR GLUTES/BACK REMAIN ON THE SEAT AT ALL TIMES.
- PERFORM EACH REPETITION AT FULL RANGE OF MOTION, BRINGING YOUR LEGS TO 90-DEGREES. YOUR QUADRICEPS MAKING CONTACT WITH YOUR UPPER BODY IS A GOOD INDICATOR OF AN EFFECTIVE RANGE OF MOTION.
- DRIVE THE WEIGHT UP THROUGH THE HEELS OF YOUR FEET. YOUR KNEES STAY BEHIND TOES, AS STRESS IS MOSTLY FELT ON YOUR QUADRICEPS DUE TO THE NARROW STANCE.
- DO NOT LOCK YOUR KNEES ON TOP, MAINTAINING CONSTANT TENSION THROUGH ECCENTRIC & CONCENTRIC PHASES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BULGARIAN SPLIT SQUAT GOBLET SQUAT (NARROW STANCE)

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 1.5-2 MIN | COMPOUND      |
| 2   | 10   | 10   | 1.5-2 MIN | COMPOUND      |
| 3   | 10   | 10   | 1.5-2 MIN |               |
| 4   | 8    | 8    | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS | GLUTEUS

#### TEMPO | 1-0-1-0 BULGARIAN SPLIT SQUAT

- POSITION YOUR LEGS IN A SPLIT STANCE AS YOUR HIND FOOT IS ELEVATED ON A BENCH. YOUR BACK FOOT WILL BE FLAT ON THE BENCH, SOLE FACING UPWARD. YOUR FRONT LEG SHOULD BE FAR OUT ENOUGH THAT WHEN PERFORMING THE EXERCISE, YOUR SHINS BECOME PERPENDICULAR TO THE GROUND.
- HOLD THE DUMBBELLS BY YOUR SIDES WITH PALMS FACING YOUR BODY. MAINTAIN AN UPRIGHT TORSO, HIGH CHEST, & STRAIGHT BACK, AS YOU LOWER INTO A LUNGE POSITION. YOUR FRONT THIGH SHOULD BECOME PARALLEL TO THE GROUND, ENSURING AN EFFECTIVE RANGE OF MOTION. DURING THE EXERCISE, YOU WILL FEEL YOUR TORSO LEANING SLIGHTLY FORWARD, WHICH IS NORMAL ESPECIALLY DURING HEAVIER WEIGHT LOADS. TRY TO MAINTAIN UPRIGHT AS BEST AS YOU CAN.
- PERFORM THE NOTED REPETITIONS PER LEG.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 GOBLET SQUAT (SUPERSET)

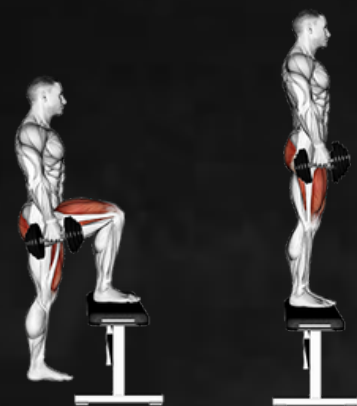
- POSITION YOUR FEET AT A NARROW STANCE, HIP-WIDTH APART.
- HOLD THE DUMBBELL VERTICALLY, AT CHIN LEVEL, PLACING THE HEELS OF YOUR HANDS UNDER THE TOP HEAD.
- SQUAT SLIGHTLY BELOW PARALLEL, BRINGING YOUR HIPS BACK. MAINTAIN AN UPRIGHT TORSO, HIGH CHEST & STRAIGHT BACK, AS YOUR ELBOWS POINT SLIGHTLY OUTWARD. ENGAGE YOUR CORE TO SUPPORT YOUR LOWER BACK & POSTURE.
- DRIVE THE WEIGHT THROUGH YOUR HEELS WHEN RISING UP. AVOID THE TOP LOCKOUT POSITION, MAINTAINING CONSTANT TENSION. IMMEDIATELY LOWER YOURSELF BEFORE REACHING UPRIGHT POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# DUMBBELL STEP UP

## PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS | GLUTEUS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 1-1.5 MIN | COMPOUND      |
| 2   | 12   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |



TEMPO | 1-0-1-1

- STAND IN FRONT OF A FLAT BENCH/PLATFORM AS YOU HOLD DUMBBELLS BY YOUR SIDES WITH PALMS FACING INWARD. THE PLATFORM SHOULD BE HIGH ENOUGH THAT YOUR RAISED LEG CREATES 90-DEGREE HIP FLEXION.
- MAINTAIN AN UPRIGHT TORSO, HIGH CHEST, AS YOUR BACK REMAINS STRAIGHT WHILE PERFORMING THE EXERCISE.
- PROCEED BY PLACING YOUR LEFT, OR RIGHT FOOT, ON THE PLATFORM. PLANT YOUR WHOLE FOOT ON THE BENCH AS YOU WILL DRIVE THE WEIGHT THROUGH YOUR MID-FOOT/HEELS.
- STEP UP, AS YOU CONTRACT YOUR QUADRICEPS/HAMSTRINGS/GLUTES. SLIGHTLY PAUSE ON TOP, AS BOTH FEET REST ON THE BENCH. LOWER THE WEIGHT, BRINGING YOUR HIND LEG BACK DOWN TO THE GROUND, STRETCHING PRIMARY MUSCLE GROUPS.
- SWITCH FOOT PLACEMENT ONCE TOTAL REPETITIONS ARE COMPLETED. PERFORM NOTED REPS PER LEG.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT TOP CONTRACTED POSITION.

\*YOU MAY USE EXTRA PAUSE TIME AT THE TOP OR BOTTOM POSITIONS NEAR THE END OF YOUR SETS\*

# LEG EXTENSION

## PRIMARY MUSCLES TARGETED

QUADRICEPS

| SET | REPS    | REST      | EXERCISE TYPE |
|-----|---------|-----------|---------------|
| 1   | 15   5  | 60 SEC    | ISOLATION     |
| 2   | 15   5  | 1-1.5 MIN |               |
| 3   | 12   8  | 1-1.5 MIN |               |
| 4   | 10   10 | 1-1.5 MIN |               |



TEMPO | 1-0-1-0

TEMPO | 3-0-1-1

- POSITION YOUR LEGS HIP-WIDTH APART. ADJUST THE MACHINE SO YOUR MID/LOWER SHINS ARE BEHIND THE PAD.
- YOUR LEGS SHOULD FORM A 90-DEGREE ANGLE AT THE START POSITION. I RECOMMEND ADJUSTING THE MACHINE SO YOUR LEGS FORM LESS THAN 90-DEGREES, OBTAINING A GREATER STRETCH ON THE QUADRICEPS.
- GRIP THE SIDE HANDLES, PULLING YOUR BODY DOWNWARDS & SUSTAINING YOUR GLUTES ON THE SEAT. THIS WILL HELP AVOID THE USE OF MOMENTUM, ISOLATING YOUR QUADRICEPS.
- EXTEND LEGS, FLEXING & CONTRACTING YOUR QUADS. ONCE THE CONTRACTED POSITION IS REACHED, IMMEDIATELY LOWER THE WEIGHT TOWARDS THE STRETCHED POSITION.
- PERFORM THE WHITE HIGHLIGHTED REPETITIONS AT THE STANDARD LIFTING TEMPO. IMMEDIATELY DECREASE THE WEIGHT & PERFORM THE RED HIGHLIGHTED REPETITIONS (DROP SET), HOLDING THE CONTRACTED POSITION FOR A 1-SEC COUNT, AS YOU SLOWLY LOWER THE WEIGHT USING A 3-SEC COUNT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

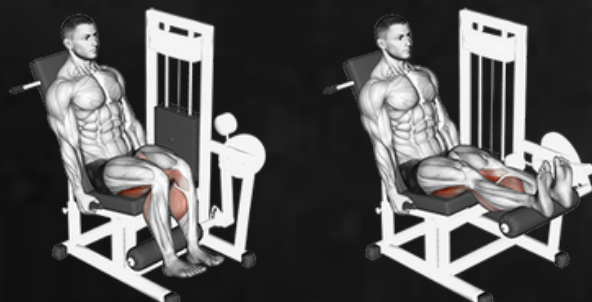
\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# SEATED LEG CURL

## PRIMARY MUSCLES TARGETED

HAMSTRINGS

| SET | REPS | REST   | EXERCISE TYPE |
|-----|------|--------|---------------|
| 1   | 12   | 60 SEC | ISOLATION     |
| 2   | 10   | 60 SEC |               |
| 3   | 10   | 60 SEC |               |



TEMPO | 1-0-1-0

- POSITION YOUR LEGS HIP-WIDTH APART WHILE SITTING IN AN UPRIGHT POSTURE. ADJUST THE MACHINE SO THE FOOT PAD IS ABOVE YOUR HEELS.
- YOUR LEGS SHOULD BE PARALLEL TO THE GROUND AT THE START POSITION. THIS WILL ENFORCE FULL RANGE OF MOTION, ENSURING YOUR HAMSTRINGS OBTAINS A GREAT STRETCH.
- CURL THE PAD, GRIPPING THE HANDLES TO MAINTAIN YOUR BODY ON THE SEAT, ISOLATING & CONTRACTING YOUR HAMSTRINGS.
- FOCUS ON CONTROLLING ECCENTRIC & CONCENTRIC PHASES STRICTLY WITH YOUR HAMSTRINGS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# CHEST • TRICEPS

## WARM-UP

### PUSH UP | TRICEP DIP

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 30-45 SEC | COMPOUND      |
| 2   | 10   | 10   | 30-45 SEC | COMPOUND      |
| 3   | 10   | 10   | 45-60 SEC |               |

#### TEMPO | 1-0-1-0 PUSH UP

- POSITION YOUR HANDS AT SHOULDER-WIDTH APART, AS ELBOWS REMAIN AROUND 45-DEGREES FROM YOUR BODY.
- MAINTAIN YOUR BODY ALIGNED, FROM HEAD TO TOE, AT A NEUTRAL POSTURE. TIGHTEN YOUR GLUTES & CORE. AVOID BENDING KNEES, HIP FLEXION, OR ANY UNNECESSARY BODY ROCKING MOVEMENTS.
- LOWER YOURSELF AS YOUR CHEST MAKES CONTACT WITH THE FLOOR. PRESS BACK UP, WITH A FOCUS ON SQUEEZING YOUR PECS.
- IF YOU CAN'T PRESS YOUR OWN BODY WEIGHT, PERFORM WITH A DIFFERENT VARIATION. YOU CAN PLACE YOUR HANDS ON AN ELEVATED PLATFORM. YOU MAY ALSO PERFORM ON YOUR KNEES.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 TRICEP DIP (SUPERSET)

- ADJUST DIP BARS TO THE INNER NARROW POSITION. KEEP ELBOWS TUCKED BY YOUR SIDE WHILE MAINTAINING YOUR BODY AT AN UPRIGHT POSITION. DON'T LEAN FORWARD AS THIS WILL TRANSFER TENSION TOWARDS YOUR CHEST.
- LOWER YOURSELF UNTIL YOUR ELBOWS ARE ALIGNED WITH YOUR SHOULDERS. FOREARMS WILL REMAIN FIXED & PERPENDICULAR TO THE GROUND.
- AS YOU RISE UP, FOCUS ON SQUEEZING/CONTRACTING YOUR TRICEPS. IF YOU CAN'T PERFORM BODYWEIGHT DIPS, PERFORM USING THE ASSISTED DIP MACHINE.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## FLAT BARBELL BENCH PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 60 SEC    | COMPOUND      |
| 2   | 12   | 60 SEC    |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 10   | 1.5-2 MIN |               |
| 5   | 8    | 2 MIN     |               |



## PRIMARY MUSCLES TARGETED

PECTORALIS MAJOR [PECS]

#### TEMPO | 1-0-1-0

- GRIP THE BAR SLIGHTLY WIDER THAN SHOULDER-WIDTH APART. THE BARBELL SHOULD REST AT THE BASE OF YOUR PALM.
- KEEP YOUR UPPER BACK FIRM ON THE BENCH AS YOU SLIGHTLY ARCH YOUR LOWER BACK. MAINTAIN YOUR FEET PLANTED ON THE GROUND & ELBOWS AT AROUND 45-DEGREES FROM YOUR SIDE/BODY.
- LOWER THE BAR & TOUCH YOUR MID-CHEST TO ENSURE FULL RANGE OF MOTION. RESUME BY PRESSING THE WEIGHT UP, SQUEEZING AND CONTRACTING YOUR PECS.
- CONTROL BOTH ECCENTRIC & CONCENTRIC PHASES OF THE MOVEMENT. YOUR GOAL IS TO EFFECTIVELY STRETCH & CONTRACT YOUR PECS, AND NOT A RACE AGAINST TIME.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## INCLINE BARBELL BENCH PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1.5-2 MIN |               |
| 3   | 8    | 1.5-2 MIN |               |



## PRIMARY MUSCLES TARGETED

CLAVICULAR HEAD [UPPER PECS]

#### TEMPO | 1-0-1-0

- GRIP THE BAR SLIGHTLY WIDER THAN SHOULDER-WIDTH APART. THE BAR SHOULD REST AT THE BASE OF YOUR PALM.
- MAINTAIN YOUR BACK ON THE BENCH & FEET PLANTED ON THE GROUND. ELBOWS SHOULD BE AROUND 45-DEGREES FROM YOUR BODY/SIDES.
- LOWER THE BAR TOWARDS YOUR MID-CHEST, SLIGHTLY HIGHER THAN NIPPLE LEVEL. MAKE CONTACT WITH YOUR CHEST TO ENSURE FULL RANGE OF MOTION.
- PRESS THE WEIGHT UP, STRETCHING & CONTRACTING YOUR PECS.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## DECLINE BARBELL BENCH PRESS

### BENCH DIP

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 1.5 MIN   | COMPOUND      |
| 2   | 10   | 10   | 1.5-2 MIN | COMPOUND      |
| 3   | 10   | 10   | 1.5-2 MIN |               |



## PRIMARY MUSCLES TARGETED

STERNAL HEAD [LOWER PECS] | TRICEPS BRACHII [ALL HEADS]

#### TEMPO | 1-0-1-0 DECLINE BARBELL BENCH PRESS

- SECURE YOUR LEGS UNDER THE DECLINE BENCH FOOT PAD, LAYING FLAT IN THE DECLINE POSITION.
- GRIP THE BAR SLIGHTLY WIDER THAN SHOULDER-WIDTH APART. ELBOWS SHOULD BE AROUND 45-DEGREES FROM YOUR SIDES/BODY.
- LOWER THE BAR TOWARDS YOUR LOWER CHEST. MAKE CONTACT WITH YOUR CHEST TO ENSURE FULL RANGE OF MOTION.
- PRESS THE WEIGHT UP, CONTRACTING YOUR PECS.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 BENCH DIP (SUPERSET)

- PLACE THE HEELS OF YOUR HANDS ON THE EDGE OF THE BENCH, AT SHOULDER-WIDTH APART.
- WITH LEGS EXTENDED, LOWER YOURSELF UNTIL YOUR ARMS CREATE A 90-DEGREE ANGLE, STRETCHING YOUR TRICEPS.
- FOCUS ON USING YOUR TRICEPS TO RAISE YOURSELF UP, CONTRACTING ON TOP.
- IF YOU'RE UNABLE TO RAISE YOUR BODY WEIGHT, BEND YOUR KNEES & ASSIST YOURSELF UP USING YOUR LEGS.

LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LOW PULLEY CABLE FLY BENT OVER DUMBBELL TRICEP EXTENSION

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 12   | 60 SEC    | ISOLATION     |
| 2   | 12   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10   | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

CLAVICULAR HEAD [UPPER PECS] | TRICEPS BRACHII [LONG HEAD]

### TEMPO | 1-0-1-2 | LOW PULLEY CABLE FLY

- ADJUST THE CABLE PULLEYS TO THE LOW POSITION WITH D-GRIP HANDLES ATTACHED ON BOTH ENDS. GRIP THE HANDLES WITH PALMS FACING UPWARD, KEEPING ELBOWS SLIGHTLY BENT.
- STEP SLIGHTLY FORWARD, MAINTAIN TORSO AT THE UPRIGHT POSTURE, KEEPING CHEST UP HIGH.
- YOU CAN PLACE YOURSELF IN A SPLIT STANCE TO HELP MAINTAIN BALANCE. I RECOMMEND PERFORMING WITH THIS STANCE AS IT WILL BECOME DIFFICULT TO COORDINATE/BALANCE YOUR BODY ONCE YOUR MUSCLES START TO FATIGUE.
- RAISE ARMS UPWARD UNTIL YOU'VE REACHED FACE LEVEL. FOCUS ON STRETCHING & SQUEEZING YOUR CHEST, AS YOU PAUSE AT THE CONTRACTED POSITION FOR A 2-SEC COUNT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE WIDE-STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE CLOSED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED WIDE POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | BENT OVER DUMBBELL TRICEPS EXTENSION [SUPERSET]

- HOLD THE DUMBBELL WITH PALMS FACING YOUR BODY.
- BEND AT THE HIPS, AS YOUR UPPER BODY BECOMES ALMOST PARALLEL TO THE GROUND, MAINTAINING A NEUTRAL TORSO.
- KEEP ELBOWS TUCKED IN, WHILE YOUR UPPER ARM REMAINS PARALLEL TO THE GROUND AT ALL TIMES.
- BEGIN WITH ARM FORMING A 90-DEGREE ANGLE. USE YOUR TRICEP TO RAISE & KICK BACK THE WEIGHT. EXTEND ARMS UNTIL YOUR ARMS ARE PARALLEL TO THE FLOOR. SQUEEZE/CONTRACT AT THE EXTENDED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF SETS\*

## MID PULLEY CABLE FLY TRICEP CABLE EXTENSION

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 12   | 60 SEC    | ISOLATION     |
| 2   | 12   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10   | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

PECTORALIS MAJOR [PECS] | TRICEPS BRACHII [LATERAL HEAD]

### TEMPO | 1-0-1-2 | MID PULLEY CABLE FLY

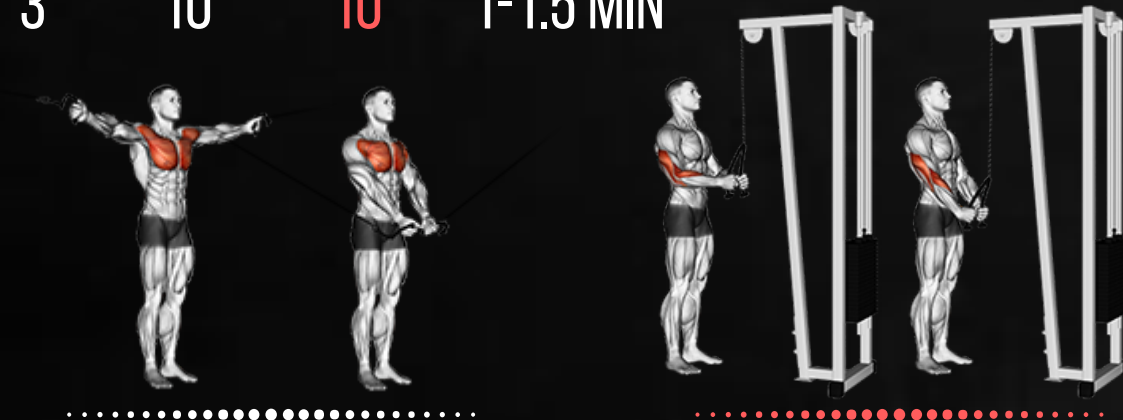
- ADJUST CABLE PULLEYS TO SHOULDER-HEIGHT WITH D-GRIP HANDLES ATTACHED ON BOTH ENDS.
- GRIP HANDLES WITH PALMS FACING INWARD, KEEPING ELBOWS SLIGHTLY BENT.
- STEP SLIGHTLY FORWARD, MAINTAIN TORSO AT THE UPRIGHT POSTURE, KEEPING CHEST UP HIGH.
- PLACE YOURSELF IN A SPLIT STANCE, ONE LEG FORWARD, BOTH KNEES SLIGHTLY BENT, TO HELP KEEP BALANCE.
- BRING PULLEYS TOGETHER AT CHEST LEVEL, SIMULATING A HUGGING MOTION. FOCUS ON SQUEEZING & CONTRACTING YOUR PECS, PAUSING AT THE CONTRACTED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE WIDE-STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE CLOSED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED WIDE POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | TRICEP CABLE EXTENSION [SUPERSET]

- SET PULLEY AT THE HIGH POSITION, ATTACHING A STRAIGHT OR EZ-BAR. I ADVISE AN EZ-BAR, RELIEVING STRESS OFF YOUR WRIST.
- HOLD BAR AT SHOULDER-WIDTH APART (OVERHAND GRIP). KEEP ELBOWS TUCKED IN & ARMS PERPENDICULAR TO THE GROUND.
- AT THE START POSITION, HAVE YOUR FOREARMS FORM SLIGHTLY LESS THAN 90-DEGREES, OBTAINING A GREAT STRETCH ON YOUR TRICEPS. (WRISTS ABOVE ELBOWS)
- EXTEND ARMS DOWNWARD UNTIL YOUR WHOLE ARM IS PERPENDICULAR TO THE GROUND, CONTRACTING YOUR TRICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## HIGH PULLEY CABLE FLY CABLE ROPE EXTENSION

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 60 SEC    | ISOLATION     |
| 2   | 10   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10   | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

STERNAL HEAD [LOWER PECS] | TRICEPS BRACHII [LATERAL HEAD]

### TEMPO | 1-0-1-2 | HIGH PULLEY CABLE FLY

- ADJUST PULLEYS TO THE HIGH POSITION WITH D-GRIP HANDLES ATTACHED ON BOTH ENDS.
- GRIP HANDLES WITH PALMS FACING DOWNWARD, KEEPING ELBOWS SLIGHTLY BENT.
- STEP SLIGHTLY FORWARD, MAINTAIN AN UPRIGHT POSTURE, KEEPING CHEST UP HIGH, AS YOU ARE STANDING IN A SPLIT STANCE.
- BRING PULLEYS DOWNWARD, TOWARDS EACH OTHER, WITH A FOCUS ON SQUEEZING/HOLDING AT THE CONTRACTED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE WIDE-STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE CLOSED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH FINAL REPS OF SETS\*

### TEMPO | 1-0-1-2 | CABLE ROPE EXTENSION [SUPERSET]

- LEAVE PULLEY AT THE HIGH POSITION & ATTACH THE ROPE EXTENSION.
- HOLD THE ROPE WITH PALMS FACING INWARD WHILE ELBOWS REMAIN TUCKED IN BY YOUR SIDES.
- AT THE START POSITION, YOUR FOREARMS SHOULD FORM LESS THAN 90-DEGREES, OBTAINING A GREAT STRETCH ON YOUR TRICEPS. (WRISTS ABOVE ELBOWS)
- EXTEND ARMS DOWN & OUTWARDS, ISOLATING/CONTRACTING YOUR TRICEPS. HOLD AT THE CONTRACTED POSITION FOR A 2-SEC COUNT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP STRETCHED POSITION THROUGH FINAL REPS OF YOUR SETS\*

## SEATED OVERHEAD DUMBBELL EXTENSION

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 60-75 SEC | ISOLATION     |
| 2   | 10   | 60-75 SEC |               |
| 3   | 10   | 60-75 SEC |               |



## PRIMARY MUSCLES TARGETED

TRICEPS BRACHII [LONG HEAD]

### TEMPO | 1-0-1-0

- SIT ON A BENCH WITH A FIXED SHORT BACK SUPPORT. KEEP YOUR FEET PLANTED ON THE FLOOR WHILE YOUR BACK REMAINS FLAT ON THE BENCH.
- HOLD THE DUMBBELL VERTICALLY, WITH PALMS FACING UPWARD, UNDER THE TOP HEAD. FORM A DIAMOND-LIKE SHAPE WITH YOUR HANDS TO SUSTAIN THE DUMBBELL.
- EXTEND ARMS ABOVE YOUR HEAD, KEEPING ELBOWS TUCKED IN. LOWER THE DUMBBELL BEHIND YOUR HEAD, BENDING AT THE ELBOWS, MAINTAINING YOUR ARMS PERPENDICULAR TO THE GROUND.
- RAISE THE DUMBBELL BACK UP, SQUEEZING & CONTRACTING YOUR TRICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# BACK & BICEPS

## WARM-UP

### CHIN UP

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 10   | 30 SEC    | COMPOUND      |
| 2   | 10   | 30-45 SEC |               |
| 3   | 12   | 30-45 SEC |               |

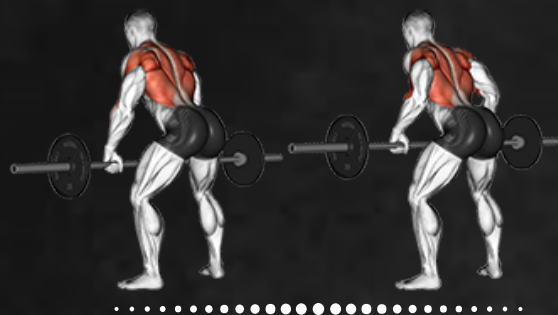
TEMPO | 1-0-1-0 CHIN UP

- THE CHIN UP IS AN EXCELLENT EXERCISE TO ACTIVATE YOUR BACK & BICEPS.
- GRAB THE PULL UP BAR AT SHOULDER-WIDTH APART USING AN UNDERHAND GRIP.
- AT THE START POSITION, FULLY EXTEND ARMS, STRETCHING OUT YOUR LATS. PULL YOURSELF UP AS YOUR CHIN TRAVELS TOWARDS THE BAR, DRIVING YOUR ELBOWS DOWN & BEHIND YOU.
- SQUEEZE & CONTRACT YOUR BICEPS/UPPER BACK AT THE TOP POSITION.
- IF YOU'RE UNABLE TO PULL YOUR BODYWEIGHT, USE THE ASSISTED PULL UP MACHINE, OR HAVE A PARTNER SPOT YOU.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BARBELL BENT OVER ROW

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 60 SEC    | COMPOUND      |
| 2   | 12   | 1-1.5 MIN |               |
| 3   | 10   | 1-1.5 MIN |               |
| 4   | 10   | 1.5 MIN   |               |
| 5   | 8    | 1.5 MIN   |               |



### PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | TRAPEZIUS [TRAPS]  
RHOMBOIDS [UPPER | MID BACK] | ERECTOR SPINAE

TEMPO | 1-0-1-0

- USING AN OVERHAND GRIP, GRAB THE BARBELL SLIGHTLY WIDER THAN SHOULDER-WIDTH APART.
- BEND AT THE HIPS UNTIL YOUR TORSO IS APPROXIMATELY PARALLEL TO THE GROUND. SLIGHTLY BEND YOUR KNEES, BRINGING HIPS BACK.
- MAINTAIN YOUR TORSO AT THE NEUTRAL POSTURE AS YOUR BACK/NECK/HEAD ARE ALIGNED.
- AT THE START POSITION, EXTEND YOUR ARMS TOWARDS THE GROUND, STRETCHING YOUR LATS/UPPER BACK.
- PULL THE BARBELL TOWARDS YOUR ABDOMEN AREA AS YOU LEAD WITH YOUR ELBOWS. SQUEEZE YOUR UPPER BACK AT THE CONTRACTED POSITION & LOWER THE WEIGHT BACK DOWN.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## T-BAR ROW

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 8    | 1.5 MIN   |               |



### PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | RHOMBOIDS [UPPER | MID BACK]  
TRAPEZIUS [TRAPS] | ERECTOR SPINAE

TEMPO | 1-0-1-0

- PLACE A BARBELL IN A LANDMINE, OR CORNER, & USE A V-GRIP HANDLE. IF AVAILABLE, YOU MAY USE THE T-BAR ROW MACHINE.
- USE YOUR LEGS TO RAISE THE WEIGHT OFF THE GROUND. SLIGHTLY BEND YOUR KNEES, & BRING YOUR HIPS BACK.
- BEND YOUR TORSO TO APPROXIMATELY 45-DEGREES FROM THE FLOOR. MAINTAIN YOUR TORSO AT THE NEUTRAL POSTURE AS YOUR BACK/NECK/HEAD REMAIN ALIGNED.
- FULLY EXTEND ARMS AT THE START POSITION, STRETCHING YOUR LATS/UPPER BACK. PULL HANDS/WEIGHT TOWARDS YOUR ABDOMEN AREA, AS YOU FOCUS ON SQUEEZING YOUR LATS/UPPER BACK DURING CONCENTRIC PHASES. LEAD WITH YOUR ELBOWS, MAINTAINING THEM BY YOUR SIDES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## DUMBBELL ROW DUMBBELL CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 10   | 10   | 60 SEC    | COMPOUND<br>ISOLATION |
| 2   | 10   | 10   | 1-1.5 MIN |                       |
| 3   | 8    | 8    | 1.5-2 MIN |                       |



### PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | TRAPEZIUS [TRAPS] | RHOMBOIDS [UPPER | MID BACK]  
BICEP BRACHII [INNER | OUTER HEAD] | BRACHIALIS

TEMPO | 2-0-1-1 DUMBBELL ROW

- PLACE YOUR LEFT KNEE (BENT) & LEFT ARM (FULLY EXTENDED) ON A FLAT BENCH, AS YOUR RIGHT FOOT IS PLANTED ON THE FLOOR. MAINTAIN A NEUTRAL TORSO, PARALLEL TO THE GROUND, AS HEAD/NECK/BACK ARE ALIGNED.
- HOLD THE DUMBBELL WITH YOUR RIGHT HAND, PALM FACING INWARD. AT THE START POSITION, EXTEND ARM TOWARDS THE GROUND, ENFORCING FULL RANGE OF MOTION. PULL THE DUMBBELL TOWARDS YOUR SIDE, LEADING WITH YOUR ELBOW.
- HOLD AT CONTRACTED POSITION & SLOWLY LOWER THE WEIGHT, PERFORMING WITH SLOW 2-SEC ECCENTRIC PHASES.
- PERFORM THE NOTED REPETITIONS PER ARM.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 2-0-1-1 DUMBBELL CURL [SUPERSET]

- HOLD DUMBBELLS BY YOUR SIDE WITH PALMS FACING INWARD.
- CURL THE WEIGHT, BENDING AT THE ELBOWS, CONTRACTING YOUR BICEPS. AS YOU RAISE THE DUMBBELL, ROTATE YOUR HAND AS YOUR PALMS END UP FACING UPWARD AT CONTRACTED POSITION.
- HOLD AT CONTRACTED POSITION & SLOWLY LOWER THE WEIGHT USING SLOW 2-SEC ECCENTRIC PHASES.
- AVOID UNNECESSARY SWAYING BODY MOVEMENTS AS YOU WANT TO ISOLATE YOUR BICEPS.
- ALTERNATE ARMS EACH REPETITION, PERFORMING THE NOTED REPS PER ARM.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## WIDE GRIP LAT PULLDOWN WIDE GRIP EZ-BAR CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 15   | 12   | 60-75 SEC | COMPOUND<br>ISOLATION |
| 2   | 12   | 10   | 1-1.5 MIN |                       |
| 3   | 10   | 10   | 1-1.5 MIN |                       |
| 4   | 10   | 8    | 1-1.5 MIN |                       |



## PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI (LATS) | RHOMBOIDS (UPPER | MID BACK) | BICEP BRACHII SHORT (INNER HEAD)

### TEMPO | 3-0-1-1 | WIDE LAT PULLDOWN

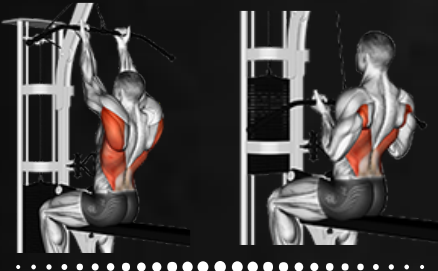
- ATTACH A WIDE BAR TO THE PULLDOWN MACHINE. USING AN OVERHAND GRIP, GRAB THE BAR AT THE WIDE BENT GRIP HANDLE.
- EXTEND ARMS UPWARD, STRETCHING YOUR LATS/UPPER BACK, WHILE JUST SLIGHTLY LEANING YOUR TORSO BACK.
- PULL THE BAR TOWARDS YOUR UPPER CHEST, CONTRACTING YOUR UPPER BACK/LATS.
- HOLD AT THE CONTRACTED POSITION & PERFORM SLOW CONTROLLED NEGATIVES WHEN RAISING THE BAR TOWARDS THE TOP.
- AVOID MOMENTUM, USING UNNECESSARY ROCKING BODY MOVEMENTS TO HANDLE THE WEIGHT.
- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | WIDE GRIP EZ-BAR CURL (SUPERSET)

- HOLD THE OUTER BENT HANDLE OF THE EZ-BAR USING AN UNDERHAND GRIP.
- KEEP ELBOWS CLOSE TO YOUR TORSO WHILE MAINTAINING YOUR WRIST AT A FIXED POSITION THROUGHOUT THE MOVEMENT.
- BEGIN BY EXTENDING YOUR ARMS, HANDS IN FRONT OF THIGHS. CURL THE BAR TOWARDS YOUR SHOULDERS, CONTRACTING & SQUEEZING YOUR BICEPS. AVOID ROCKING BODY MOVEMENTS TO COMPLETELY ISOLATE YOUR BICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## UNDERHAND LAT PULLDOWN CLOSE GRIP EZ-BAR CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 12   | 12   | 60-75 SEC | COMPOUND<br>ISOLATION |
| 2   | 10   | 10   | 1-1.5 MIN |                       |
| 3   | 10   | 10   | 1-1.5 MIN |                       |
| 4   | 8    | 8    | 1-1.5 MIN |                       |



## PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI (LATS) | RHOMBOIDS (UPPER | MID BACK) | BICEP BRACHII LONG (OUTER HEAD)

### TEMPO | 3-0-1-1 | UNDERHAND LAT PULLDOWN

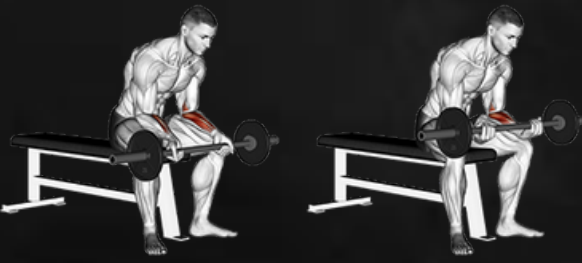
- GRAB THE BAR AT SHOULDER-WIDTH APART, USING AN UNDERHAND GRIP.
- AT THE START POSITION, FULLY EXTEND YOUR ARMS UPWARDS, STRETCHING YOUR LATS/UPPER BACK.
- LEADING WITH YOUR ELBOWS, PULL THE BAR DOWNWARDS TOWARDS YOUR CHEST. HOLD & SQUEEZE YOUR BACK AT THE CONTRACTED POSITION. SLOWLY CONTROL ECCENTRIC PHASES, AS YOU RAISE THE BAR BACK TOWARDS THE TOP.
- MAINTAIN AN UPRIGHT NEUTRAL TORSO, AVOIDING THE USE OF MOMENTUM & ANY ROCKING BODY MOVEMENTS.
- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | CLOSE GRIP EZ-BAR CURL (SUPERSET)

- HOLD THE INNER BENT HANDLE OF THE EZ-BAR USING AN UNDERHAND GRIP.
- MAINTAIN ELBOWS CLOSE TO YOUR TORSO, AS YOUR WRIST REMAINS AT A FIXED POSITION.
- STRETCH YOUR BICEPS, LOWERING HANDS IN FRONT OF THIGHS. CURL THE BAR TOWARDS SHOULDERS, CONTRACTING BICEPS.
- AVOID ROCKING YOUR BODY BACK & FORTH. YOUR FOCUS IS TO COMPLETELY ISOLATE YOUR BICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## HAMMER CURL REVERSED BARBELL CURL WRIST CURL (PALMS UP)

| SET | REPS | REPS | REPS | REST      | EXERCISE TYPE                       |
|-----|------|------|------|-----------|-------------------------------------|
| 1   | 15   | 15   | 10   | 1-1.5 MIN | ISOLATION<br>ISOLATION<br>ISOLATION |
| 2   | 15   | 15   | 10   | 1-1.5 MIN |                                     |



## PRIMARY MUSCLES TARGETED

BICEPS BRACHII | BRACHIALIS | BRACHIORADIALIS (UPPER OUTER FOREARM) | FLEXORS (INNER FOREARM)

### TEMPO | 2-0-1-0 | HAMMER CURL

- HOLD THE DUMBBELLS BY YOUR SIDES WITH PALMS FACING INWARD. MAINTAIN WRIST AT FIXED POSITION, AS PALMS REMAIN INWARD THROUGH CONCENTRIC & SLOW 2-SEC ECCENTRIC MOVEMENTS.
- CURL THE WEIGHT, BENDING AT THE ELBOWS, CONTRACTING YOUR BICEPS.
- AVOID ROCKING BODY MOVEMENTS AS YOU ISOLATE YOUR BICEPS/FOREARMS.
- PERFORM SIMULTANEOUSLY WITH BOTH ARMS AT EACH REPETITION.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | REVERSED BARBELL CURL (SUPERSET)

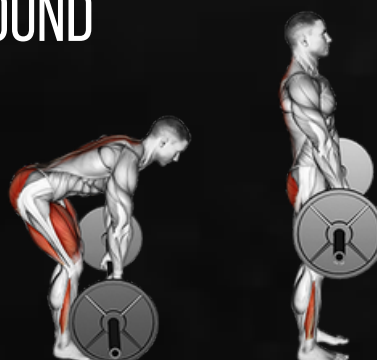
- YOU CAN PERFORM WITH A STRAIGHT OR EZ-BAR. IF YOU'RE USING A STRAIGHT BAR, HOLD WITH AN OVERHAND GRIP AT SHOULDER-WIDTH APART. IF YOU'RE USING AN EZ-BAR, HOLD AT THE OUTER BENT HANDLES USING AN OVERHAND GRIP.
- BEGIN BY STRETCHING YOUR BICEPS, HANDS IN FRONT OF THIGHS. CURL THE BAR TOWARDS YOUR SHOULDERS, MAINTAINING ELBOWS ALONG YOUR SIDES, AS YOU SQUEEZE BICEPS/FOREARMS AT THE TOP CONTRACTED POSITION.
- AVOID USING ROCKING BODY MOVEMENTS, ISOLATING YOUR BICEPS/FOREARMS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-1 | WRIST CURL (PALMS UP) (SUPERSET)

- SIT ON A BENCH WITH KNEES POSITIONED AT SHOULDER-WIDTH APART. USE DUMBBELLS OR BARBELLS FOR THIS EXERCISE.
- GRAB WITH PALMS FACING UPWARD AS YOUR FOREARMS REST ON YOUR THIGHS. WRIST/HANDS WILL HANG IN FRONT OF KNEES. YOU CAN ALSO PERFORM BY POSITIONING YOUR FOREARMS ACROSS A BENCH, AS YOUR HANDS/WRISTS HANG OVER THE EDGE.
- LOWER YOUR WRIST DOWNWARD AS THE WEIGHT RESTS ON YOUR FINGERTIPS, FULLY STRETCHING YOUR FOREARMS. RAISE YOUR WRIST UPWARDS AS YOU CURL THE WEIGHT WITH YOUR FINGERS, HOLDING AT THE TOP CONTRACTED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CURLED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## RACK LIFT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1.5 MIN   |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 8    | -         |               |



## PRIMARY MUSCLES TARGETED

ERECTOR SPINAE (MID | LOWER BACK)

### TEMPO | 1-1-1-0 | RACK LIFT

- SET THE SQUAT/POWER-RACK SAFETY BARS AT A LOW POSITION. THE BAR SHOULD REST SLIGHTLY BELOW YOUR KNEES.
- HOLD BARBELL WITH AN OVERHAND GRIP AT SHOULDER-WIDTH APART. YOU MAY USE A MIXED GRIP DURING HEAVY WEIGHT-LOADS.
- EXTEND YOUR ARMS, SLIGHTLY BEND KNEES, & BRING HIPS SLIGHTLY BACK. MAINTAIN YOUR TORSO AT NEUTRAL POSTURE. YOUR SPINE/NECK/HEAD/BACK SHOULD ALL BE FIXED & ALIGNED.
- USE YOUR BACK/GLUTES/LEGS, IMPLEMENTING HIP DRIVE TO RAISE THE BARBELL. WHEN THE UPRIGHT POSITION IS REACHED, THEY ALL SHOULD BE CONTRACTED. LOWER THE WEIGHT BACK DOWN, RESTING THE BARBELL ON THE SAFETY BARS FOR A 1-SEC COUNT.
- A LARGE AMOUNT OF TENSION WILL BE FELT ON YOUR LOWER BACK RATHER THAN YOUR LEGS DUE TO THE HEIGHT OF THE BAR.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD SLIGHTLY LONGER PAUSES AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# SHOULDERS

## WARM-UP

### CABLE EXTERNAL ROTATION | LATERAL RAISE

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 10   | 15   | 30 SEC    | ISOLATION     |
| 2   | 10   | 15   | 30-45 SEC | ISOLATION     |

#### TEMPO | 1-0-1-0 EXTERNAL CABLE ROTATION

- ADJUST THE CABLE PULLEY TO ELBOW-HEIGHT WITH A D-GRIP HANDLE ATTACHED.
- STAND SIDEWAYS TO THE PULLEY AS YOU GRAB THE HANDLE WITH THE FAR OPPOSITE HAND.
- MAINTAIN PALMS FACING INWARD, ARMS FIXED AT 90-DEGREES, & ELBOWS TUCKED IN BY YOUR SIDE.
- ROTATE YOUR SHOULDER & HAND OUTWARD, AS FAR AS POSSIBLE. SUSTAIN UPPER ARM CLOSE TO YOUR TORSO.
- USE A LIGHT WEIGHT-LOAD. ONCE NOTED REPETITION IS COMPLETE, PERFORM WITH YOUR OTHER ARM.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE INNER STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE OUTER CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE INNER STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

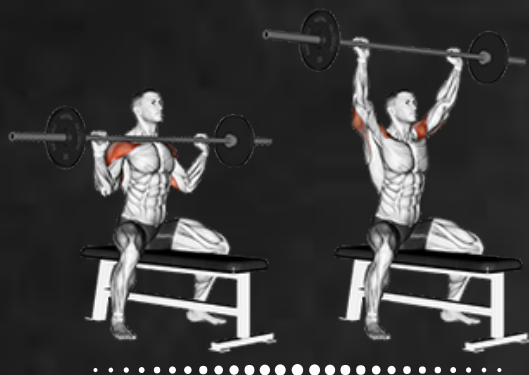
#### TEMPO | 1-0-1-0 LATERAL DUMBBELL RAISE [SUPERSET]

- GRAB LIGHT DUMBBELLS BY YOUR SIDES WITH PALMS FACING INWARD.
- AS A SLIGHT BEND IS SUSTAINED AT THE ELBOWS, RAISE ARMS SLIGHTLY HIGHER THAN SHOULDER-HEIGHT.
- LOWER YOUR ARMS BACK TO START POSITION AT A CONTROLLED PACE.
- MAINTAIN AN UPRIGHT NEUTRAL TORSO. AVOID THE USE OF MOMENTUM.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## SEATED BARBELL SHOULDER PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 60 SEC    | COMPOUND      |
| 2   | 12   | 1-1.5 MIN |               |
| 3   | 10   | 1-1.5 MIN |               |
| 4   | 10   | 1.5 MIN   |               |



## PRIMARY MUSCLES TARGETED

ANTERIOR | MEDIAL DELTOID (FRONT | SIDE DELTS)

#### TEMPO | 1-0-1-0

- GRAB THE BARBELL SLIGHTLY WIDER THAN SHOULDER-WIDTH APART AS THE BAR RESTS ALONG THE BASE OF YOUR HANDS.
- MAINTAIN A NEUTRAL UPRIGHT TORSO, FEET PLANTED ON THE FLOOR, WHILE SUSTAINING YOUR BACK ON THE BENCH.
- HOLD THE BAR ABOVE YOUR HEAD & LOWER TOWARDS YOUR UPPER CHEST. MAKE SURE TO LOWER THE BAR AT LEAST TO CHIN LEVEL, OBTAINING A GREAT STRETCH ON YOUR SHOULDERS, & ENSURING AN EFFECTIVE RANGE OF MOTION.
- EXTEND ARMS UPWARD, PUSHING & CONTRACTING YOUR DELTOIDS.
- AVOID ANY LATERAL MOVEMENT & FLEXION/EXTENSION WITH YOUR HEAD/NECK. ALWAYS MAINTAIN A NEUTRAL POSTURE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\* YOU MAY ADD A SHORT PAUSE AT TOP OR BOTTOM POSITIONS THROUGH THE FINAL REPS OF YOUR SETS\*

## SEATED DUMBBELL SHOULDER PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 8    | 1.5 MIN   |               |



## PRIMARY MUSCLES TARGETED

ANTERIOR | MEDIAL DELTOID (FRONT | SIDE DELTS)

#### TEMPO | 1-0-1-0

- SIT ON A BENCH ADJUSTED TO 90-DEGREES.
- MAINTAIN A NEUTRAL UPRIGHT TORSO, FEET PLANTED ON THE FLOOR, WHILE SUSTAINING YOUR BACK ON THE BENCH.
- PLACE DUMBBELLS ON TOP OF YOUR KNEES. KICK EACH KNEE UP TO EXTEND DUMBBELLS ABOVE YOUR HEAD. WHEN ATTEMPTING HEAVIER WEIGHT-LOADS, YOU MAY NEED A PARTNER TO HELP SPOT UP THE WEIGHT.
- WITH PALMS FACING OUTWARD, LOWER DUMBBELLS TO WHERE YOUR HANDS REACH EAR-LEVEL, OR SLIGHTLY BELOW. THIS ENFORCES AN EFFECTIVE RANGE OF MOTION, STRETCHING YOUR DELTOIDS.
- EXTEND ARMS UP, PUSHING & CONTRACTING YOUR SHOULDERS.
- AVOID ANY LATERAL MOVEMENT & FLEXION/EXTENSION WITH YOUR HEAD/NECK. ALWAYS MAINTAIN A NEUTRAL POSTURE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## UPRIGHT BARBELL ROW BARBELL FRONT RAISE

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 60 SEC    | COMPOUND      |
| 2   | 10   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10   | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

ANTERIOR | MEDIAL DELTOID | TRAPEZIUS

#### TEMPO | 1-0-1-0 UPRIGHT BARBELL ROW

- HOLD THE BAR USING AN OVERHAND GRIP, SLIGHTLY CLOSER THAN SHOULDER-WIDTH APART.
- EXTEND ARMS DOWNWARD, STRETCHING YOUR DELTS, AS THE BAR RESTS IN FRONT OF THIGHS. RAISE TOWARDS YOUR CHIN, WHILE ELBOWS FLARE OUTWARDS, CONTRACTING YOUR SHOULDERS. SUSTAIN THE BAR PATH CLOSE TO YOUR BODY.
- MAINTAIN AN UPRIGHT TORSO, HIGH CHEST, & ALIGNED HEAD/NECK/BACK.
- AVOID SWAYING YOUR BODY/LEG DRIVE, USING MOMENTUM TO RAISE THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 3-0-1-1 FRONT BARBELL RAISE [SUPERSET]

- HOLD THE BARBELL AT SHOULDER-WIDTH APART USING AN OVERHAND GRIP.
- MAINTAIN YOUR ARMS EXTENDED & ELBOWS IN THE LOCKED POSITION.
- BEGIN WITH THE BAR RESTING ON YOUR THIGHS. RAISE THE BARBELL TOWARDS SHOULDER-LEVEL, MAINTAINING AN UPRIGHT TORSO. HOLD FOR A 1-SEC COUNT & LOWER THE WEIGHT AT A SLOW PACE, 3-SEC COUNT, CONTROLLING THE NEGATIVE PHASE OF THE EXERCISE.
- AVOID THE USE OF MOMENTUM TO ISOLATE YOUR SHOULDERS.
- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*



# BARBELL REAR DELT ROW

## REAR DELT DUMBBELL RAISE

# PRIMARY MUSCLES TARGETED

POSTERIOR DELTOIDS (REAR DELTS)

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 12   | 12   | 60 SEC    | COMPOUND<br>ISOLATION |
| 2   | 10   | 10   | 60-75 SEC |                       |
| 3   | 10   | 10   | 60-75 SEC |                       |
| 4   | 8    | 8    | 1-1.5 MIN |                       |



TEMPO | 1-0-1-1

BARBELL REAR DELT ROW

- GRAB THE BARBELL WIDER THAN SHOULDER-WIDTH APART USING AN OVERHAND GRIP.
- BEND AT THE HIPS AS YOUR UPPER BODY IS JUST ABOVE PARALLEL TO THE GROUND. SLIGHTLY BEND KNEES, BRINGING YOUR HIPS BACK. MAINTAIN A NEUTRAL TORSO.
- EXTEND ARMS TOWARDS THE GROUND. RAISE THE BAR TOWARDS YOUR UPPER-CHEST/LOWER-NECK AREA. ELBOWS FLARE OUTWARD, PLACING TENSION ON YOUR SHOULDERS.
- HOLD AT THE CONTRACTED POSITION FOR A 1-SEC COUNT & LOWER THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 2-0-1-0

REAR DELT DUMBBELL RAISE (SUPERSET)

- HOLD DUMBBELLS BY YOUR SIDE WITH PALMS FACING INWARD.
- BEND AT THE HIPS AS YOUR UPPER BODY IS SLIGHTLY ABOVE PARALLEL TO THE GROUND. SUSTAIN A NEUTRAL TORSO WHILE YOUR HEAD/NECK/BACK ARE ALIGNED.
- MAINTAIN YOUR KNEES & ELBOWS SLIGHTLY BENT, HIPS BACK, WHILE ARMS EXTEND TOWARDS THE GROUND.
- RAISE THE DUMBBELLS UNTIL SHOULDER-LEVEL IS REACHED. LOWER THE WEIGHT BACK TO THE STARTING POSITION USING SLOW ECCENTRIC 2-SEC PHASES.
- AVOID ROCKING YOUR BODY, USING MOMENTUM TO HANDLE THE WEIGHT. CONTROL THE WEIGHT LOAD TO ISOLATE THE DELTOIDS.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

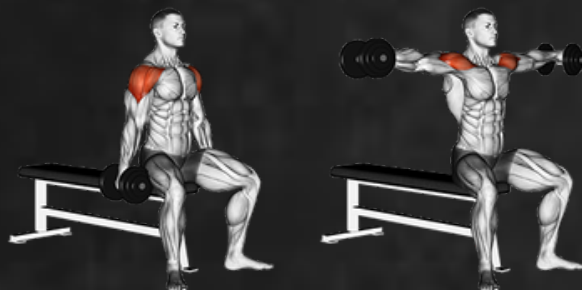
\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# SEATED LATERAL DUMBBELL RAISE

# PRIMARY MUSCLES TARGETED

MEDIAL DELTOID

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45-60 SEC | ISOLATION     |
| 2   | 15   | 60 SEC    |               |
| 3   | 15   | 60 SEC    |               |



TEMPO | 1-0-1-0

- SIT ON A BENCH, HOLDING DUMBBELLS BY YOUR SIDES, AS PALMS FACE YOUR BODY.
- EXTEND ARMS, MAINTAINING A SLIGHT BENT ON YOUR ELBOWS THROUGHOUT ECCENTRIC/CONCENTRIC MOVEMENTS.
- RAISE THE DUMBBELLS UNTIL ARMS BECOME PARALLEL TO THE GROUND, ENSURING AN EFFECTIVE RANGE OF MOTION. REVERSE THE MOVEMENT, LOWERING ARMS TO YOUR SIDES, STRETCHING YOUR DELTOIDS.
- AVOID THE USE OF MOMENTUM, LEANING AND ROCKING YOUR BODY. FOCUS ON ISOLATING YOUR DELTOIDS, CONTROLLING POSITIVE & NEGATIVE PHASES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

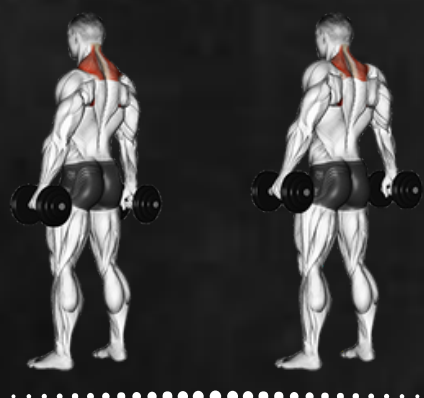
\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# DUMBBELL SHRUG

# PRIMARY MUSCLES TARGETED

TRAPEZIUS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 45-60 SEC | ISOLATION     |
| 2   | 10   | 45-60 SEC |               |
| 3   | 10   | 45-60 SEC |               |
| 4   | 8    | -         |               |



TEMPO | 1-0-1-1

- STAND UPRIGHT WHILE HOLDING DUMBBELLS BY YOUR SIDES, AS PALMS FACE YOUR SIDES.
- LOWER YOUR SHOULDERS SLIGHTLY BELOW RESTING POSITION, ESTABLISHING A GOOD STRETCH ON YOUR TRAPS.
- RAISE SHOULDERS, CONTRACTING YOUR TRAPS, HOLDING AT THE CONTRACTED POSITION FOR A 1-SEC COUNT.
- MAINTAIN YOUR ARMS EXTENDED & ELBOWS LOCKED AT ALL TIMES. KEEP TORSO AT THE NEUTRAL UPRIGHT POSITION AS YOUR BACK/NECK/HEAD REMAINS ALIGNED.
- AVOID LATERAL HEAD MOVEMENTS & ROCKING YOUR BODY TO PULL THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# CALVES III

## STANDING CALF RAISE

### PRIMARY MUSCLES TARGETED

GASTROCNEMIUS

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 12   | 20   | 60 SEC | ISOLATION     |
| 2   | 12   | 20   | 60 SEC |               |
| 3   | 10   | 15   | 60 SEC |               |
| 4   | 10   | 15   | 60 SEC |               |



#### TEMPO | 1-0-1-1

- STAND UPRIGHT WITH YOUR TOES ON THE PLATFORM'S EDGE. POSITION YOUR FEET SLIGHTLY CLOSER THAN SHOULDER-WIDTH APART. YOU CAN PERFORM ON THE STANDING CALF RAISE STATION, OR IN THE SMITH MACHINE.
- PLACE YOUR SHOULDERS/TRAPS UNDER THE PAD/BAR. MAKE SURE YOUR LEGS REMAIN EXTENDED, SUSTAINING TORSO AT THE NEUTRAL UPRIGHT POSITION. AVOID BENDING AT THE KNEES, MAINTAINING TENSION ON YOUR CALVES.
- LOWER YOUR HEELS, ENSURING A FULL STRETCH. RAISE HEELS UNTIL YOU'VE REACHED THE FLEXED/CONTRACTED POSITION. HOLD AT THE CONTRACTED POSITION FOR A 1-SEC COUNT, & LOWER HEELS BACK TOWARDS THE BOTTOM STRETCHED POSITION.
- MAINTAIN A SHARP FOCUS ON STRETCHING/CONTRACTING, AS YOU OBTAIN A FULL RANGE OF MOTION. STRETCH CALVES IN BETWEEN REST PERIODS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE CONTRACTED POSITION. ONCE THE TOP POSITION IS REACHED, IMMEDIATELY LOWER TOWARDS THE STRETCHED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## SEATED CALF RAISE

### PRIMARY MUSCLES TARGETED

SOLEUS

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 12   | 20   | 60 SEC | ISOLATION     |
| 2   | 10   | 20   | 60 SEC |               |
| 3   | 10   | 15   | 60 SEC |               |
| 4   | 8    | 15   | 60 SEC |               |



#### TEMPO | 1-0-1-1

- SIT AT AN UPRIGHT POSITION WITH YOUR TOES ON THE PLATFORM'S EDGE. POSITION YOUR FEET AT HIP-WIDTH APART AS TOES POINT FORWARD.
- ADJUST THE PAD ACCORDING TO YOUR HEIGHT, RESTING IT ABOVE YOUR KNEES.
- SLOWLY LOWER HEELS, ACHIEVING A FULL STRETCH ON YOUR CALVES. RAISE HEELS UNTIL THE FLEXED/CONTRACTED POSITION IS REACHED. HOLD FOR A 1-SEC COUNT, & LOWER HEELS TOWARDS THE STRETCHED POSITION.
- MAINTAIN A SHARP FOCUS ON STRETCHING & CONTRACTING, ENSURING A FULL RANGE OF MOTION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE CONTRACTED POSITION. ONCE THE TOP POSITION IS REACHED, IMMEDIATELY LOWER TOWARDS THE STRETCHED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LEG PRESS CALF RAISE

[TOES IN | HEELS OUT] - [TOES OUT | HEELS IN]

### PRIMARY MUSCLES TARGETED

GASTROCNEMIUS LATERAL HEAD | GASTROCNEMIUS MEDIAL HEAD

| SET | REPS    | REPS    | REST      | EXERCISE TYPE |
|-----|---------|---------|-----------|---------------|
| 1   | 10   10 | 15   15 | 60-75 SEC | ISOLATION     |
| 2   | 10   10 | 15   15 | 60-75 SEC | ISOLATION     |
| 3   | 8   8   | 12   12 | 60-75 SEC |               |



#### TEMPO | 1-0-1-1

[TOES IN, HEELS OUT] | [TOES OUT, HEELS IN]

- ADJUST THE LEG PRESS MACHINE TO ABOUT 90-DEGREES. SIT & MAINTAIN YOUR BACK/GLUTES ON THE SEAT AT ALL TIMES.
- PLACE YOUR TOES ON THE LOWER PORTION OF THE PLATFORM. POINT TOES INWARD AS HEELS FACE OUTWARD.
- LOWER YOUR TOES, AS HEELS RAISE, OBTAINING A FULL STRETCH ON YOUR CALVES.
- PRESS UPWARD UNTIL YOU'VE REACH THE FLEXED/CONTRACTED POSITION. HOLD FOR A 1-SEC COUNT & LOWER TOES BACK TOWARDS THE STRETCHED POSITION.
- MAINTAIN A SHARP FOCUS ON STRETCHING & CONTRACTING, ENSURING FULL RANGE OF MOTION.
- ONCE COMPLETED, SWITCH FOOT STANCE, AS TOES NOW POINT OUTWARD & HEELS FACE INWARD. PROCEED & PERFORM NOTED REPS. EXAMPLE: FOR SET 1, YOU WILL PERFORM 10 REPS WITH TOES IN, 10 REPS WITH TOES OUT, WITH NO REST IN BETWEEN.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE CONTRACTED POSITION. ONCE THE TOP POSITION IS REACHED, IMMEDIATELY LOWER TOWARDS THE STRETCHED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LEG PRESS CALF RAISE

### PRIMARY MUSCLES TARGETED

GASTROCNEMIUS

| SET | REPS | REPS | REST | EXERCISE TYPE |
|-----|------|------|------|---------------|
| 1   | 20   | 40   | -    | ISOLATION     |

#### TEMPO | 1-0-1-0

#### TEMPO | 1-0-1-0

- ADJUST YOUR FEET AS TOES NOW POINT FORWARD & HEELS FACE BACK.
- LOWER YOUR TOES, OBTAINING A FULL STRETCH ON YOUR CALVES.
- PRESS WITH YOUR TOES UNTIL THE CONTRACTED POSITION IS REACHED. MAINTAIN A SHARP FOCUS ON STRETCHING & CONTRACTING, ACHIEVING FULL RANGE OF MOTION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT TOP CONTRACTED POSITION

\*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION THROUGH DURING THE SET\*

# ABS

## SIT UP

| SET | REPS    | REST      | EXERCISE TYPE |
|-----|---------|-----------|---------------|
| 1   | 10      | 30-45 SEC | COMPOUND      |
| 2   | 12      | 30-45 SEC |               |
| 3   | FAILURE | 45 SEC    |               |
| 4   | FAILURE | 60 SEC    |               |



## PRIMARY MUSCLES TARGETED

RECTUS ABDOMINIS

TEMPO | 3-0-1-0

- LIE ON THE FLOOR/MAT WITH YOUR LEGS BENT, FEET PLANTED FLAT. YOU CAN HAVE A PARTNER HOLD YOUR FEET, OR PLACE THEM UNDER A FIRM STRUCTURE TO STABILIZE YOUR BODY.
- CROSS YOUR ARMS IN FRONT OF YOUR CHEST, OR PLACE HANDS BY YOUR EARS/HEAD WITH YOUR PALMS FACING FORWARD. ELBOWS WILL FLARE OUTWARD.
- RAISE YOURSELF OFF THE GROUND UNTIL YOU'VE REACHED AN UPRIGHT POSITION. CONTRACT/TIGHTEN CORE AS YOU'RE TRAVELING TOWARDS YOUR THIGHS.
- FOCUS ON THE NEGATIVE PORTION OF THE MOVEMENT AS YOU SLOWLY LOWER YOURSELF BACK TO THE GROUND USING 3-SEC COUNTS. LOWER UNTIL YOUR TORSO IS RESTED FLAT ON THE GROUND.
- YOUR LOWER BACK WILL EXPERIENCE TENSION. MAINTAIN CORE CONTRACTED TO HELP RELIEVE STRESS.
- **LIFTING TEMPO:** 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT TOP CONTRACTED POSITION

\*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION\*

## KNEELED CABLE CRUNCH

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45 SEC    | ISOLATION     |
| 2   | 12   | 45-60 SEC |               |
| 3   | 12   | 45-60 SEC |               |
| 4   | 10   | 60 SEC    |               |



## PRIMARY MUSCLES TARGETED

RECTUS ABDOMINIS

TEMPO | 1-0-1-1

- INSERT A BAR/ROPE EXTENSION TO A HIGH PULLEY MACHINE.
- THERE ARE SEVERAL WAYS YOU CAN HOLD THE ATTACHMENT. IF YOU'RE USING THE ROPE, GRIP WITH PALMS FACING INWARD. IF USING THE BAR, YOU MAY HOLD WITH EITHER AN OVERHAND OR UNDERHAND GRIP AT SHOULDER-WIDTH APART.
- KNEEL UNDER THE PULLEY & HOLD THE ATTACHMENT BEHIND YOUR NECK/BACK-OF-HEAD WHILE ELBOWS POINT FORWARD. MAINTAIN LEGS CLOSE TO A 90-DEGREE ANGLE.
- HIPS SHOULD BE FIXED AND LOCKED. SLIGHTLY ARCH YOUR BACK AT THE TOP POSITION, STRETCHING OUT YOUR CORE. LOWER YOURSELF TOWARDS YOUR THIGHS AS YOU CREATE FLEXION WITH YOUR SPINE. EXHALE/CONTRACT ABS. HOLD AT THE CONTRACTED POSITION USING A 1-SEC COUNT.
- RAISE YOURSELF UP AS YOU FOCUS ON STRETCHING YOUR CORE.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC, 1-SEC PAUSE AT BOTTOM CONTRACTED POSITION.

\*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE TOP POSITION\*

## KNEELED CABLE OBLIQUE CRUNCH

| SET | REPS | REST    | EXERCISE TYPE |
|-----|------|---------|---------------|
| 1   | 12   | 45 SECS | ISOLATION     |
| 2   | 10   | 45 SECS |               |
| 3   | 10   | 45 SECS |               |

\*LEFT ELBOW TO RIGHT KNEE,  
RIGHT ELBOW TO LEFT KNEE



## PRIMARY MUSCLES TARGETED

OBLIQUES | RECTUS ABDOMINIS

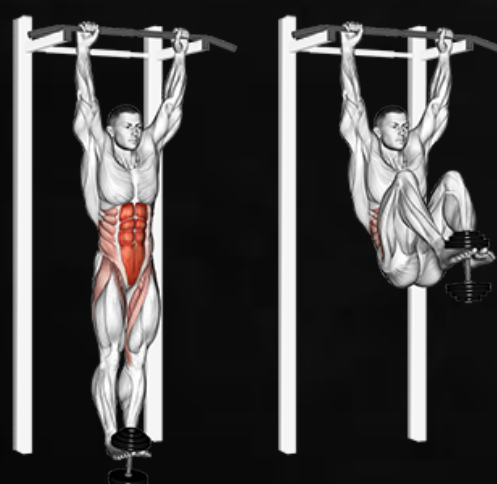
TEMPO | 1-0-1-0

- SIMILAR INSTRUCTIONS FROM ABOVE APPLY, JUST WITH A DIFFERENT EXECUTION.
- AS YOU BEND AT THE HIPS, LOWER YOUR RIGHT ELBOW TOWARDS YOUR LEFT KNEE/THIGH.
- RISE UP TO THE STRETCHED POSITION, & CONTINUE BY LOWERING YOUR LEFT ELBOW TOWARDS YOUR RIGHT KNEE.
- CONTINUE TO ALTERNATE UNTIL YOU'VE REACHED THE REPETITION AMOUNT PER SIDE. FOR EXAMPLE, DURING SET 1, YOU WILL PERFORM 12 REPS PER SIDE, TOTALING TO 24 REPS.
- REMEMBER TO EXHALE DURING CONCENTRIC MOVEMENTS, AND INHALE THROUGHOUT THE ECCENTRIC PORTION OF THE EXERCISE.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT BOTTOM CONTRACTED POSITION.

\*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE TOP POSITION\*

## HANGING KNEE RAISE

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45-60 SEC | COMPOUND      |
| 2   | 12   | 45-60 SEC |               |
| 3   | 10   | -         |               |



## PRIMARY MUSCLES TARGETED

RECTUS ABDOMINIS

TEMPO | 2-0-1-0

- GRAB A PULL UP BAR AT SHOULDER-WIDTH APART USING AN OVERHAND GRIP.
- EXTEND YOUR ARMS AS YOUR BODY/FEET HANG OFF THE FLOOR. YOUR HEAD/NECK/ SPINE SHOULD BE AT THE NEUTRAL ALIGNED POSITION.
- RAISE YOUR KNEES TOWARDS YOUR TORSO. TRY RAISING AS FAR AS YOU CAN. CONTRACT YOUR CORE DURING THE MOVEMENT.
- SLOWLY LOWER LEGS BACK DOWN USING 2-SEC COUNTS. CONTROL THE NEGATIVE PORTION OF THE EXERCISE.
- FOCUS ON EXHALING DURING CONCENTRIC MOVEMENTS AND SQUEEZING/FLEXING YOUR CORE DURING THE EXERCISE. THIS WILL ASSIST IN AVOIDING MOMENTUM.
- PLACE DUMBBELLS BETWEEN YOUR FEET TO INCREASE RESISTANCE.
- IF YOU'RE UNABLE TO PERFORM HANGING, USE THE BACK SUPPORTED DIP/RAISE STATION. YOUR ELBOWS WILL REST ON THE MACHINE AS YOUR BACK IS ON THE PAD.
- **LIFTING TEMPO:** 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION\*

# ABS II CIRCUIT AB TRAINING

PERFORM 3 SETS FOR EVERY CIRCUIT (1,2,3).

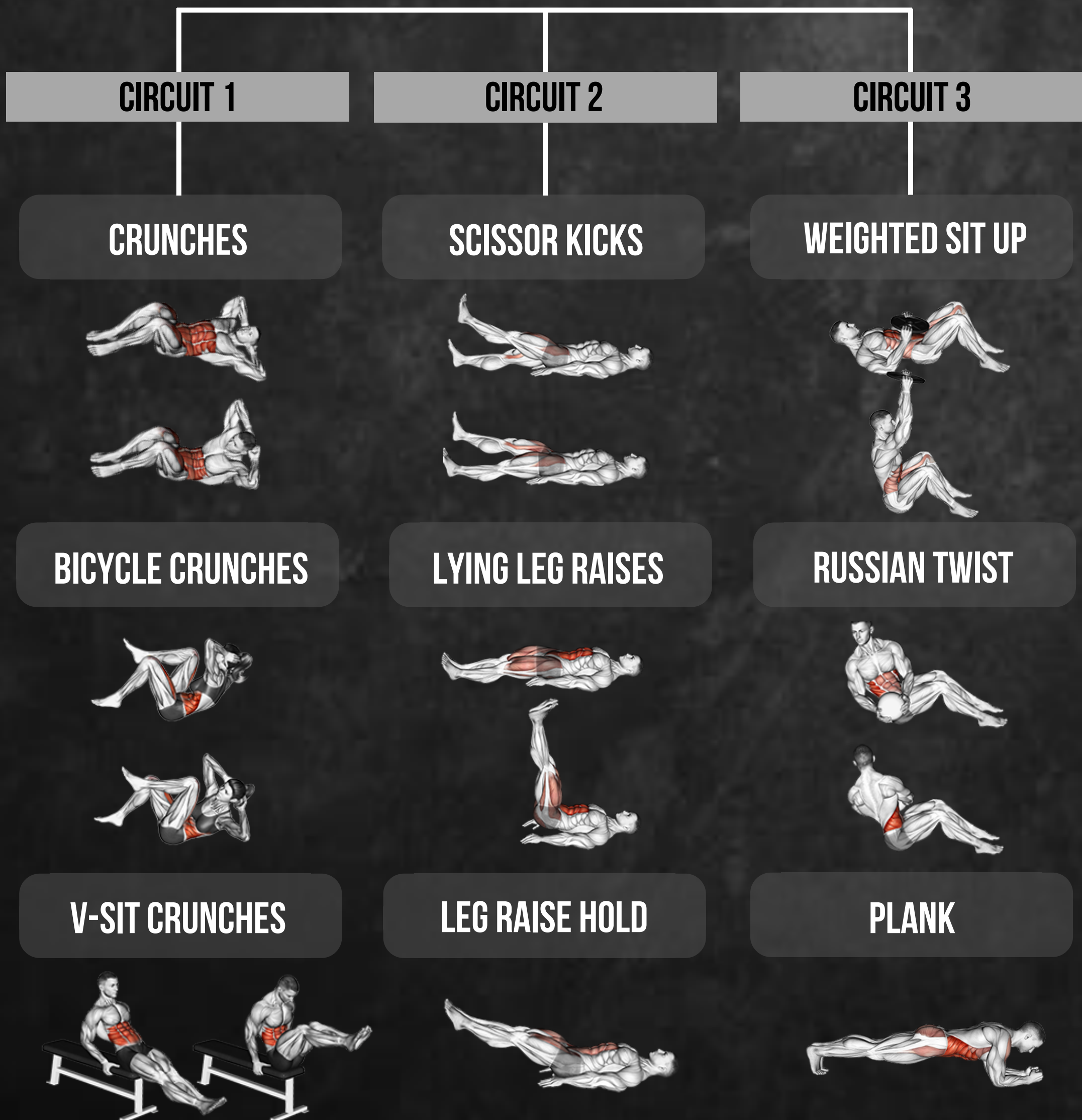
ONCE YOU COMPLETE 3 SETS, PROCEED TO THE NEXT CIRCUIT.

EXECUTE THE EXERCISES WITHOUT ANY REST IN BETWEEN, BUT IF YOU MUST, YOU MAY STOP DURING REPETITIONS TO QUICKLY CATCH YOUR BREATH.

PERFORM AS MANY REPETITIONS AS YOU CAN, PER EXERCISE, UNDER THE GIVEN TIME INTERVAL.

TAKE THE NOTED **REST PERIODS** AFTER EACH SET.

| WEEK 1-2                      | REST          | WEEK 3-4                      | REST          | WEEK 5                        | REST          |
|-------------------------------|---------------|-------------------------------|---------------|-------------------------------|---------------|
| SET 1 - 15-SEC PER EXERCISE - | <b>30 SEC</b> | SET 1 - 15 SEC PER EXERCISE - | <b>30 SEC</b> | SET 1 - 20 SEC PER EXERCISE - | <b>30 SEC</b> |
| SET 2 - 20-SEC PER EXERCISE - | <b>30 SEC</b> | SET 2 - 25 SEC PER EXERCISE - | <b>30 SEC</b> | SET 2 - 30 SEC PER EXERCISE - | <b>45 SEC</b> |
| SET 3 - 25-SEC PER EXERCISE - | <b>45 SEC</b> | SET 3 - 30 SEC PER EXERCISE - | <b>45 SEC</b> | SET 3 - 30 SEC PER EXERCISE - | <b>45 SEC</b> |



# WEEK

5

CHEST 29  
BACK 30  
BICEPS / TRICEPS 31  
LEGS 32  
SHOULDERS 33

| SET | REPS | REST   | TYPE     | LIFTING TEMPO |
|-----|------|--------|----------|---------------|
| 1   | 15   | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 15   | 30 SEC |          |               |

WARM-UP PUSH UP

## MID PULLEY CABLE FLY

| SET | REPS     | REST      | TYPE      | LIFTING TEMPO   |
|-----|----------|-----------|-----------|-----------------|
| 1   | 15       | 45 SEC    | ISOLATION | 1-0-1-0 2-0-1-2 |
| 2   | 12   10* | 60 SEC    |           |                 |
| 3   | 10   10  | 1-1.5 MIN |           |                 |
| 4   | 10   10  | 1-1.5 MIN |           |                 |

1-SEC | 2-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT WIDE STRETCHED POSITION  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 2-SEC PAUSE AT CLOSED CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE WIDE-STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

1

\*DROP SETS. PERFORM AT DIFFERENT NOTED TEMPO.

## HIGH PULLEY CABLE FLY

| SET | REPS        | REST      | TYPE      | LIFTING TEMPO |
|-----|-------------|-----------|-----------|---------------|
| 1   | 15          | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | 15          | 1-1.5 MIN |           |               |
| 3   | 10   8   6* | 1-1.5 MIN |           |               |

1-SEC ECCENTRIC PHASE  
 0-SEC PAUSE AT WIDE STRETCHED POSITION  
 1-SEC CONCENTRIC PHASE  
 0-SEC PAUSE AT CLOSED CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE WIDE-STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

2

\*DROP SETS.

## LOW PULLEY CABLE FLY

| SET | REPS     | REST      | TYPE      | LIFTING TEMPO   |
|-----|----------|-----------|-----------|-----------------|
| 1   | 12   10* | 1-1.5 MIN | ISOLATION | 1-0-1-0 2-0-1-2 |
| 2   | 10   10  | 1.5 MIN   |           |                 |
| 3   | 10   10  | 1.5 MIN   |           |                 |

1-SEC | 2-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT WIDE STRETCHED POSITION  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 2-SEC PAUSE AT CLOSED CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE WIDE-STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

3

\*DROP SETS. PERFORM AT DIFFERENT NOTED TEMPO.

## FLAT BENCH PRESS

| SET | REPS       | REST      | TYPE     | LIFTING TEMPO |
|-----|------------|-----------|----------|---------------|
| 1   | 15         | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 12   10*   | 1.5-2 MIN |          |               |
| 3   | 10   8   6 | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
 0-SEC PAUSE AT WIDE STRETCHED POSITION  
 1-SEC CONCENTRIC PHASE  
 0-SEC PAUSE AT CLOSED CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

4

\*DROP SETS.

## INCLINE BENCH PRESS

| SET | REPS       | REST      | TYPE     | LIFTING TEMPO |
|-----|------------|-----------|----------|---------------|
| 1   | 15         | 1.5 MIN   | COMPOUND | 1-0-1-0       |
| 2   | 12   10*   | 1.5-2 MIN |          |               |
| 3   | 10   8   6 | 2 MIN     |          |               |

1-SEC ECCENTRIC PHASE  
 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
 1-SEC CONCENTRIC PHASE  
 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

5

\*DROP SETS.

## DECLINE BENCH PRESS

| SET | REPS | REST      | TYPE     | LIFTING TEMPO |
|-----|------|-----------|----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 10   | 1-1.5 MIN |          |               |
| 3   | 10   | -         |          |               |

1-SEC ECCENTRIC PHASE  
 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
 1-SEC CONCENTRIC PHASE  
 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

6

| SET | REPS | REST   | TYPE     | LIFTING TEMPO |
|-----|------|--------|----------|---------------|
| 1   | 10   | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 12   | 30 SEC |          |               |

WARM-UP PULL UP

## WIDE GRIP PULL DOWN

| SET | REPS        | REST      | TYPE     | LIFTING TEMPO |
|-----|-------------|-----------|----------|---------------|
| 1   | 15          | 45 SEC    | COMPOUND | 1-0-1-0       |
| 2   | 12          | 45-60 SEC |          |               |
| 3   | 12   10*    | 1-1.5 MIN |          |               |
| 4   | 10   10   8 | 1.5 MIN   |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT TOP STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP-STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

1  
\*DROP SETS.

## UNDERHAND PULL DOWN | STRAIGHT ARM PULL DOWN

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------|-----------|-----------|-------------------|
| 1   | 15   15 | 60 SEC    | COMPOUND  | 1-0-1-0   2-0-1-1 |
| 2   | 12   12 | 1-1.5 MIN | ISOLATION |                   |
| 3   | 12   12 | 1-1.5 MIN |           |                   |

1-SEC | 2-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

2

## BARBELL BENT OVER ROW

| SET | REPS        | REST      | TYPE     | LIFTING TEMPO |
|-----|-------------|-----------|----------|---------------|
| 1   | 15          | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 12   10*    | 1.5 MIN   |          |               |
| 3   | 10   10   8 | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

3  
\*DROP SETS.

## T-BAR ROW

| SET | REPS        | REST      | TYPE     | LIFTING TEMPO |
|-----|-------------|-----------|----------|---------------|
| 1   | 15          | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 12   10*    | 1.5-2 MIN |          |               |
| 3   | 10   10   8 | 2 MIN     |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

4  
\*DROP SETS.

## DUMBBELL ROW

| SET | REPS | REST      | TYPE     | LIFTING TEMPO |
|-----|------|-----------|----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 10   | 1-1.5 MIN |          |               |
| 3   | 10   | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

5

## RACK LIFT

| SET | REPS | REST      | TYPE     | LIFTING TEMPO |
|-----|------|-----------|----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 10   | 1-1.5 MIN |          |               |
| 3   | 8    | -         |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF THE SET

6

# BICEPS & TRICEPS

| SET | REPS    | REST   | TYPE      | LIFTING TEMPO |
|-----|---------|--------|-----------|---------------|
| 1   | 10   10 | 30 SEC | ISOLATION | 1-0-1-0       |
| 2   | 10   10 | 45 SEC | COMPOUND  |               |

WARM-UP BARBELL CURL | TRICEP DIP

## EZ-BAR CURL [CLOSE GRIP] | TRICEP CABLE PRESS DOWN

| SET | REPS          | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------------|-----------|-----------|-------------------|
| 1   | 15   15       | 60 SEC    | ISOLATION | 2-0-1-0   1-0-1-0 |
| 2   | 15   15       | 60 SEC    | ISOLATION |                   |
| 3   | 12   12   10* | 1-1.5 MIN |           |                   |
| 4   | 10   10   8   | 1.5 MIN   |           |                   |

2-SEC | 1-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE STRETCHED POSITIONS  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

1

\*DROP SETS.

## EZ-BAR CURL [WIDE GRIP] | CABLE ROPE EXTENSION

| SET | REPS          | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------------|-----------|-----------|-------------------|
| 1   | 15   15       | 60 SEC    | ISOLATION | 2-0-1-0   1-0-1-0 |
| 2   | 15   15       | 60 SEC    | ISOLATION |                   |
| 3   | 12   12   10* | 1-1.5 MIN |           |                   |
| 4   | 10   10   8   | 1.5 MIN   |           |                   |

2-SEC | 1-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE STRETCHED POSITIONS  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

2

\*DROP SETS.

## DUMBBELL CURL | SEATED OVERHEAD DUMBBELL EXTENSION

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO     |
|-----|------------|-----------|-----------|-------------------|
| 1   | 15   15    | 60 SEC    | ISOLATION | 1-0-1-0   1-0-1-0 |
| 2   | 10   8*    | 1-1.5 MIN | ISOLATION |                   |
| 3   | 10   8   6 | 1.5 MIN   |           |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE STRETCHED POSITIONS  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

3

\*DROP SETS.

## HAMMER CURL | BENT OVER DUMBBELL EXTENSION

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO     |
|-----|------------|-----------|-----------|-------------------|
| 1   | 12   12    | 60 SEC    | ISOLATION | 1-0-1-0   1-0-1-0 |
| 2   | 10   8*    | 1-1.5 MIN | ISOLATION |                   |
| 3   | 10   8   6 | 1.5 MIN   |           |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE STRETCHED POSITIONS  
 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 0-SEC PAUSE AT THE CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

4

\*DROP SETS.

## REVERSED BARBELL CURL | WRIST CURL [PALMS UP] | BENCH DIP

| SET | REPS         | REST      | TYPE      | LIFTING TEMPO               |
|-----|--------------|-----------|-----------|-----------------------------|
| 1   | 15   15   15 | 1-1.5 MIN | ISOLATION | 1-0-1-0   1-0-1-0   1-0-1-0 |
| 2   | 15   15   15 | 1-1.5 MIN | ISOLATION |                             |
| 3   | 12   12   12 | -         | COMPOUND  |                             |

1-SEC | 1-SEC | 1-SEC ECCENTRIC PHASE  
 0-SEC | 0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
 1-SEC | 1-SEC | 1-SEC CONCENTRIC PHASE  
 0-SEC | 0-SEC | 0-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

5



| SET | REPS    | REST   | TYPE     | LIFTING TEMPO |
|-----|---------|--------|----------|---------------|
| 1   | 15   15 | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 15   15 | 30 SEC | COMPOUND |               |

WARM-UP

STATIONARY BODYWEIGHT LUNGES  
BODYWEIGHT SQUATS

## LEG EXTENSION

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO |
|-----|------------|-----------|-----------|---------------|
| 1   | 15         | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | 12         | 60 SEC    |           |               |
| 3   | 10   10*   | 1-1.5 MIN |           |               |
| 4   | 10   8   8 | 1-1.5 MIN |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

1  
\*DROP SETS.

## SEATED LEG CURL

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO |
|-----|------------|-----------|-----------|---------------|
| 1   | 15         | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | 12         | 60 SEC    |           |               |
| 3   | 10   10*   | 1-1.5 MIN |           |               |
| 4   | 10   8   8 | 1-1.5 MIN |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT TOP STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

2  
\*DROP SETS.

## BULGARIAN SPLIT SQUAT | DUMBBELL WALKING LUNGES

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO     |
|-----|---------|-----------|----------|-------------------|
| 1   | 12   10 | 1.5 MIN   | COMPOUND | 1-0-1-0   1-0-1-0 |
| 2   | 10   8  | 1.5-2 MIN | COMPOUND |                   |
| 3   | 10   8  | 2 MIN     |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITIONS THROUGH THE FINAL REPS OF THE SET

3  
\*PERFORM ALL REPETITIONS PER EACH LEG.

## BARBELL BACK SQUAT

| SET | REPS | REST    | TYPE     | LIFTING TEMPO |
|-----|------|---------|----------|---------------|
| 1   | 15   | 1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 20   | 2-3 MIN |          |               |
| 3   | 20   | 2-3 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

4

## BARBELL ROMANIAN DEADLIFT | DUMBBELL ROMANIAN DEADLIFT

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO     |
|-----|---------|-----------|----------|-------------------|
| 1   | 12   12 | 1.5 MIN   | COMPOUND | 1-0-1-0   2-1-1-0 |
| 2   | 10   10 | 1.5-2 MIN | COMPOUND |                   |
| 3   | 10   10 | 2 MIN     |          |                   |

1-SEC | 2-SEC ECCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF THE SET

5

## LEG PRESS [WIDE] | [NARROW] | GOBLET SQUAT

| SET | REPS         | REST    | TYPE                 | LIFTING TEMPO               |
|-----|--------------|---------|----------------------|-----------------------------|
| 1   | 15   15   10 | 2-3 MIN | COMPOUND             | 1-0-1-0   1-0-1-0   1-0-1-0 |
| 2   | 15   15   10 | -       | COMPOUND<br>COMPOUND |                             |

1-SEC | 1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC | 0-SEC PAUSE AT STRETCHED POSITION  
1-SEC | 1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC | 0-SEC PAUSE AT CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITIONS THROUGH THE FINAL REPS OF THE SET

6

| SET | REPS | REST   | TYPE      | LIFTING TEMPO |
|-----|------|--------|-----------|---------------|
| 1   | 15   | 30 SEC | ISOLATION | 1-0-1-0       |
| 2   | 15   | 30 SEC |           |               |

WARM-UP CABLE EXTERNAL ROTATION

## BARBELL SHOULDER PRESS

| SET | REPS   | REST      | TYPE     | LIFTING TEMPO |
|-----|--------|-----------|----------|---------------|
| 1   | 15     | 60 SEC    | COMPOUND | 1-0-1-0       |
| 2   | 12     | 1-1.5 MIN |          |               |
| 3   | 10 8*  | 1.5 MIN   |          |               |
| 4   | 10 8 6 | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF THE SET

1

\*DROP SETS.

## DUMBBELL SHOULDER PRESS

| SET | REPS   | REST      | TYPE     | LIFTING TEMPO |
|-----|--------|-----------|----------|---------------|
| 1   | 15     | 60 SEC    | COMPOUND | 1-0-1-0       |
| 2   | 12 10* | 1-1.5 MIN |          |               |
| 3   | 10 8 8 | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM OR TOP POSITION THROUGH THE FINAL REPS OF THE SET

2

\*DROP SETS.

## SIDE LATERAL DUMBBELL RAISE

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------|-----------|-----------|-------------------|
| 1   | 15      | 60 SEC    | ISOLATION | 2-0-1-1   1-0-1-0 |
| 2   | 12 10*  | 1-1.5 MIN |           |                   |
| 3   | 10 10 8 | 1.5 MIN   |           |                   |

2-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
1-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

3

\*DROP SETS. PERFORM AT DIFFERENT TEMPO.

## REAR DELT DUMBBELL RAISE | BARBELL REAR DELT ROW

| SET | REPS   | REST | TYPE      | LIFTING TEMPO |                   |
|-----|--------|------|-----------|---------------|-------------------|
| 1   | 15     | 12   | 1-1.5 MIN | ISOLATION     | 1-0-1-0   1-0-1-1 |
| 2   | 12 10* | 10   | 1-1.5 MIN | COMPOUND      |                   |
| 3   | 10 8 8 | 10   | 1.5 MIN   |               |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT TOP CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

4

\*DROP SETS.

## FRONT BARBELL RAISE | UPRIGHT BARBELL ROW

| SET | REPS   | REST | TYPE      | LIFTING TEMPO |                   |
|-----|--------|------|-----------|---------------|-------------------|
| 1   | 15     | 12   | 1-1.5 MIN | ISOLATION     | 1-0-1-0   2-0-1-0 |
| 2   | 12 10* | 10   | 1.5 MIN   | COMPOUND      |                   |
| 3   | 10 8 8 | 10   | 1.5-2 MIN |               |                   |

1-SEC | 2-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

5

\*DROP SETS.

## DUMBBELL SHRUG

| SET | REPS  | REST      | TYPE      | LIFTING TEMPO |
|-----|-------|-----------|-----------|---------------|
| 1   | 12    | 45-60 SEC | ISOLATION | 1-0-1-0       |
| 2   | 10 8* | 60 SEC    |           |               |
| 3   | 8 8 8 | -         |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF THE SET

6

\*DROP SETS.

# WEEK

# 6-9



|                 |    |
|-----------------|----|
| LEGS            | 35 |
| LEGS II         | 37 |
| CHEST   TRICEPS | 39 |
| BACK   BICEPS   | 41 |
| SHOULDERS       | 43 |
| CALVES I   II   | 45 |
| ABS             | 46 |
| ABS II          | 47 |

## WARM UP

### SINGLE LEG CURL | BODY WEIGHT SQUAT

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 15   | 30-45 SEC | ISOLATION     |
| 2   | 15   | 15   | 45-60 SEC | COMPOUND      |

#### TEMPO | 1-0-1-0 SINGLE LEG CURL

- PERFORM ON THE STANDING LEG CURL MACHINE. IF THE EQUIPMENT ISN'T AVAILABLE, YOU CAN USE THE LYING LEG CURL MACHINE, AS YOU CURL WITH ONE LEG & MAINTAIN THE OTHER EXTENDED. YOU MAY ALSO USE THE SEATED LEG CURL MACHINE, CURLING THE WEIGHT WITH ONE LEG, AS THE OTHER IS RESTING, CURLED ON THE SEAT.
- ISOLATE EACH HAMSTRING, CONTROLLING ECCENTRIC/CONCENTRIC PHASES. MAINTAIN A SHARP FOCUS ON STRETCHING, & SQUEEZING/CONTRACTING YOUR HAMSTRINGS.
- THIS IS AN OPENER. USE A LIGHT WEIGHT-LOAD, PERFORMING THE NOTED REPETITIONS PER LEG. YOU SHOULD SLIGHTLY BE STRUGGLING DURING FINAL REPS ON EACH SET. YOU WON'T NEED SHORT MIDWAY REST POINTS, AS I USUALLY NOTE ON WORKING-SETS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE CONTRACTED POSITION.

#### TEMPO | 1-0-1-0 BODY WEIGHT SQUAT (SUPERSET)

- POSITION YOUR FEET AT A NEUTRAL STANCE, TOES POINTED SLIGHTLY OUTWARD, MAINTAINING AN UPRIGHT NEUTRAL TORSO.
- CROSS YOUR HANDS BELOW YOUR CHIN, & POINT ELBOWS OUTWARD TO HELP SUSTAIN YOUR BALANCE AND POSTURE.
- FOCUS ON OBTAINING FULL RANGE OF MOTION, SQUATTING SLIGHTLY BELOW PARALLEL, ACTIVATING YOUR GLUTES, HAMSTRINGS, & QUADRICEPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*IF NEEDED, YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BARBELL BACK SQUAT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 60 SEC    | COMPOUND      |
| 2   | 12   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 10   | 2-3 MIN   |               |
| 5   | 8    | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

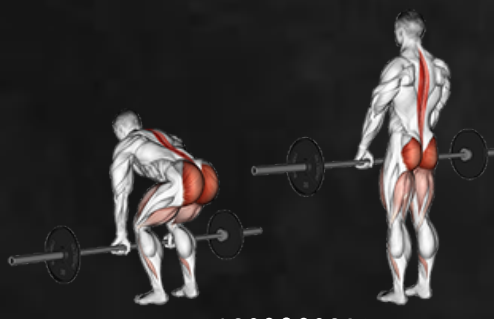
HAMSTRINGS | GLUTEUS | QUADRICEPS

#### TEMPO | 1-0-1-0

- PLACE YOUR FEET SHOULDER-WIDTH APART WHILE TOES POINT SLIGHTLY OUTWARD.
- HAVE A FIXED GAZE IN FRONT OF YOU TO HELP MAINTAIN YOUR HEAD & SPINE AT THE NEUTRAL POSITION.
- ALWAYS MAINTAIN A STRAIGHT BACK, ENGAGING YOUR CORE TO ASSIST YOUR LOWER BACK.
- BEGIN BY SITTING BACK INTO YOUR HIPS, BALANCING & DRIVING THE WEIGHT THROUGH YOUR HEELS.
- SQUAT SLIGHTLY BELOW PARALLEL, HIPS BELOW KNEES, TO ACHIEVE FULL RANGE OF MOTION. ONE OF YOUR MAIN GOALS IS TO OBTAIN A GOOD STRETCH ON YOUR HAMSTRINGS/GLUTES.
- WHEN DRIVING BACK UP, FOCUS ON KEEPING STRICT FORM, RECRUITING/CONTRACTING MAIN MUSCLE GROUPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## BARBELL CONVENTIONAL DEADLIFT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1.5 MIN   |               |
| 3   | 10   | 2 MIN     |               |
| 4   | 8    | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

HAMSTRINGS | GLUTEUS | QUADRICEPS | ERECTOR SPINAE

#### TEMPO | 1-1-1-0

- POSITION YOUR FEET HIP-WIDTH APART, TOES POINTED FORWARD, & ARMS AT SHOULDER-WIDTH LENGTH.
- LOWER & BRING YOUR HIPS BACK, BENDING AT THE KNEES, SUSTAINING THEM SLIGHTLY BEHIND YOUR TOES. AS YOU GRAB THE BAR WITH AN OVERHAND GRIP, RAISE YOUR TORSO UPWARD TO EXTEND YOUR ARMS, OBTAINING AN UPRIGHT CHEST. (ON HEAVY WEIGHT-LOADS, YOU MAY USE A MIXED GRIP TO ASSIST YOUR LIFT & AVOID BAR SLIP OUTS)
- MAINTAIN A NEUTRAL TORSO AS YOUR HEAD, NECK, & BACK REMAIN ALIGNED. KEEP ELBOWS FIXED AT THE LOCK POSITION. THIS WILL BE YOUR START POSITION.
- AS THE BAR IS CLOSE TO YOUR SHINS, BEGIN BY RAISING THE WEIGHT. NUMEROUS MUSCLE GROUPS ARE RECRUITED IN THIS EXERCISE. MAINTAIN A SHARP FOCUS ON HIP DRIVE, LIFTING THE WEIGHT USING YOUR LEGS, GLUTES & LOWER BACK. TIGHTEN YOUR LATS, MAINTAINING YOUR CHEST HIGH, NEVER ROUNDING YOUR BACK. GLUTES WILL BE CONTRACTED AT LOCKOUT POSITION.
- THE BAR SHOULD FOLLOW A STRAIGHT PATH, UPWARD & DOWNWARD. RESET AFTER EVERY REPETITION AT THE BOTTOM POSITION. DON'T BOUNCE THE BAR OFF THE FLOOR, RESULTING IN MOMENTUM TO CARRY THE LOAD.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD LONGER PAUSES AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## DUMBBELL ROMANIAN DEADLIFT

### HYPER EXTENSION

| SET | REPS        | REPS | REST      | EXERCISE TYPE |
|-----|-------------|------|-----------|---------------|
| 1   | 12          | 12   | 1.5 MIN   | COMPOUND      |
| 2   | 12   10     | 10   | 1.5-2 MIN |               |
| 3   | 10   10   8 | 10   | 2-3 MIN   |               |



## PRIMARY MUSCLES TARGETED

HAMSTRINGS | GLUTEUS | ERECTOR SPINAE

#### TEMPO | 1-0-1-0 DUMBBELL ROMANIAN DEADLIFT 'STIFF LEG'

- POSITION YOUR FEET HIP-WIDTH APART, TOES POINTED FORWARD, & ARMS AT SHOULDERS-WIDTH LENGTH.
- MAINTAIN A NEUTRAL TORSO AS YOUR HEAD/NECK/BACK REMAIN ALIGNED. KEEP ELBOWS FIXED AT THE LOCKED POSITION.
- AS YOU BEND AT THE HIPS, LOWER THE WEIGHT, STRETCHING HAMSTRINGS/GLUTES. YOUR LEGS WILL REMAIN EXTENDED WITH A SLIGHT BEND AT THE KNEES.
- ONE OF THE KEY OBJECTIVES WHEN EXECUTING IS TO MAINTAIN CONSTANT TENSION. AVOID ENTERING THE COMPLETE UPRIGHT LOCKOUT POSITION & PAUSING AT THE BOTTOM STRETCHED POSITION. BEFORE YOUR BODY REACHES UPRIGHT, IMMEDIATELY LOWER YOURSELF BACK DOWN. WHEN THE STRETCHED POSITION IS ACHIEVED, INSTANTLY RISE UP.
- DURING SET 2, YOU WILL PERFORM A DROP SET. ON SET 3, YOU WILL PERFORM A DOUBLE DROP SET.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION. \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM DURING FINAL REPS\*

#### TEMPO | 1-1-1-0 HYPER EXTENSION

- ADJUST THE PAD SO THEY ARE BELOW YOUR HIPS, TOUCHING YOUR MID-UPPER THIGH. AT THE TOP POSITION TUCK IN YOUR CHIN, LOOK DOWNWARD, ROUNDING YOUR UPPER BACK. THIS WILL EMPHASIZE TENSION ON YOUR GLUTES/HAMSTRINGS.
- LOWER YOURSELF TILL YOUR BODY CREATES A 90-DEGREE ANGLE. HOLD AT CONTRACTED POSITION, RISE UP, & AVOID PAUSING AT THE TOP POSITION. FOCUS ON SUSTAINING TENSION. INCREASE RESISTANCE BY HOLDING WEIGHT ACROSS YOUR CHEST.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# BARBELL HIP THRUST

**PRIMARY MUSCLES TARGETED**  
GLUTEUS [MAXIMUS | MEDIUS] | HAMSTRINGS

SET REPS REST EXERCISE TYPE

|   |    |           |          |
|---|----|-----------|----------|
| 1 | 12 | 1.5 MIN   | COMPOUND |
| 2 | 10 | 1.5-2 MIN |          |
| 3 | 10 | 1.5-2 MIN |          |
| 4 | 8  | 2-3 MIN   |          |



TEMPO | 1-1-1-1

- WRAP A BARBELL WITH A BAR PAD. AS YOU INCREASE WEIGHT THIS EXERCISE CAN BECOME PAINFUL TO PERFORM. BAR PADS ARE A MUST!
  - POSITION YOUR UPPER BACK ON A BENCH AS THE BAR IS LINED UP ON YOUR HIPS.
  - AT THE START POSITION, YOUR GLUTES WILL REST ON THE GROUND AS KNEES ARE BENT. POSITION YOUR FEET AT HIP-WIDTH APART, PLANTED ON THE FLOOR. DRIVE THE WEIGHT THROUGH THE HEELS OF YOUR FEET.
  - RAISE THE BAR USING HIP DRIVE. HOLD AT THE TOP CONTRACTED POSITION FOR A 1-SEC COUNT, CONTRACTING GLUTES. YOUR BODY SHOULD BE STRAIGHT AT THIS POINT AS YOUR KNEES, HIPS, & SHOULDERS ARE ALL ALIGNED. YOUR THIGHS & LOWER LEG WILL FORM A 90-DEGREE ANGLE.
  - LOWER THE BAR BY BRINGING YOUR HIPS & GLUTES BACK TO THE GROUND.
  - IF NEEDED, PERFORM BODY-WEIGHTED/LIGHTWEIGHT SETS BEFORE ENTERING WORKING SETS.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD LONGER PAUSES AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LYING LEG CURL

**PRIMARY MUSCLES TARGETED**  
HAMSTRINGS

SET REPS REST EXERCISE TYPE

|   |         |           |           |
|---|---------|-----------|-----------|
| 1 | 15   5  | 60 SEC    | ISOLATION |
| 2 | 15   8  | 1-1.5 MIN |           |
| 3 | 12   8  | 1-1.5 MIN |           |
| 4 | 10   10 | 1-1.5 MIN |           |



TEMPO | 1-0-1-0

TEMPO | 3-0-1-1

- ADJUST THE MACHINE AS THE PAD IS RESTING ABOVE YOUR HEELS. LIE DOWN & POSITION YOUR LEGS AT HIP-WIDTH APART.
  - GRIP THE HANDLE TO SUSTAIN YOUR BODY ON THE MACHINE AT ALL TIMES. (TORSO, MID-SECTION, PELVIS, THIGHS). THIS WILL HELP ISOLATE THE WEIGHT-LOAD TOWARDS YOUR HAMSTRINGS, AVOIDING THE USE OF MOMENTUM.
  - AT THE START POSITION, YOUR LEGS WILL BE EXTENDED, AS HAMSTRINGS ARE STRETCHED OUT. BEGIN TO CURL THE WEIGHT AS FAR AS YOU CAN. ONCE YOU REACHED THE CONTRACTED POSITION, EXTEND LEGS BACK DOWNWARDS.
  - IMMEDIATELY DECREASE THE WEIGHT-LOAD AND PERFORM THE **GOLD HIGHLIGHTED REPETITIONS (DROP SET)** USING SLOW NEGATIVES AS YOU HOLD DURING CONTRACTED POSITIONS. THE REPS PRIOR SHOULD BE PERFORMED AT FULL INTENSITY.
  - PERFORM ON THE SEATED LEG CURL MACHINE IF THIS EQUIPMENT IS UNAVAILABLE.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*
- LIFTING TEMPO: 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LEG EXTENSION

**PRIMARY MUSCLES TARGETED**  
QUADRICEPS

SET REPS REST EXERCISE TYPE

|   |    |        |           |
|---|----|--------|-----------|
| 1 | 10 | 60 SEC | ISOLATION |
| 2 | 10 | 60 SEC |           |
| 3 | 8  | 60 SEC |           |



TEMPO | 1-0-1-0

- POSITION YOUR LEGS SHOULDER-WIDTH APART. ADJUST THE MACHINE SO YOUR MID/LOWER SHINS ARE BEHIND THE PAD.
  - YOUR LEGS SHOULD FORM AT LEAST A 90-DEGREE ANGLE AT THE STARTING POSITION. I RECOMMEND FURTHER ADJUSTING THE MACHINE AS YOUR LEGS FORM LESS THAN 90-DEGREES, OBTAINING A GREATER STRETCH ON THE QUADRICEPS.
  - GRIP THE SIDE HANDLES, PULLING YOUR BODY DOWNWARDS & SUSTAINING YOUR GLUTES ON THE SEAT. THIS WILL HELP AVOID MOMENTUM, ISOLATING YOUR QUADRICEPS.
  - EXTEND LEGS & FLEX/CONTRACT YOUR QUADRICEPS. ONCE THE CONTRACTED POSITION IS REACHED, IMMEDIATELY LOWER THE WEIGHT TOWARDS THE STRETCHED POSITION.
  - CONTROL BOTH ECCENTRIC/CONCENTRIC PHASES OF THE MOVEMENT STRICTLY WITH YOUR QUADRICEPS.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LEGS II | QUADRICEP EMPHASIS

## WARM UP

### SINGLE LEG EXTENSION | STATIONARY LUNGES

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 15   | 15   | 30-45 SEC | ISOLATION     |
| 2   | 15   | 15   | 45-60 SEC | COMPOUND      |

#### TEMPO | 1-0-1-0 SINGLE LEG EXTENSION

- PERFORM ON THE LEG EXTENSION MACHINE, ONE LEG AT A TIME.
  - EXTEND ONE LEG, MAINTAINING THE OTHER CURLED AGAINST THE SEAT, ISOLATING EACH QUADRICEP.
  - CONTROL ECCENTRIC/CONCENTRIC PHASES AS YOU MAINTAIN A SHARP FOCUS ON STRETCHING & SQUEEZING/CONTRACTING YOUR QUADRICEPS.
  - THIS IS AN OPENER. USE A LIGHT WEIGHT-LOAD, PERFORMING THE NOTED REPS PER LEG. YOU SHOULD BE JUST SLIGHTLY STRUGGLING ON THOSE FINAL REPETITIONS ON EACH SET. YOU WON'T NEED REST-POINTS, AS I NOTE ON WORKING-SETS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

#### TEMPO | 1-0-1-0 BODY WEIGHT STATIONARY LUNGES [SUPERSET]

- POSITION YOUR FEET AT SHOULDER-WIDTH APART, AS YOU PLACE HANDS ON YOUR HIPS, OR CROSSED BELOW YOUR CHIN.
  - KEEP AN UPRIGHT TORSO, MAINTAINING YOUR CHEST HIGH & STRAIGHT BACK.
  - ENTER A SPLIT STANCE, LOWER HIPS, & BEND KNEES SIMULTANEOUSLY AS THEY DON'T GO PAST YOUR TOES.
  - PERFORM THE NOTED REPETITIONS PER LEG. FOCUS ON STRETCHING & CONTRACTING, ACTIVATING YOUR QUADRICEPS, HAMSTRINGS, & GLUTES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## HACK SQUAT [NARROW STANCE]

| SET | REPS | REST      | EXERCISE |
|-----|------|-----------|----------|
| 1   | 15   | 60 SEC    | COMPOUND |
| 2   | 12   | 1.5 MIN   |          |
| 3   | 10   | 1.5-2 MIN |          |
| 4   | 10   | 2 MIN     |          |



### PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS | GLUTEUS

#### TEMPO | 1-0-1-0

- POSITION YOUR FEET AT A NARROW STANCE, HIP-WIDTH APART, WHILE TOES POINT FORWARD.
  - HAVE A FIXED GAZE IN FRONT OF YOU TO HELP MAINTAIN YOUR HEAD & SPINE AT NEUTRAL POSTURE. SUSTAIN A STRAIGHT BACK, KEEPING IT ON THE BACK PAD AT ALL TIMES.
  - SQUAT SLIGHTLY BELOW PARALLEL, OBTAINING FULL RANGE OF MOTION. MAKE SURE YOUR FEET ARE POSITIONED SO YOUR KNEES DON'T FALL IN FRONT OF TOES.
  - DRIVE THE WEIGHT THROUGH YOUR HEELS WHEN SQUATTING BACK UP. KEEP A SLIGHT BENT ON YOUR KNEES AT THE UPRIGHT POSITION, AVOIDING LOCKOUT ON TOP.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## SMITH MACHINE STATIONARY LUNGES SMITH MACHINE NARROW STANCE SQUAT

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 1.5 MIN   | COMPOUND      |
| 2   | 10   | 10   | 1.5-2 MIN | COMPOUND      |
| 3   | 10   | 10   | 1.5-2 MIN |               |
| 4   | 8    | 8    | 2 MIN     |               |



### PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS | GLUTEUS

#### TEMPO | 1-0-1-0 STATIONARY LUNGES

- POSITION YOUR FEET HIP-WIDTH APART. TAKE A STEP FORWARD WITH ONE LEG & A STEP BACKWARD WITH THE OTHER. YOUR FEET SHOULD BE DISTANCED ENOUGH SO BOTH LEGS CREATE ABOUT A 90-DEGREE ANGLE AT THE BOTTOM LUNGE POSITION.
  - MAINTAIN AN UPRIGHT TORSO, HIGH CHEST, STRAIGHT BACK, & ALIGNED HEAD/NECK.
  - AS LUNGES ARE PERFORMED, AVOID LOCKOUTS ON TOP & PAUSES AT THE BOTTOM POSITIONS. WE ARE AIMING FOR CONSTANT TENSION THROUGHOUT THE SET. YOU CAN PLACE A SMALL PLATFORM FOR YOUR FRONT LEG TO INCREASE THE RANGE OF MOTION.
  - PERFORM THE NOTED REPETITIONS PER LEG. ONCE FINISHED, IMMEDIATELY JUMP INTO NARROW STANCE SQUATS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0 NARROW STANCE SQUAT [SUPERSET]

- POSITION YOUR FEET AT A NARROW STANCE, HIP-WIDTH APART, WITH TOES POINTED FORWARD.
  - WHEN UNCLIPPING THE BAR, YOU WILL NEED TO STEP SLIGHTLY FORWARD WITH BOTH FEET. YOUR KNEES SHOULD STAY SLIGHTLY BEHIND TOES WHEN PERFORMING SQUATS.
  - SQUAT SLIGHTLY BELOW PARALLEL. AS YOU RISE UP, AVOID THE UPRIGHT LOCKOUT POSITION. WE ARE GOING TO KEEP YOUR LEGS UNDER TENSION, KNEES SLIGHTLY BENT ON TOP, & IMMEDIATELY SQUATTING BACK DOWN.
  - DURING THE MOVEMENT MAINTAIN AN UPRIGHT TORSO AS YOUR HEAD/NECK/BACK REMAINS AT THE NEUTRAL POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### PRIMARY MUSCLES TARGETED

QUADRICEPS | GLUTEUS | HAMSTRINGS

## JEFFERSON SQUATS

| SET | *REPS | REST      | EXERCISE TYPE |
|-----|-------|-----------|---------------|
| 1   | 12    | 1.5 MIN   | COMPOUND      |
| 2   | 10    | 1.5-2 MIN |               |
| 3   | 8     | 1.5-2 MIN |               |



#### TEMPO | 1-0-1-0

- STAND ABOVE THE CENTER OF A BARBELL AS EACH END TRAVELS IN FRONT & BEHIND YOU.
  - POSITION YOUR LEGS AT A VERY WIDE STANCE, TOES POINTED OUTWARD, FORMING A 90-DEGREE ANGLE WITH YOUR FEET.
  - SQUAT DOWN AS YOU SIT ON THE CENTER OF THE BARBELL. GRAB THE BAR USING A MIXED GRIP AT SHOULDER-WIDTH LENGTH, ONE HAND IN FRONT & ONE HAND BEHIND. YOUR FRONT HAND WILL HAVE IT'S PALM FACING OUTWARD & YOUR HIND HAND WITH PALMS FACING INWARD. EX: IF THE RIGHT HAND IS IN FRONT, IT WILL FACE YOUR LEFT LEG, WHICH WILL BE THE WORKING-LEG.
  - RAISE THE BAR UP USING YOUR LEGS. THIS UPRIGHT POSTURE WILL BE YOUR STARTING POSITION.
  - SQUAT DOWN AS YOU FOCUS ON FOLLOWING A STRAIGHT VERTICAL PATH WITH YOUR HIPS. THE BAR SHOULD BE ALIGNED WITH YOUR SHOULDERS, BEHIND THE WORKING LEG. AS YOU RISE UP, MAINTAIN AN UPRIGHT TORSO, WHILE FOCUSING ON RECRUITING YOUR QUADS & GLUTES TO LIFT THE WEIGHT.
  - SWITCH SET UP & HAND PLACEMENT AFTER FINISHING NOTED REPETITIONS, & PERFORM FOR THE OTHER LEG.
  - AS YOU PERFORM THIS EXERCISE, IT'S CRUCIAL TO SUSTAIN PROPER FORM, KEEPING AN UPRIGHT TORSO, STRAIGHT BACK, & NEUTRAL HEAD/NECK/SPINE. DON'T RUSH REPETITIONS. FOCUS ON STRETCHING & CONTRACTING PRIMARY MUSCLE GROUPS.
  - USE WEIGHTS SMALLER THAN 45 LBS PLATES TO ENSURE A GREATER RANGE OF MOTION. JEFFERSON SQUATS MAY FEEL AWKWARD AT FIRST, BUT WITH PRACTICE YOU WON'T REGRET IT'S BENEFITS ON QUAD DEVELOPMENT, WHILE HELPING INCREASE ANKLE, KNEE, & HIP MOBILITY ON YOUR SQUAT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

\*PERFORM REPS FOR BOTH LEGS. EX: SET1: 12 REPS FOR LEFT LEG & 12 FOR RIGHT LEG.

# LEG PRESS [NARROW STANCE]

## PRIMARY MUSCLES TARGETED

QUADRICEPS | HAMSTRINGS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1.5 MIN   | COMPOUND      |
| 2   | 10   | 1.5-2 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 8    | 1.5-2 MIN |               |



**TEMPO | 1-0-1-0**

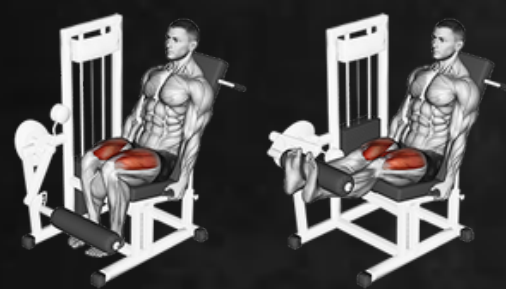
- POSITION YOUR FEET AT A NARROW STANCE, HIP-WIDTH APART, WHILE TOES POINT FORWARD.
  - MAINTAIN YOUR HEAD, NECK & BACK AT NEUTRAL POSTURE. DON'T ROUND YOUR LOWER BACK AS YOUR GLUTES/BACK REMAIN ON THE SEAT AT ALL TIMES.
  - PERFORM EACH REPETITION AT FULL RANGE OF MOTION, BRINGING YOUR LEGS TO ABOUT 90-DEGREES. YOUR KNEES & QUADRICEPS MAKING CONTACT WITH YOUR UPPER BODY IS A GOOD INDICATOR OF AN EFFECTIVE RANGE OF MOTION.
  - DRIVE THE WEIGHT UP THROUGH THE HEELS OF YOUR FEET. YOUR KNEES STAY BEHIND TOES AS YOU FEEL THE TENSION MOSTLY ON YOUR QUADRICEPS, DUE TO THE NARROW STANCE.
  - DO NOT LOCK YOUR KNEES ON TOP, MAINTAINING CONSTANT TENSION DURING ECCENTRIC & CONCENTRIC PHASES.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# LEG EXTENSION

## PRIMARY MUSCLES TARGETED

QUADRICEPS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45-60 SEC | ISOLATION     |
| 2   | 15   | 1-1.5 MIN |               |
| 3   | 25   | 1.5-2 MIN |               |
| 4   | 30   | 1.5-2 MIN |               |



**TEMPO | 1-0-1-0**

- POSITION YOUR LEGS AT SHOULDER-WIDTH APART. ADJUST THE MACHINE SO YOUR MID/LOWER SHINS ARE BEHIND THE PAD.
  - YOUR LEGS SHOULD FORM A 90-DEGREE ANGLE AT THE START POSITION. I RECOMMEND ADJUSTING THE MACHINE SO YOUR LEGS FORM LESS THAN 90-DEGREES, OBTAINING A GREATER STRETCH ON THE QUADRICEPS.
  - GRIP THE SIDE HANDLES, PULLING YOUR BODY DOWNWARDS & SUSTAINING YOUR GLUTES ON THE SEAT. THIS WILL HELP AVOID MOMENTUM, ISOLATING YOUR QUADRICEPS.
  - PER REPETITION, EXTEND LEGS & FLEX/CONTRACT YOUR QUADRICEPS. ONCE THE CONTRACTED POSITION IS REACHED, IMMEDIATELY LOWER THE WEIGHT TOWARDS THE STRETCHED POSITION.
  - CONTROL BOTH ECCENTRIC/CONCENTRIC PHASES OF THE MOVEMENT STRICTLY WITH YOUR QUADRICEPS.
  - SLIGHTLY DECREASE THE WEIGHT-LOAD PER SET, AS YOU'RE INCREASING REPETITIONS. FOR SETS 3 & 4, USE A WEIGHT WHERE YOU WILL REACH FAILURE ABOUT HALF WAY. TAKE A QUICK REST PERIOD OF 5-10 SEC & FINISH THE REMAINING REPETITIONS.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# SEATED LEG CURL

## PRIMARY MUSCLES TARGETED

HAMSTRINGS

| SET | REPS | REST   | EXERCISE TYPE |
|-----|------|--------|---------------|
| 1   | 10   | 60 SEC | ISOLATION     |
| 2   | 10   | 60 SEC |               |
| 3   | 8    | -      |               |



**TEMPO | 1-0-1-0**

- POSITION YOUR LEGS HIP-WIDTH APART, SITTING AT AN UPRIGHT POSITION. ADJUST THE MACHINE SO THE FOOT PAD IS ABOVE YOUR HEELS.
  - YOUR LEGS SHOULD BE PARALLEL TO THE GROUND AT THE START POSITION. THIS WILL ENFORCE FULL RANGE OF MOTION, ENSURING YOUR HAMSTRINGS OBTAINS A GREAT STRETCH.
  - CURL THE PAD AS FAR AS YOU CAN, CONTRACTING YOUR HAMSTRINGS.
  - FOCUS ON CONTROLLING BOTH ECCENTRIC AND CONCENTRIC MOVEMENTS, AVOIDING MOMENTUM.
  - LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# CHEST | TRICEPS

## WARM UP

### PUSH UP | BENCH DIP

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 10   | 10   | 30 SEC | COMPOUND      |
| 2   | 12   | 12   | 30 SEC | COMPOUND      |
| 3   | 12   | 12   | 30 SEC |               |

TEMPO | 1-0-1-0

#### PUSH UP

- POSITION YOUR HANDS AT SHOULDER-WIDTH APART, AS ELBOWS REMAIN AROUND 45-DEGREES FROM YOUR BODY.
  - MAINTAIN YOUR BODY ALIGNED, FROM HEAD TO TOE, AT A NEUTRAL POSTURE. TIGHTEN YOUR GLUTES & CORE. AVOID BENDING YOUR KNEES, HIP FLEXION, OR ANY UNNECESSARY BODY ROCKING MOVEMENTS.
  - LOWER YOURSELF AS YOUR CHEST MAKES CONTACT WITH THE FLOOR. PRESS UP, WITH A FOCUS ON SQUEEZING YOUR PECs.
  - IF YOU CAN'T PRESS YOUR OWN BODY WEIGHT, PERFORM USING A DIFFERENT VARIATION. YOU CAN PLACE YOUR HANDS ON AN ELEVATED PLATFORM. YOU MAY ALSO PERFORM ON YOUR KNEES.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 1-0-1-0

#### BENCH DIP [SUPERSET]

- PLACE THE HEELS OF YOUR HANDS ON THE EDGE OF A BENCH, AT SHOULDER-WIDTH APART.
  - WITH LEGS EXTENDED, LOWER YOURSELF UNTIL YOUR ARMS CREATE A 90-DEGREE ANGLE, STRETCHING YOUR TRICEPS.
  - FOCUS ON USING YOUR TRICEPS TO RAISE YOURSELF, CONTRACTING ON TOP.
  - IF YOU'RE UNABLE TO RAISE YOUR BODY WEIGHT, BEND YOUR KNEES & ASSIST YOURSELF UP USING YOUR LEGS.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## FLAT BENCH DUMBBELL PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 60 SEC    | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 8    | 1.5-2 MIN |               |



## PRIMARY MUSCLES TARGETED

PECTORALIS MAJOR [PECS]

TEMPO | 1-0-1-0

- THE SET UP CAN BE A BIT DIFFICULT DURING HEAVY SETS. HOLD THE DUMBBELLS ON YOUR THIGHS, CLOSE TO YOUR BODY, WITH PALMS FACING INWARD. AS YOU START TO LAY BACK ON THE BENCH, DUMBBELLS WILL START TO REST ON YOUR BODY. ONCE YOU ARE FLAT, THE DUMBBELLS SHOULD BE RESTING ON YOUR CHEST. ROTATE YOUR WRIST UNTIL YOU REACHED AN OVERHAND GRIP. BE AS SAFE AS POSSIBLE, AVOIDING INJURIES. USE A PARTNER IF AVAILABLE.
  - AS DUMBBELLS ARE BY THE SIDES OF YOUR CHEST, PRESS UP. THE MOTION WILL FEEL MORE NATURAL ON YOUR JOINTS (SHOULDERS/ELBOWS) THAN A BARBELL BENCH PRESS. EXTEND ARMS UPWARD, CONTRACTING YOUR PECs.
  - LOWER THE DUMBBELLS UNTIL THEY REACH CHEST LEVEL. YOUR ARMS SHOULD FORM AN ANGLE SLIGHTLY LOWER THAN 90-DEGREES TO ENSURE AN EFFECTIVE RANGE OF MOTION.
  - MAINTAIN YOUR UPPER BACK FIRM ON THE BENCH AS YOUR LOWER BACK IS SLIGHTLY ARCHED. YOUR FEET REMAIN PLANTED ON THE GROUND & YOUR ELBOWS ARE SET AT AROUND 45 DEGREES FROM YOUR SIDE/BODY. CONTROL ECCENTRIC/CONCENTRIC PHASES.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## PRIMARY MUSCLES TARGETED

CLAVICULAR HEAD [UPPER PECs]

## INCLINE BENCH DUMBBELL PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1.5 MIN   |               |
| 4   | 8    | 1.5-2 MIN |               |



TEMPO | 1-0-1-0

- ADJUST THE BENCH TO THE INCLINE POSITION. HOLD THE DUMBBELLS ON YOUR THIGHS WITH PALMS FACING INWARD, SITTING AT AN UPRIGHT POSITION. KICK EACH LEG UP, RAISING DUMBBELLS TO YOUR CHEST AS YOU LAY BACK ON THE BENCH.
  - ROTATE WRIST TO REACH AN OVERHAND GRIP & PRESS THE DUMBBELLS UP. AS YOU EXTEND ARMS UPWARD, FOCUS ON CONTRACTING YOUR PECs.
  - LOWER THE DUMBBELLS, REACHING CHEST LEVEL. YOUR ARMS SHOULD FORM AN ANGLE SLIGHTLY LOWER THAN 90-DEGREES TO OBTAIN AN EFFECTIVE RANGE OF MOTION.
  - MAINTAIN YOUR BACK FIRM ON THE BENCH AS YOUR FEET REMAIN PLANTED ON THE GROUND. YOUR ELBOWS SHOULD BE SET AROUND 45-DEGREES FROM YOUR SIDES/BODY. CONTROL ECCENTRIC/CONCENTRIC PHASES.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## PRIMARY MUSCLES TARGETED

STERNAL HEAD [LOWER PECs] | TRICEPS BRACHII [ALL HEADS]

## HAMMER STRENGTH DECLINE PRESS CLOSE GRIP BARBELL BENCH PRESS

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 10   | 10   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 10   | 1.5 MIN   | COMPOUND      |
| 3   | 8    | 8    | 1.5 MIN   |               |



TEMPO | 1-0-1-0

#### HAMMER STRENGTH DECLINE PRESS

- ADJUST THE SEAT AS THE HANDLES OF THE MACHINE ARE ALIGNED WITH YOUR LOWER CHEST. WHEN ATTEMPTING HEAVIER WEIGHT, YOU MAY NEED TO STRAP YOURSELF WITH THE SEAT BELT PROVIDED TO MAINTAIN YOUR BODY AGAINST THE SEAT.
  - PROCEED BY PRESSING THE WEIGHT. IT WILL FEEL LIKE A DOWNWARD PUSH MOTION SINCE TENSION IS BEING PLACED ON YOUR LOWER PEC. MAINTAIN A SHARP FOCUS ON CONTRACTING YOUR PECs AS YOU EXTEND ARMS.
  - LOWER THE WEIGHT BACK, STRETCHING YOUR CHEST, STOPPING RIGHT BEFORE THE HANDLES REACH ITS SAFETY STOP. PROCEED BY IMMEDIATELY PRESSING THE WEIGHT BACK UP, SUSTAINING TENSION ON YOUR CHEST.
  - CONTROL ECCENTRIC & CONCENTRIC PHASES WHILE MAINTAINING A NEUTRAL TORSO.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE INNER STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE OUTER CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE INNER OR OUTER POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 1-0-1-0

#### CLOSE GRIP BARBELL BENCH PRESS [SUPERSET]

- GRAB THE BAR AT SHOULDER-WIDTH APART, OR SLIGHTLY CLOSER. THE BAR SHOULD REST AT THE BASE OF YOUR PALMS.
  - KEEP YOUR BACK ON THE BENCH, FEET PLANTED ON THE GROUND, MAINTAINING A NEUTRAL TORSO.
  - ELBOWS WILL REMAIN TUCKED IN, CLOSE TO YOUR SIDES, AS TENSION IS TRANSFERRED TOWARDS YOUR TRICEPS. LOWER THE BAR & MAKE CONTACT WITH YOUR MID-CHEST.
  - FOCUS ON SQUEEZING YOUR TRICEPS WHEN PRESSING THE WEIGHT UP. YOUR TRICEPS WILL EXPERIENCE MOST OF THE STRESS.
  - **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

\*THIS ILLUSTRATION REPRESENTS AN INCLINE LEVERAGE HAMMER STRENGTH. THE DECLINE MACHINE'S SEAT WILL BE TILTED AS YOU PRESS DOWNWARD.



## FLAT BENCH DUMBBELL FLY LYING DUMBBELL EXTENSION

| SET | REPS   | REPS | REST      | EXERCISE TYPE |
|-----|--------|------|-----------|---------------|
| 1   | 15     | 15   | 45-60 SEC | ISOLATION     |
| 2   | 10 8   | 12   | 1-1.5 MIN | ISOLATION     |
| 3   | 10 8 6 | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

PECTORALIS MAJOR | TRICEPS BRACHII (LONG HEAD)

### TEMPO | 2-0-1-0 | FLAT BENCH DUMBBELL FLY

- HOLD DUMBBELLS WITH PALMS FACING INWARD AS YOU LAY FLAT ON THE BENCH.
- PRESS THE DUMBBELLS UPWARD, EXTENDING YOUR ARMS, MAINTAINING A SLIGHT BENT ON YOUR ELBOWS.
- SLOWLY LOWER ARMS ALONG YOUR SIDES, STRETCHING YOUR PECS UNTIL HANDS REACH CHEST LEVEL.
- RAISE ARMS BACK TOGETHER, CONTRACTING YOUR CHEST, REPLICATING A HUGGING MOTION.
- DURING CONCENTRICS, AVOID LOCKOUT AT THE TOP POSITION. STOP SEVERAL INCHES BEFORE DUMBBELLS TOUCH, & LOWER USING SLOW 2-SEC ECCENTRIC PHASES. THIS WILL MAINTAIN TENSION ON YOUR CHEST. PERFORM DROP SETS ON SETS 2 & 3.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

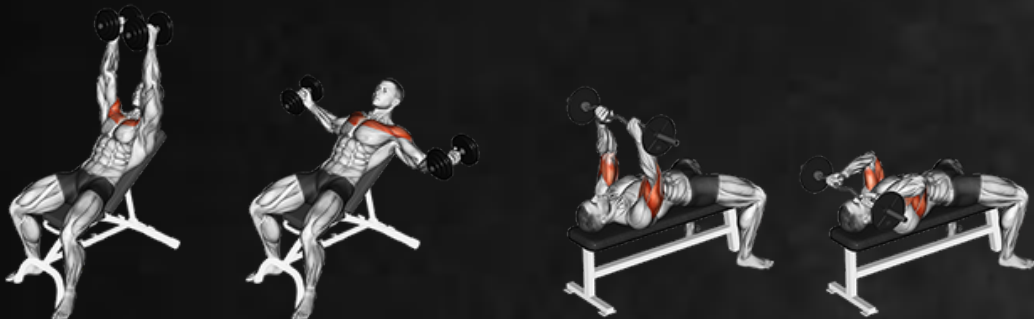
### TEMPO | 1-0-1-0 | LYING DUMBBELL EXTENSION (SUPERSET)

- HOLD DUMBBELLS WITH PALMS FACING INWARD, LAYING FLAT ON THE BENCH. EXTEND ARMS UP AT SHOULDER-WIDTH APART.
- AS YOUR ARMS REMAIN PERPENDICULAR TO THE GROUND, LOWER THE DUMBBELLS, BENDING AT THE ELBOWS. YOUR ARMS SHOULD CREATE AN ANGLE LOWER THAN 90-DEGREES, STRETCHING YOUR TRICEPS, ENSURING AN EFFECTIVE RANGE OF MOTION.
- EXTEND ARMS BACK UP, CONTRACTING YOUR TRICEPS. PALMS REMAIN FIXED, FACING INWARD THROUGHOUT THE EXERCISE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## INCLINE DUMBBELL FLY EZ BAR SKULL CRUSHER

| SET | REPS   | REPS | REST      | EXERCISE TYPE |
|-----|--------|------|-----------|---------------|
| 1   | 12     | 12   | 45-60 SEC | ISOLATION     |
| 2   | 10 8   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10 8 6 | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

CLAVICULAR HEAD (UPPER PECS) | TRICEPS BRACHII

### TEMPO | 2-0-1-0 | INCLINE DUMBBELL FLY

- HOLD DUMBBELLS WITH PALMS FACING INWARD, LAYING ON AN INCLINE BENCH.
- EXTEND ARMS, PRESSING THE DUMBBELLS UPWARD, MAINTAINING A SLIGHT BENT ON YOUR ELBOWS.
- SLOWLY LOWER THE DUMBBELLS ALONG YOUR SIDES, STRETCHING YOUR PECS. AS HANDS REACH CHEST LEVEL.
- RAISE ARMS BACK TOGETHER, CONTRACTING YOUR CHEST, REPLICATING A HUGGING MOTION.
- DURING CONCENTRIC PHASES, AVOID LOCKOUT AT THE TOP POSITION. STOP SEVERAL INCHES BEFORE DUMBBELLS TOUCH, & LOWER USING SLOW ECCENTRIC PHASES, MAINTAINING TENSION ON YOUR PECS. PERFORM DROP SETS ON SETS 2 & 3.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | SKULL CRUSHER (SUPERSET)

- LAY ON A FLAT BENCH WHILE HOLDING AN EZ-BAR AT THE CLOSE GRIP HANDLE. ADJUST THE ANGLE OF THE BENCH AS YOU ALTERNATE WITH INCLINE FLYS.
- MAINTAINING ARMS PERPENDICULAR TO THE GROUND, BEND AT ELBOWS, & LOWER THE WEIGHT AN INCH OR TWO BEFORE MAKING CONTACT WITH YOUR FOREHEAD.
- RAISE THE BAR BACK UP, CONTRACTING YOUR TRICEPS. ENSURE YOU'RE ACHIEVING FULL RANGE OF MOTION.
- MAINTAIN YOUR BODY FLAT ON THE BENCH, YOUR NECK/HEAD AT NEUTRAL POSTURE, & ELBOWS TUCKED IN.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## CHEST DIP

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 30-45 SEC | COMPOUND      |
| 2   | 15   | 45-60 SEC |               |



## PRIMARY MUSCLES TARGETED

PECTORIAL MAJOR | TRICEPS BRACHII

### TEMPO | 1-1-1-0

- ADJUST DIP BARS TO THE WIDE POSITION. MANY GYMS HAVE FIXED PARALLEL BARS THAT WIDEN ACROSS THE MACHINE. PLACE YOUR HANDS AT THE MID TO WIDE POSITION. YOU CAN ALSO PERFORM ON THE SEATED WEIGHTED DIP MACHINE.
- ELBOWS WILL BE SLIGHTLY FLARED OUT AS YOUR TORSO LEANS FORWARD. YOUR FOREARMS WILL REMAIN FIXED & PERPENDICULAR TO THE GROUND AT ALL TIMES.
- LOWER YOURSELF UNTIL YOUR ARMS ARE PARALLEL TO THE GROUND. PAUSE FOR A 1-SEC COUNT AT THE STRETCHED POSITION.
- RISE UP AS YOU MAINTAIN A SHARP FOCUS ON SQUEEZING YOUR CHEST AND TRICEPS THROUGH CONCENTRIC PHASES.
- IF YOU CAN'T PERFORM BODYWEIGHT DIPS, USE ASSISTED DIP MACHINE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## TRICEP CABLE EXTENSION REVERSE GRIP CABLE EXTENSION

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 12   | 12   | 60 SEC | ISOLATION     |
| 2   | 10   | 10   | 60 SEC | ISOLATION     |
| 3   | 10   | 10   | 60 SEC |               |



## PRIMARY MUSCLES TARGETED

TRICEPS BRACHII (LATERAL HEAD | MEDIAL HEAD)

### TEMPO | 2-0-1-1 | TRICEP CABLE EXTENSION

- SET PULLEY AT THE HIGH POSITION, USING A STRAIGHT OR EZ-BAR. I ADVISE AN EZ-BAR, RELIEVING STRESS OFF YOUR WRISTS.
- HOLD BAR AT SHOULDER-WIDTH APART (OVERHAND GRIP). KEEP ELBOWS TUCKED IN & ARMS PERPENDICULAR TO THE GROUND.
- AT THE START POSITION, HAVE YOUR FOREARMS FORM SLIGHTLY LESS THAN 90-DEGREES, OBTAINING A GREAT STRETCH ON YOUR TRICEPS. (WRISTS ABOVE ELBOWS)
- EXTEND ARMS DOWNWARD UNTIL YOUR WHOLE ARM IS PERPENDICULAR TO THE GROUND. USING A 1-SEC COUNT, HOLD AT CONTRACTED POSITION. SLOWLY RAISE THE BAR THROUGH SLOW 2-SEC ECCENTRIC PHASES.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT BOTTOM CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 2-0-1-1 | REVERSE GRIP CABLE EXTENSION (SUPERSET)

- HOLD THE BAR WITH AN UNDERHAND GRIP AT SHOULDER-WIDTH APART. FOLLOW THE SAME INSTRUCTIONS AS ABOVE.
- HOLD AT THE CONTRACTED BOTTOM POSITION (1-SEC) & PERFORM SLOW 2-SEC ECCENTRIC PHASES.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.

\*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# BACK & BICEPS

## WARM UP

### WIDE GRIP PULL UP

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 10   | 30 SEC    | COMPOUND      |
| 2   | 10   | 30 SEC    |               |
| 3   | 12   | 30-45 SEC |               |

**TEMPO | 1-0-1-0 | PULL UP**

- GRAB THE PULL UP BAR SLIGHTLY WIDER THAN SHOULDER-WIDTH APART USING AN OVERHAND GRIP.
- AT THE START POSITION, FULLY EXTEND ARMS, STRETCHING OUT YOUR LATS.
- PULL YOURSELF UP AS YOUR CHIN TRAVELS TOWARDS THE BAR, DRIVING YOUR ELBOWS DOWNWARD. SQUEEZE & CONTRACT YOUR UPPER BACK AS YOU HEAD UPWARDS. TRY TO AVOID MOMENTUM AS MUCH AS POSSIBLE.
- IF YOU CAN'T PULL UP YOUR BODYWEIGHT, USE THE ASSISTED PULL UP MACHINE, OR HAVE A PARTNER SPOT YOU.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## CLOSE GRIP SEATED CABLE ROW

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45-60 SEC | COMPOUND      |
| 2   | 12   | 1-1.5 MIN |               |
| 3   | 10   | 1-1.5 MIN |               |
| 4   | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | RHOMBOIDS | TRAPEZIUS [TRAPS] | ERECTOR SPINAE

**TEMPO | 1-0-1-0**

- ATTACH A V-GRIP HANDLE TO THE SEATED PULLEY ROW MACHINE. HOLD THE V-GRIP WITH PALMS FACING INWARD.
- SIT ON THE BENCH WITH YOUR FEET ON THE PLATFORM, KNEES SLIGHTLY BENT. MAINTAIN AN UPRIGHT TORSO, STRAIGHT BACK, & HIGH CHEST THROUGH ECCENTRIC/CONCENTRIC MOVEMENTS.
- EXTEND ARMS FORWARD, STRETCHING YOUR UPPER BACK & LATS. PULL THE WEIGHT TOWARDS YOUR ABDOMEN AREA, LEADING WITH YOUR ELBOWS, CONTRACTING YOUR UPPER BACK/LATS.
- AVOID THE USE OF MOMENTUM, ROCKING YOUR TORSO BACK & FORTH TO PULL THE WEIGHT. MAINTAIN A SHARP FOCUS ON CONTROLLING THE LOAD STRICTLY WITH PRIMARY MUSCLE GROUPS.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE INNER CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## WIDE GRIP SEATED CABLE ROW SEATED DUMBBELL CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 12   | 12   | 60 SEC    | COMPOUND<br>ISOLATION |
| 2   | 10   | 10   | 1-1.5 MIN |                       |
| 3   | 10   | 10   | 1-1.5 MIN |                       |



## PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | TRAPEZIUS [TRAPS] | RHOMBOIDS | ERECTOR SPINAE  
BICEP BRACHII [INNER | OUTER HEAD] | BRACHIALIS

**TEMPO | 3-0-1-1 | WIDE GRIP SEATED CABLE ROW**

- ATTACH A STRAIGHT BAR TO THE SEATED PULLEY ROW MACHINE. HOLD THE BAR USING AN OVERHAND GRIP, SLIGHTLY WIDER THAN SHOULDER-WIDTH APART.
- SIT ON THE BENCH WITH FEET ON THE PLATFORM, KNEES SLIGHTLY BENT. MAINTAIN AN UPRIGHT TORSO, STRAIGHT BACK, & HIGH CHEST, THROUGH ECCENTRIC/CONCENTRIC MOVEMENTS
- EXTEND ARMS FORWARD STRETCHING YOUR LATS & UPPER BACK. PULL THE WEIGHT TOWARDS YOUR ABDOMEN AREA AS YOU LEAD WITH YOUR ELBOWS. HOLD AT CONTRACTED POSITION & SLOWLY CONTROL THE NEGATIVE PORTION OF THE MOVEMENT.
- AVOID THE USE OF MOMENTUM, ROCKING YOUR TORSO BACK & FORTH. MAINTAIN A SHARP FOCUS ON CONTROLLING THE LOAD STRICTLY WITH PRIMARY MUSCLE GROUPS.
- **LIFTING TEMPO:** 3-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE INNER CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

**TEMPO | 2-0-1-0 | SEATED DUMBBELL CURL [SUPERSET]**

- HOLD DUMBBELLS BY YOUR SIDES WITH PALMS FACING FORWARD. POSITION YOUR LEGS/FEET CLOSELY TOGETHER TO CLEAR THE CURLING PATHWAY. YOU CAN PERFORM ON THE SAME BENCH FROM THE SEATED PULLEY ROW MACHINE.
- CURL THE DUMBBELLS SIMULTANEOUSLY, BENDING AT THE ELBOWS, CONTRACTING YOUR BICEPS. WHEN CURLING, MAINTAIN YOUR PALMS FIXED AS IT FACES UPWARD AT THE CONTRACTED POSITION.
- SLOWLY LOWER DUMBBELLS USING 2-SEC ECCENTRIC PHASES.
- MAINTAIN AN UPRIGHT NEUTRAL TORSO AS YOUR ARMS & ELBOWS REMAIN TUCKED BY YOUR SIDES. AVOID SWAYING BODY MOVEMENTS TO ISOLATE THE BICEPS.
- **LIFTING TEMPO:** 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## REVERSED GRIP BENT OVER BARBELL ROW CONCENTRATION DUMBBELL CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE         |
|-----|------|------|-----------|-----------------------|
| 1   | 12   | 12   | 60-75 SEC | COMPOUND<br>ISOLATION |
| 2   | 10   | 10   | 60-75 SEC |                       |
| 3   | 10   | 10   | 1-1.5 MIN |                       |
| 4   | 8    | 8    | 1-1.5 MIN |                       |



## PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | TRAPEZIUS [TRAPS] | RHOMBOIDS | ERECTOR SPINAE  
BICEP BRACHII [INNER | OUTER HEAD] | BRACHIALIS

**TEMPO | 2-0-1-2 | REVERSED GRIP BENT OVER BARBELL ROW**

- USING AN UNDERHAND GRIP, GRAB THE BARBELL AT SHOULDER-WIDTH APART. BEND AT THE HIPS UNTIL YOUR TORSO IS CLOSE TO PARALLEL TO THE GROUND.
- MAINTAIN YOUR BACK/NECK/HEAD AT NEUTRAL POSTURE, SLIGHT BENT ON THE KNEES, BRINGING HIPS SLIGHTLY BACK.
- AT THE START POSITION, ARMS WILL BE EXTENDED TOWARDS THE GROUND, STRETCHING YOUR LATS/UPPER BACK. PULL THE BARBELL TOWARDS YOUR ABDOMEN AREA AS YOU MAINTAIN ARMS BY YOUR SIDES, LEADING WITH YOUR ELBOWS.
- SQUEEZE YOUR UPPER BACK AS YOU HOLD AT THE CONTRACTED POSITION FOR 2-SEC. CONTROL ECCENTRIC PHASES, SLOWLY LOWERING THE BARBELL USING A 2-SEC COUNT.
- **LIFTING TEMPO:** 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

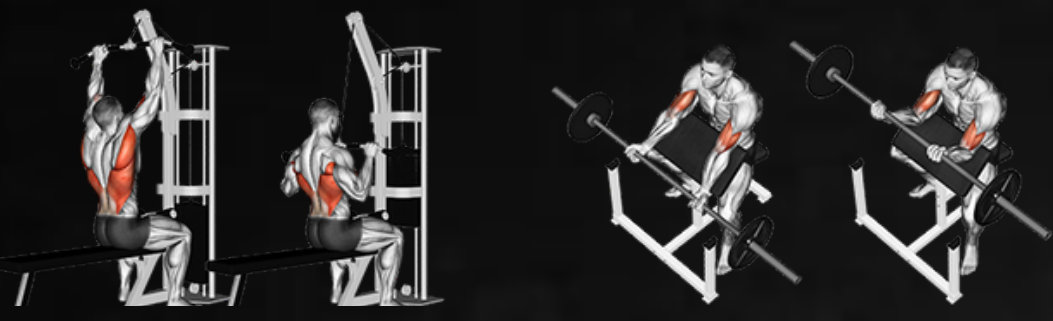
**TEMPO | 1-0-1-0 | CONCENTRATION CURL [SUPERSET]**

- GRAB THE DUMBBELL WITH YOUR PALM FACING INWARD AS YOU BEND AT THE HIPS. YOU CAN REST YOUR NON-WORKING ARM ON YOUR THIGH/KNEE OR PLATFORM.
- AT THE START POSITION, YOUR ARM WILL BE FULLY EXTENDED, PERPENDICULAR TO THE GROUND.
- CURL THE DUMBBELL TOWARDS YOUR CHEST. THE ONLY BODY PART IN MOTION WILL BE YOUR FOREARM, STRETCHING & CONTRACTING YOUR BICEPS. AVOID THE USE OF MOMENTUM.
- PERFORM THE NOTED REPETITIONS PER ARMS.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# WIDE GRIP LAT PULLDOWN

## WIDE GRIP EZ-BAR PREACHER CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 60 SEC    | COMPOUND      |
| 2   | 10   | 10   | 60-75 SEC | ISOLATION     |
| 3   | 10   | 10   | 60-75 SEC |               |



# PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | RHOMBOIDS [UPPER | MID BACK] | BICEP BRACHII SHORT [INNER HEAD]

### TEMPO | 1-0-1-0 | WIDE GRIP LAT PULLDOWN

- ATTACH A WIDE BAR TO THE PULL DOWN MACHINE. USING AN OVERHAND GRIP, GRAB AT THE WIDE BENT HANDLE.
- EXTEND ARMS UPWARDS, STRETCHING YOUR LATS/UPPER BACK, WHILE JUST SLIGHTLY LEANING YOUR TORSO BACK.
- PULL THE BAR TOWARDS YOUR UPPER CHEST, CONTRACTING YOUR UPPER BACK/LATS.
- AVOID MOMENTUM, USING UNNECESSARY ROCKING BODY MOVEMENTS TO PULL THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | WIDE GRIP EZ-BAR PREACHER CURL [SUPERSET]

- ADJUST THE SEAT OF THE PREACHER BENCH SO YOUR ARMS LAY FLAT ON THE PAD, WHILE YOUR CHEST IS PRESSED AGAINST IT. THE CURVED TOP END WILL BE POSITIONED BELOW YOUR UNDERARMS.
- GRAB THE OUTER BENT HANDLE OF THE EZ-BAR WITH AN UNDERHAND GRIP. LOWER THE BAR UNTIL YOUR ARMS ARE FULLY EXTENDED, STRETCHING YOUR BICEPS. CURL THE BAR TOWARDS YOUR SHOULDER, SQUEEZING & CONTRACTING YOUR BICEPS
- CONTROL ECCENTRIC/CONCENTRIC PHASES OF THE EXERCISE. AVOID ROCKING BODY MOVEMENTS, USING MOMENTUM TO CURL THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# CLOSE GRIP V-BAR PULLDOWN

## OVERHEAD CABLE CURL

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 60-75 SEC | COMPOUND      |
| 2   | 10   | 10   | 60-75 SEC | ISOLATION     |
| 3   | 10   | 10   | 60-75 SEC |               |



# PRIMARY MUSCLES TARGETED

LATISSIMUS DORSI [LATS] | RHOMBOIDS [UPPER | MID BACK] | BICEPS BRACHII [INNER | OUTER HEAD] | BRACHIALIS

### TEMPO | 1-0-1-0 | CLOSE GRIP V-BAR PULLDOWN

- ATTACH A V-GRIP HANDLE TO THE PULLDOWN MACHINE. GRAB THE V-GRIP WITH PALMS FACING INWARD.
- AT THE START POSITION, FULLY EXTEND ARMS UPWARD, STRETCHING YOUR UPPER BACK/LATS.
- PULL THE HANDLE TOWARDS YOUR UPPER CHEST, CONTRACTING YOUR UPPER BACK/LATS. MAINTAIN AN UPRIGHT TORSO, SUSTAINING YOUR CHEST HIGH & BACK STRAIGHT.
- CONTROL ECCENTRIC/CONCENTRIC PHASES, AVOIDING UNNECESSARY ROCKING/JERKY BODY MOVEMENTS TO PULL THE WEIGHT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT TOP STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT BOTTOM CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 2-0-1-1 | OVERHEAD CABLE CURL [SUPERSET]

- ATTACH D-GRIP HANDLES TO BOTH SIDES OF A PULLEY STATION. ADJUST THEM SLIGHTLY HIGHER THAN SHOULDER-HEIGHT.
- STANDING IN THE CENTER OF THE STATION, ALIGN YOURSELF WITH THE PULLEYS & GRAB EACH HANDLE WITH AN UNDERHAND GRIP. EXTEND BOTH ARMS AT SHOULDER LEVEL, AS BICEPS ARE STRETCHED IN THIS POSITION.
- KEEPING YOUR UPPER ARMS/ELBOWS FIXED/PARALLEL TO THE FLOOR, PULL HANDLES TOWARDS YOUR HEAD REGION, CONTRACTING YOUR BICEPS. HOLD AT CONTRACTED POSITION & SLOWLY STRETCH BACK TO STARTING POSITION.
- YOU MAY ALSO PERFORM OVERHEAD CABLE CURLS ONE ARM AT A TIME.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE CURLED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# INCLINE SEATED HAMMER CURL

## REVERSED BARBELL CURL

### WRIST CURL [PALMS DOWN]

| SET | REPS | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|------|-----------|---------------|
| 1   | 15   | 15   | 10   | 60-75 SEC | ISOLATION     |
| 2   | 15   | 15   | 10   | 60-75 SEC | ISOLATION     |
|     |      |      |      |           | ISOLATION     |



# PRIMARY MUSCLES TARGETED

BICEPS BRACHII | BRACHIORADIALIS [UPPER OUTER FOREARM] | BRACHIALIS

### TEMPO | 1-0-1-0 | INCLINE SEATED HAMMER CURL

- LAY ON AN INCLINE BENCH, ROUGHLY ADJUSTED TO 45-DEGREES. HOLD DUMBBELLS BY YOUR SIDES, PALMS FACING INWARD.
- CURL BOTH ARMS SIMULTANEOUSLY, BENDING AT THE ELBOWS, CONTRACTING YOUR BICEPS.
- AS YOU CURL, MAINTAIN YOUR WRIST AT THE FIXED POSITION, AS PALMS REMAIN INWARD DURING CONCENTRIC & ECCENTRIC PORTIONS OF THE MOVEMENT. KEEP ELBOWS TUCKED BY YOUR SIDES.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE CURLED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-0 | REVERSED BARBELL CURL [SUPERSET]

- YOU MAY PERFORM WITH A STRAIGHT OR AN EZ-BAR. IF YOU'RE USING A STRAIGHT BAR, HOLD WITH AN OVERHAND GRIP AT SHOULDER-WIDTH APART. IF YOU'RE USING AN EZ-BAR, HOLD AT OUTER BENT HANDLES USING AN OVERHAND GRIP.
- AT THE START POSITION, REST YOUR HANDS IN FRONT OF YOUR THIGHS, STRETCHING YOUR BICEPS. CURL THE BAR TOWARDS YOUR SHOULDERS, MAINTAINING YOUR ELBOWS BY YOUR SIDES, SQUEEZING & CONTRACTING YOUR BICEPS/FOREARMS.
- AVOID THE USE OF MOMENTUM TO ISOLATE PRIMARY MUSCLE GROUPS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE CURLED CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

### TEMPO | 1-0-1-1 | WRIST CURL [SUPERSET]

- SIT ON THE BENCH WITH KNEES AT SHOULDER-WIDTH APART. YOU MAY USE DUMBBELLS OR BARBELLS FOR THIS EXERCISE.
- GRAB WITH PALMS FACING THE GROUND AS YOUR FOREARMS REST ON YOUR THIGHS, & WRIST/HANDS HANG IN FRONT OF KNEES. YOU CAN ALSO PERFORM BY POSITIONING YOUR FOREARMS ACROSS A BENCH, AS YOUR HANDS/WRISTS HANG OVER THE EDGE.
- LOWER YOUR WRIST DOWNWARD, STRETCHING YOUR FOREARMS. CURL WRIST UPWARD, HOLDING AT CONTRACTED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE CURLED CONTRACTED POSITION. \*YOU MAY ADD SHORT PAUSES TOWARDS THE END OF YOUR SET\*

# PRIMARY MUSCLES TARGETED

ERECTOR SPINAE [MID | LOWER BACK]

# RACK LIFT

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 60-75 SEC | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1.5-2 MIN |               |
| 4   | 8    | -         |               |



### TEMPO | 1-1-1-0

- SET THE SQUAT/POWER-RACK SAFETY BARS AT A LOW POSITION, WHERE THE BAR WILL REST SLIGHTLY BELOW YOUR KNEES.
- HOLD THE BARBELL WITH AN OVERHAND GRIP AT SHOULDER-WIDTH APART. YOU MAY USE A MIXED GRIP DURING HEAVY SETS.
- EXTEND ARMS, SLIGHTLY BEND AT THE KNEES, & BRING YOUR HIPS SLIGHTLY BACK. MAINTAIN TORSO AT NEUTRAL POSTURE, AS YOUR HEAD/NECK/SPINE/BACK ARE ALL FIXED & ALIGNED.
- USE HIP DRIVE, LOWER BACK, GLUTES, & HAMSTRINGS TO RAISE THE BARBELL. THEY ALL SHOULD BE CONTRACTED AT THE UPRIGHT POSITION. TENSION WILL BE FELT MOSTLY ON YOUR LOWER BACK DUE TO THE HEIGHT OF THE BAR.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION. \*YOU MAY ADD LONGER PAUSES AT BOTTOM POSITION DURING FINAL REPS\*

# SHOULDERS

## WARM UP

### FRONT | LATERAL | REAR RAISES

| SET | REPS         | REST   | EXERCISE TYPE |
|-----|--------------|--------|---------------|
| 1   | 10   10   10 | 30 SEC | ISOLATION     |
| 2   | 10   10   10 | 45 SEC |               |

**TEMPO | 1-0-1-0** (FRONT | LATERAL | REAR DELT RAISES [SUPERSET])

- USE LIGHT DUMBBELLS AS YOU WILL BE PERFORMING 2 HIGH VOLUME SETS.
- THIS IS A SUPERSET. PERFORM 10 REPETITIONS PER EXERCISE. PERFORM WITHOUT ANY REST IN BETWEEN.
- MAINTAIN PROPER FORM ON ALL THREE EXERCISE AS YOU WANT TO COMPLETELY ISOLATE YOUR SHOULDERS.
- FOCUS ON STRETCHING AND CONTRACTING YOUR DELTS, AVOIDING THE USE OF MOMENTUM.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.

## SEATED DUMBBELL SHOULDER PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 15   | 45-60 SEC | COMPOUND      |
| 2   | 12   | 1-1.5 MIN |               |
| 3   | 10   | 1-1.5 MIN |               |
| 4   | 10   | 1.5 MIN   |               |



## PRIMARY MUSCLES TARGETED

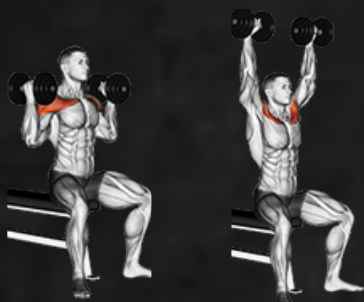
ANTERIOR | MEDIAL DELTOID (FRONT | SIDE DELTS)

**TEMPO | 1-0-1-0**

- SIT ON A BENCH ADJUSTED TO A 90-DEGREE ANGLE.
- MAINTAIN A NEUTRAL UPRIGHT TORSO, FEET PLANTED ON THE FLOOR, WHILE SUSTAINING YOUR BACK ON THE BENCH.
- PLACE DUMBBELLS ON TOP OF YOUR KNEES. KICK EACH KNEE UP TO EXTEND DUMBBELLS ABOVE YOUR HEAD. WHEN ATTEMPTING HEAVY WEIGHT-LOADS, YOU MAY NEED A PARTNER TO HELP SPOT UP THE WEIGHT.
- WITH PALMS FACING FORWARD, LOWER DUMBBELLS TO WHERE YOUR HANDS REACH EAR LEVEL, OR SLIGHTLY BELOW. THIS ENFORCES AN EFFECTIVE RANGE OF MOTION, STRETCHING YOUR DELTOIDS.
- EXTEND ARMS UP, PUSHING & CONTRACTING YOUR SHOULDERS.
- AVOID ANY LATERAL MOVEMENT & FLEXION/EXTENSION WITH YOUR HEAD/NECK. ALWAYS MAINTAIN A NEUTRAL POSTURE.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## ARNOLD PRESS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 60 SEC    | COMPOUND      |
| 2   | 10   | 1-1.5 MIN |               |
| 3   | 10   | 1-1.5 MIN |               |
| 4   | 8    | 1.5 MIN   |               |



## PRIMARY MUSCLES TARGETED

ANTERIOR | MEDIAL DELTOID (FRONT | SIDE DELTS)

**TEMPO | 1-0-1-0**

- KEEP THE BENCH AT THE 90 DEGREE ANGLE.
- MAINTAIN A NEUTRAL UPRIGHT TORSO, FEET PLANTED ON THE FLOOR, WHILE SUSTAINING YOUR BACK ON THE BENCH.
- HOLD THE DUMBBELLS WITH PALMS FACING YOUR CHEST. EXTEND ARMS UP, PUSHING & CONTRACTING YOUR SHOULDERS. AS YOU RAISE THE WEIGHT, ROTATE YOUR WRIST/ARMS SO YOUR PALMS FACE FORWARD AT THE OVERHEAD POSITION.
- LOWER THE WEIGHT, REVERSING THE MOTION, ROTATING YOUR PALMS BACK TOWARDS YOUR BODY.
- AVOID ANY LATERAL & FLEXION/EXTENSION WITH YOUR HEAD/NECK. ALWAYS MAINTAIN A NEUTRAL POSTURE.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT TOP OR BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## HAMMER STRENGTH SHOULDER PRESS ALTERNATING DUMBBELL FRONT RAISE

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 10   | 12   | 1-1.5 MIN | COMPOUND      |
| 2   | 10   | 12   | 1-1.5 MIN | ISOLATION     |
| 3   | 8    | 10   | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

ANTERIOR | MEDIAL DELTOID | TRAPEZIUS

**TEMPO | 1-0-1-0** HAMMER STRENGTH SHOULDER PRESS

- ADJUST THE SEAT AS THE HANDLES ARE BELOW EAR LEVEL AT ITS RESTING POINT.
- GRIP THE HANDLES SLIGHTLY WIDER THAN SHOULDER-WIDTH APART WHILE YOUR BACK & GLUTES REMAIN ON THE SEAT. KEEP YOUR TORSO/NECK/HEAD AT ITS NEUTRAL POSTURE.
- PRESS THE WEIGHT UPWARD OVER YOUR HEAD, CONTRACTING YOUR DELTOIDS.
- LOWER THE WEIGHT & MAINTAIN TENSION BY AVOIDING THE MACHINE'S SAFETY STOP. PROCEED BY PRESSING UP BEFORE MAKING CONTACT AT THE STOP.
- **LIFTING TEMPO:** 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

**TEMPO | 2-0-1-0** FRONT DUMBBELL RAISE [SUPERSET]

- HOLD DUMBBELLS BY YOUR THIGHS USING AN OVERHAND GRIP.
- MAINTAIN ARMS EXTENDED WHILE ELBOWS REMAIN SLIGHTLY BENT THROUGHOUT THE EXERCISE.
- RAISE THE DUMBBELLS UNILATERALLY, SLIGHTLY ABOVE SHOULDER LEVEL. YOUR PALMS REMAIN FACING DOWNWARD.
- LOWER DUMBBELLS WITH SLOW ECCENTRIC 2-SEC PHASES, MAINTAINING AN UPRIGHT TORSO.
- AVOID ROCKING/SWAYING BODY MOVEMENTS TO ISOLATE YOUR SHOULDERS.
- PERFORM THE NOTED REPETITIONS PER ARM.
- **LIFTING TEMPO:** 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# SINGLE ARM CABLE LATERAL RAISE

## LATERAL DUMBBELL RAISE

### PRIMARY MUSCLES TARGETED

MEDIAL DELTOID

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 60 SEC    | ISOLATION     |
| 2   | 10   | 10   | 1-1.5 MIN | ISOLATION     |
| 3   | 10   | 10   | 1-1.5 MIN |               |



#### TEMPO | 1-0-1-0

#### SINGLE ARM CABLE LATERAL RAISE

- ATTACH D-GRIP HANDLE TO A LOW POSITIONED PULLEY.
- GRAB THE HANDLE WITH PALMS FACING DOWNWARD AS THE CABLE RUNS BEHIND YOUR BACK.
- BEGIN WITH THE PULLEY RESTING BEHIND YOUR GLUTES. KEEP YOUR ELBOWS FIXED, SLIGHTLY BENT.
- RAISE YOUR HAND SLIGHTLY ABOVE SHOULDER LEVEL, CONTRACTING YOUR SHOULDER, OBTAINING AN EFFECTIVE RANGE OF MOTION.
- REVERSE THE MOTION, LOWERING THE WEIGHT, STRETCHING YOUR DELTOIDS. AVOID UNNECESSARY ROCKING/SWAYING BODY MOVEMENTS TO ISOLATE YOUR SHOULDERS.
- PERFORM THE NOTED REPETITIONS FOR PER SHOULDER. ONCE COMPLETED, SUPERSET WITH LATERAL RAISE.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 2-0-1-0

#### LATERAL DUMBBELL RAISE (SUPERSET)

- STAND UPRIGHT, HOLDING DUMBBELLS BY YOUR SIDES, AS PALMS FACE YOUR BODY.
- MAINTAIN A SLIGHT BENT ON YOUR ELBOWS THROUGH ECCENTRIC/CONCENTRIC MOVEMENTS.
- RAISE ARMS UNTIL THEY'RE PARALLEL TO THE GROUND, OBTAINING AN EFFECTIVE RANGE OF MOTION. SLOWLY REVERSE THE MOVEMENT, LOWERING ARMS TO YOUR SIDES, STRETCHING YOUR DELTOIDS.
- AVOID LEANING/ROCKING YOUR BODY & DRIVING THE WEIGHT WITH YOUR LEGS. FOCUS ON ISOLATING YOUR DELTOIDS.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# ROPE CABLE FACE PULLS

## REAR DELT DUMBBELL RAISE

### PRIMARY MUSCLES TARGETED

POSTERIOR DELTOIDS (REAR DELTS)

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 15   | 15   | 60 SEC | COMPOUND      |
| 2   | 12   | 12   | 60 SEC | ISOLATION     |
| 3   | 12   | 12   | 60 SEC |               |
| 4   | 10   | 10   | 60 SEC |               |



#### TEMPO | 2-0-1-2

#### ROPE CABLE FACE PULL

- ATTACH THE ROPE ATTACHMENT TO A PULLEY ADJUSTED AT AROUND CHEST-LEVEL.
- USING AN OVERHAND GRIP, GRAB THE ROPE AT EACH END, FULLY EXTENDING YOUR ARMS.
- PULL TOWARDS YOUR EYE REGION. AS THE ROPE APPROACHES YOUR FACE, PULL THE ENDS OUTWARDS WHILE FLARING YOUR ELBOWS. YOUR REAR DELTOIDS WILL EXPERIENCE MOST OF THE TENSION.
- HOLD AT THE CONTRACTED POSITION FOR 2-SEC & SLOWLY REVERSE MOVEMENT WITH 2-SEC NEGATIVE PHASES.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE OUTER STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 2-SEC PAUSE AT THE INNER CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

#### TEMPO | 1-0-1-0

#### REAR DELT DUMBBELL RAISE (SUPERSET)

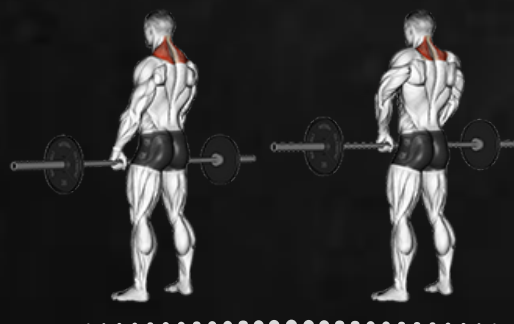
- HOLD DUMBBELLS BY YOUR SIDE WITH PALMS FACING INWARD.
- BEND AT THE HIPS AS YOUR TORSO IS SLIGHTLY ABOVE PARALLEL TO THE GROUND.
- MAINTAIN KNEES & ELBOWS SLIGHTLY BENT, HIPS SLIGHTLY BACK, WHILE ARMS EXTEND TOWARDS THE GROUND.
- RAISE ARMS UNTIL DUMBBELLS REACH SHOULDER-LEVEL, CONTRACTING YOUR DELTOIDS. LOWER YOUR ARMS BACK TO THE START POSITION, STRETCHING YOUR DELTOIDS.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# BARBELL SHRUG

### PRIMARY MUSCLES TARGETED

TRAPEZIUS

| SET | REPS | REST      | EXERCISE TYPE |
|-----|------|-----------|---------------|
| 1   | 12   | 45-60 SEC | ISOLATION     |
| 2   | 12   | 45-60 SEC |               |
| 3   | 10   | 45-60 SEC |               |
| 4   | 10   | -         |               |



#### TEMPO | 1-0-1-1

- HOLD A BARBELL IN FRONT OF YOUR THIGHS USING AN OVERHAND GRIP. POSITION YOUR HANDS AT SHOULDER-WIDTH APART.
- LOWER YOUR SHOULDERS SLIGHTLY BELOW RESTING POSITION, ESTABLISHING A GREAT STRETCH ON YOUR TRAPS.
- RAISE SHOULDERS, CONTRACTING YOUR TRAPS, HOLDING AT THE CONTRACTED POSITION.
- MAINTAIN YOUR ARMS FULLY EXTENDED, ELBOWS LOCKED, AVOIDING ANY LATERAL MOVEMENT.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

# CALVES 1 & 2

## STANDING CALF RAISE

[TOES IN | HEELS OUT] - [TOES OUT | HEELS IN]

## PRIMARY MUSCLES TARGETED

GASTROCNEMIUS LATERAL HEAD | GASTROCNEMIUS MEDIAL HEAD

| SET | REPS    | REPS    | REST      | EXERCISE TYPE |
|-----|---------|---------|-----------|---------------|
| 1   | 10   10 | 15   15 | 60 SEC    | ISOLATION     |
| 2   | 10   10 | 15   15 | 60-75 SEC |               |
| 3   | 8   8   | 15   15 | 1-1.5 MIN |               |
| 4   | 8   8   | 12   12 | 1-1.5 MIN |               |

TEMPO | 1-0-1-1

[TOES IN, HEELS OUT] | [TOES OUT, HEELS IN]

- STAND UPRIGHT WITH YOUR TOES ON THE PLATFORM END. POSITION YOUR TOES POINTING INWARD AS YOUR HEELS FACE OUTWARD. YOU CAN PERFORM IN THE STANDING CALF RAISE STATION, OR IN THE SMITH MACHINE.
- PLACE YOUR SHOULDERS/TRAPS UNDER THE PAD/BAR. MAKE SURE YOUR LEGS REMAIN EXTENDED AS YOU SUSTAIN TORSO AT A NEUTRAL UPRIGHT POSITION. AVOID BENDING AT THE KNEES, MAINTAINING TENSION ON YOUR CALVES.
- LOWER YOUR HEELS, ENSURING A FULL STRETCH. RAISE HEELS UNTIL YOU'VE REACHED THE FLEXED/CONTRACTED POSITION. HOLD FOR A 1-SEC COUNT, & LOWER HEELS TOWARDS THE BOTTOM STRETCHED POSITION.
- MAINTAIN A SHARP FOCUS ON STRETCHING/CONTRACTING, WHILE OBTAINING A FULL RANGE OF MOTION.
- ONCE COMPLETED, SWITCH FOOT STANCE, AS TOES NOW POINT OUTWARD & HEELS FACE INWARD. PROCEED & PERFORM NOTED REPS. EXAMPLE: FOR SET 1, YOU WILL PERFORM 10 REPS WITH TOES IN, 10 REPS WITH TOES OUT, WITH NO REST IN BETWEEN.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 1-0-1-0

CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE TOP CONTRACTED POSITION. ONCE THE TOP POSITION IS REACHED, IMMEDIATELY LOWER TOWARDS THE STRETCHED POSITION.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## LEG PRESS CALF RAISE

## PRIMARY MUSCLES TARGETED

GASTROCNEMIUS

| SET | REPS | REPS | REST   | EXERCISE TYPE |
|-----|------|------|--------|---------------|
| 1   | 12   | 20   | 60 SEC | ISOLATION     |
| 2   | 12   | 20   | 60 SEC |               |
| 3   | 10   | 15   | 60 SEC |               |
| 4   | 10   | 15   | 60 SEC |               |

TEMPO | 2-1-1-1

- ADJUST LEG PRESS MACHINE TO ABOUT 90-DEGREES. SIT & MAINTAIN YOUR BACK/GLUTES ON THE SEAT AT ALL TIMES.
- POSITION YOUR TOES ON THE LOWER PORTION OF THE PLATFORM, POINTING THEM FORWARD.
- LOWER YOUR TOES, ACHIEVING A FULL STRETCH ON YOUR CALVES, PAUSING AT THE STRETCHED POSITION FOR 1-SEC. PRESS UPWARD UNTIL YOU'VE REACHED THE FLEXED/CONTRACTED POSITION, HOLDING FOR A 1-SEC COUNT. SLOWLY LOWER BACK TOWARDS THE STRETCHED POSITION USING 2-SEC NEGATIVES.
- MAINTAIN A SHARP FOCUS ON STRETCHING/CONTRACTING, SLOW ECCENTRIC PHASES, AND PAUSES POINTS.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 1-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD LONGER PAUSES AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

TEMPO | 1-0-1-0

CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE CONTRACTED & STRETCHED POSITIONS AND PERFORM WITH 1-SEC ECCENTRIC PHASES. ONCE THE TOP POSITION IS REACHED, IMMEDIATELY LOWER TOWARDS THE STRETCHED POSITION, & VICE VERSA.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## SEATED CALF RAISE BODYWEIGHT STANDING CALF RAISE

## PRIMARY MUSCLES TARGETED

SOLEUS

| SET | REPS    | REPS    | REST   | EXERCISE TYPE |
|-----|---------|---------|--------|---------------|
| 1   | 12   15 | 20   10 | 60 SEC | ISOLATION     |
| 2   | 12   15 | 20   10 | 60 SEC |               |
| 3   | 10   15 | 15   10 | 60 SEC |               |
| 4   | 10   15 | 15   10 | 60 SEC |               |

TEMPO | 2-1-1-0

- SIT AT AN UPRIGHT POSITION WITH TOES POINTED FORWARD, AT HIP-WIDTH APART, ON THE PLATFORM'S EDGE.
- ADJUST THE PAD ACCORDING TO YOUR HEIGHT, RESTING IT ABOVE THE KNEES.
- SLOWLY LOWER YOUR HEELS USING 2-SEC NEGATIVES, AS YOU ACHIEVE A FULL STRETCH ON YOUR CALVES. HOLD FOR A 1-SEC COUNT AT THE BOTTOM STRETCHED POSITION. RAISE HEELS UNTIL YOU'VE REACHED THE TOP CONTRACTED POSITION.
- SUPERSET WITH STANDING BODYWEIGHT RAISES. PERFORM ON A PLATFORM OBTAINING FULL ROM. FOLLOW THE SAME TEMPO.
- A SHARP FOCUS ON STRETCHING/CONTRACTING, SLOW ECCENTRIC PHASES. ENSURING FULL RANGE OF MOTION.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 1-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD LONGER PAUSES AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

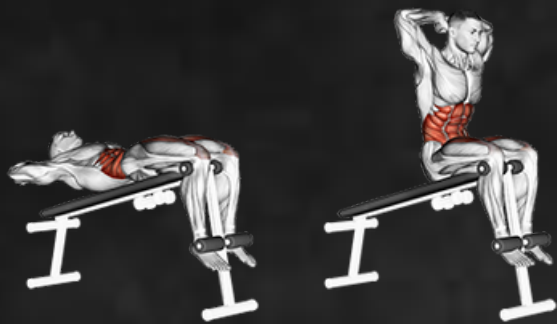
TEMPO | 1-0-1-0

CALVES 2

- FOLLOW THE SAME INSTRUCTIONS AS ABOVE, WITH A MINOR ADJUSTMENT ON EXECUTION. DON'T HOLD AT THE STRETCHED POSITION. ONCE THE STRETCHED POSITION IS REACHED, IMMEDIATELY RISE TOWARDS CONTRACTED POSITION. THE SAME FOLLOWS FOR STANDING BODYWEIGHT CALF RAISES
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC PHASE, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.  
\*YOU MAY ADD A SHORT PAUSE AT BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF YOUR SETS\*

## DECLINE SIT UP

| SET | REPS    | REST      | EXERCISE TYPE |
|-----|---------|-----------|---------------|
| 1   | 10      | 30-45 SEC | COMPOUND      |
| 2   | 12      | 30-45 SEC |               |
| 3   | FAILURE | 45 SEC    |               |
| 4   | FAILURE | 60 SEC    |               |



## PRIMARY MUSCLES TARGETED

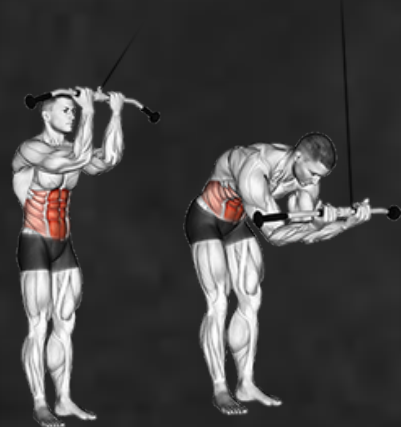
RECTUS ABDOMINIS

TEMPO | 2-0-1-0

- LIE FLAT ON A DECLINED BENCH AS YOUR FEET ARE SUPPORTED BY THE PAD.
- CROSS YOUR ARMS IN FRONT OF YOUR CHEST, OR PLACE HANDS BY YOUR EARS/HEAD WITH YOUR PALMS FACING FORWARD. ELBOWS WILL FLARE OUTWARD.
- RAISE YOURSELF OFF THE BENCH UNTIL YOU'VE REACHED AN UPRIGHT POSITION. CONTRACT/TIGHTEN CORE AS YOU'RE TRAVELING TOWARDS YOUR THIGHS.
- MAINTAIN FOCUS ON SLOW ECCENTRIC PHASES AS YOU SLOWLY LOWER YOURSELF BACK TO THE START POSITION. LOWER UNTIL YOUR TORSO IS RESTED FLAT.
- YOUR LOWER BACK WILL EXPERIENCE TENSION. MAINTAIN CORE CONTRACTED TO HELP RELIEVE STRESS.
- LIFTING TEMPO: 2-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT TOP CONTRACTED POSITION
- \*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION\*

## ALTERNATING CABLE STANDING [CRUNCH | OBLIQUE CRUNCH]

| SET | REPS         | REST      | EXERCISE TYPE |
|-----|--------------|-----------|---------------|
| 1   | 10   10   10 | 60 SEC    | ISOLATION     |
| 2   | 10   10   10 | 60-75 SEC | ISOLATION     |
| 3   | 8   8   8    | 1-1.5 MIN |               |
| 4   | 8   8   8    | 1-1.5 MIN |               |



## PRIMARY MUSCLES TARGETED

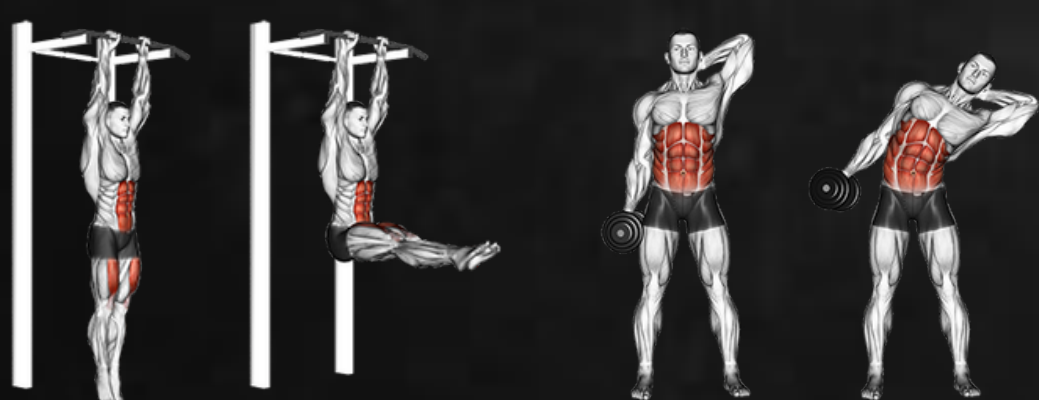
RECTUS ABDOMINIS | OBLIQUES

TEMPO | 1-0-1-0

- INSERT A BAR/ROPE ATTACHMENT TO A HIGH PULLEY MACHINE. IF YOU'RE USING THE ROPE, GRIP WITH PALMS FACING INWARD. IF USING A BAR, YOU MAY HOLD WITH EITHER AN OVERHAND OR UNDERHAND GRIP AT SHOULDER-WIDTH APART.
- STAND UNDER THE PULLEY & HOLD THE ATTACHMENT BEHIND YOUR NECK/BACK-OF-HEAD WHILE ELBOWS POINT FORWARD.
- IF THE CABLE MACHINE HAS A BACK SUPPORT, PLACE YOUR BACK ON THE PAD, MAINTAINING A HIGH CHEST. IF NO BACK SUPPORT IS AVAILABLE, SLIGHTLY BEND KNEES, BRING HIPS SLIGHTLY BACK AS YOU BALANCE/STABILIZE YOUR BODY.
- SLIGHTLY ARCH YOUR BACK AT THE TOP POSITION, STRETCHING OUT YOUR CORE. LOWER YOURSELF TOWARDS YOUR THIGHS AS YOU CREATE FLEXION WITH YOUR SPINE. EXHALE/CONTRACT CORE AS YOU REACH THIGH AREA.
- ALTERNATE BETWEEN OBLIQUE CRUNCHES AND STANDARD CRUNCHES. EXAMPLE, FOR SET 1: PERFORM A REP WITH 'RIGHT ELBOW TO LEFT THIGH', THEN PROCEED & PERFORM A REGULAR CRUNCH, AND FINALLY PERFORM A REP WITH 'LEFT ELBOW TO RIGHT THIGH'. REPEAT THAT SAME CYCLE 10 TIMES DURING SET 1.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE TOP STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT BOTTOM CONTRACTED POSITION.
- \*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE TOP POSITION\*

## HANGING LEG RAISE DUMBBELL SIDE BEND

| SET | REPS | REPS | REST      | EXERCISE TYPE |
|-----|------|------|-----------|---------------|
| 1   | 12   | 12   | 45-60 SEC | ISOLATION     |
| 2   | 10   | 10   | 45-60 SEC | ISOLATION     |
| 3   | 10   | 10   | -         |               |



## PRIMARY MUSCLES TARGETED

RECTUS ABDOMINIS | OBLIQUES

TEMPO | 1-0-1-0

HANGING LEG RAISE

- GRAB A PULL UP BAR AT SHOULDER-WIDTH APART USING AN OVERHAND GRIP.
- EXTEND YOUR ARMS AS YOUR BODY/FEET HANG OFF THE FLOOR. YOUR HEAD/NECK/ SPINE SHOULD BE AT THE NEUTRAL ALIGNED POSITION. IF YOU'RE UNABLE TO PERFORM HANGING, USE THE BACK SUPPORTED DIP/RAISE STATION. YOUR ELBOWS WILL REST ON THE MACHINE AS YOUR BACK IS ON THE PAD.
- RAISE YOUR LEGS UPWARD AS THEY BECOME PARALLEL TO THE GROUND. AS STRENGTH PROGRESSIVELY INCREASES, YOU CAN INCREASE THE RANGE OF MOTION.
- MAINTAIN LEGS STRAIGHT. YOU MAY SLIGHTLY BEND KNEES IF YOU'RE UNABLE TO PERFORM STRAIGHT LEGGED.
- LOWER LEGS BACK DOWN UNTIL YOU'VE REACHED THE INITIAL HANGING POSITION.
- FOCUS ON EXHALING DURING CONCENTRIC MOVEMENTS AND SQUEEZING/FLEXING YOUR CORE DURING THE EXERCISE. THIS WILL HELP YOU AVOID ROCKING YOUR BODY.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION\*

TEMPO | 1-0-1-0

DUMBBELL SIDE BEND

- GRAB A DUMBBELL BY YOUR SIDE, PALMS FACING INWARD.
- EXTEND ARM DOWNWARD, LOCK ELBOWS, AND MAINTAIN ARM BY YOUR SIDE THROUGHOUT THE EXERCISE.
- BEND SIDEWAYS AT THE WAIST, LOWERING DUMBBELL TOWARDS THE SIDE OF YOUR KNEE, CREATING A GOOD STRETCH.
- PROCEED BY BENDING THE OPPOSITE WAY, CONTRACTING OBLIQUES.
- WHEN FINISHED, PERFORM HOLDING WITH YOUR OTHER ARM. PERFORM NOTED REPS FOR EACH SIDE.
- MAINTAIN AN UPRIGHT TORSO, HIGH CHEST, AND STRAIGHT BACK. HEAD/NECK/SPINE SHOULD BE ALIGNED.
- LIFTING TEMPO: 1-SEC ECCENTRIC PHASE, 0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION, 1-SEC CONCENTRIC, 0-SEC PAUSE AT THE TOP CONTRACTED POSITION.
- \*WHEN NEEDED YOU MAY ADD SHORT PAUSES AT THE BOTTOM POSITION\*

# ABS II CIRCUIT AB TRAINING

PERFORM EXERCISES IN ALPHABETICAL ORDER. EXERCISES ARE LABELED WITH A LETTER.

BELOW IS A TABLE WITH TIME INTERVALS AND **REST PERIODS**, PER WEEK. FOLLOW THE TABLE FROM LEFT TO RIGHT. EXAMPLE: FOR WEEKS 6 & 7 YOU'LL PERFORM EXERCISE 'A' FOR 30 SEC, & 'B' FOR 45 SEC. YOU'LL THEN TAKE A **30 SEC REST PERIOD** AND PROCEED.

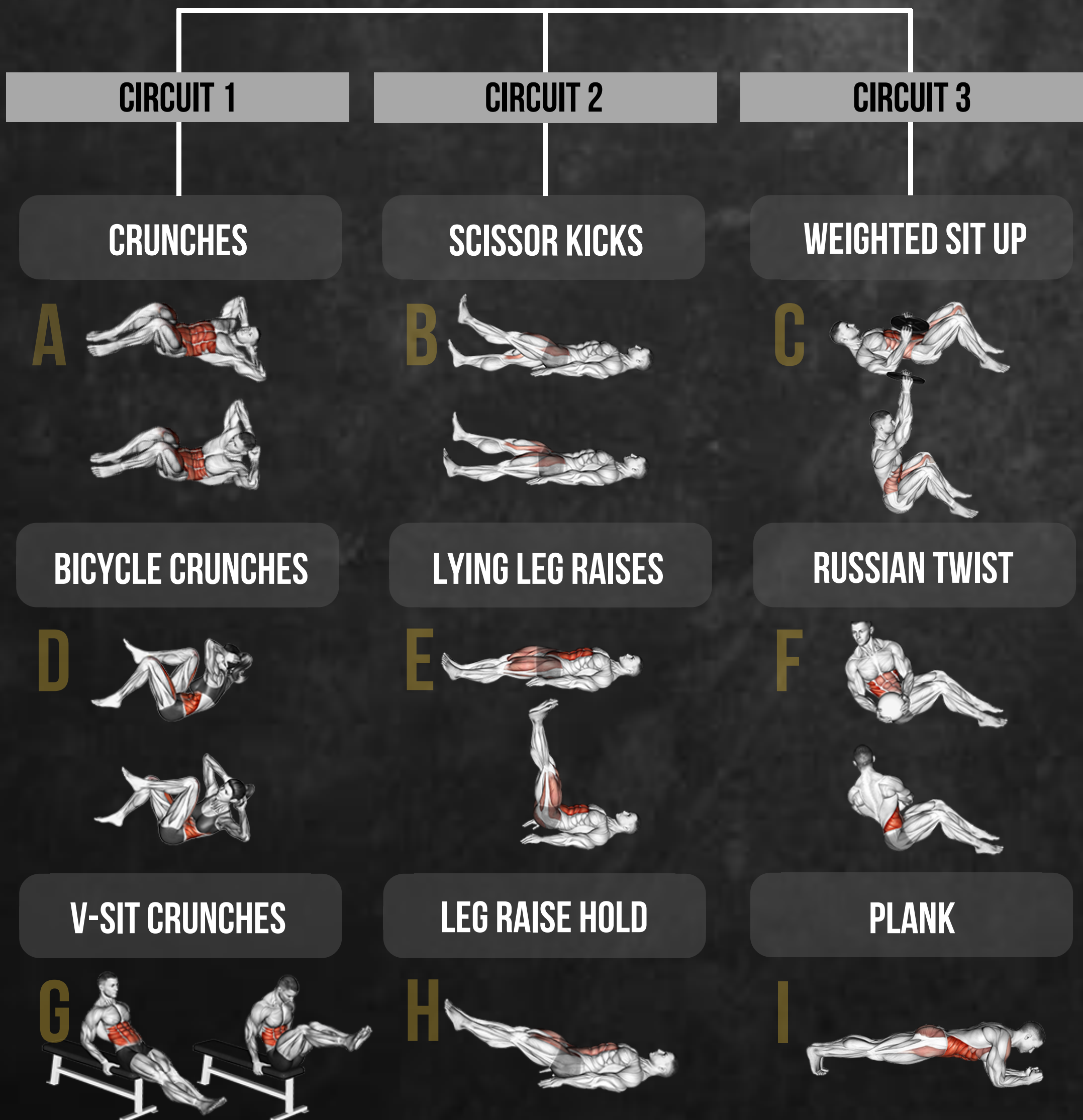
PERFORM AS MANY REPS AS YOU CAN UNDER THE GIVEN TIME FRAME.

EXECUTE THE EXERCISES WITHOUT ANY REST IN BETWEEN, BUT IF YOU MUST, YOU MAY STOP DURING REPETITIONS TO QUICKLY CATCH YOUR BREATH.

| EXERCISE | A  | REST | B  | REST | C  | REST | D  | REST | E  | REST | F  | REST | G  | REST | H  | REST | I   | REST |                |
|----------|----|------|----|------|----|------|----|------|----|------|----|------|----|------|----|------|-----|------|----------------|
| WEEK 6-7 | 30 | →    | 45 | 30   | 30 | →    | 30 | 30   | 45 | →    | 30 | 30   | 30 | →    | 45 | 30   | 60  | 30   | CIRCUIT 1 (30) |
| WEEK 8-9 | 45 | →    | 45 | 30   | 45 | →    | 45 | 30   | 45 | →    | 45 | 30   | 45 | →    | 45 | 30   | 90  | 30   | CIRCUIT 2 (30) |
| WEEK 10  | 60 | 45   | 60 | 45   | 60 | 45   | 60 | 45   | 60 | 45   | 60 | 45   | 60 | 45   | 60 | 45   | 120 | -    |                |

\*WHITE HIGHLIGHTED NUMBERS = TIME INTERVAL PER EXERCISE IN SECS \*GOLD HIGHLIGHTED NUMBERS = REST PERIODS IN SECS

- WEEK 6-7: AFTER COMPLETING THE LAST EXERCISE (PLANKS), REST FOR 30 SECS & PERFORM 1 SET OF CIRCUIT 1 (30 SEC EACH EXERCISE, NO REST).
- WEEK 8-9: AFTER COMPLETING THE LAST EXERCISE (PLANKS), REST FOR 30 SECS & PERFORM 1 SET OF CIRCUIT 2 (30 SEC EACH EXERCISE, NO REST).







*CHEST* 49  
*BACK* 50  
*BICEPS/TRICEPS* 51  
*LEGS* 52  
*SHOULDERS* 53

*WEEK*

*10*

| SET | REPS | REST   | TYPE     | LIFTING TEMPO |
|-----|------|--------|----------|---------------|
| 1   | 15   | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 15   | 30 SEC |          |               |

WARM-UP PUSH UP

## FLAT BENCH DUMBBELL PRESS | FLAT BENCH DUMBBELL FLY

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------|-----------|-----------|-------------------|
| 1   | 15   15 | 60 SEC    | COMPOUND  | 1-0-1-0   1-0-1-0 |
| 2   | 12   15 | 1-1.5 MIN | ISOLATION |                   |
| 3   | 10   12 | 1-1.5 MIN |           |                   |
| 4   | 10   12 | 1.5 MIN   |           |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

## INCLINE BENCH DUMBBELL PRESS | INCLINE BENCH DUMBBELL FLY

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------|-----------|-----------|-------------------|
| 1   | 15   15 | 1-1.5 MIN | COMPOUND  | 1-0-1-0   1-0-1-0 |
| 2   | 12   15 | 1-1.5 MIN | ISOLATION |                   |
| 3   | 10   12 | 1-1.5 MIN |           |                   |
| 4   | 10   12 | 1.5 MIN   |           |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

## HAMMER STRENGTH DECLINE PRESS

| SET | REPS       | REST      | TYPE     | LIFTING TEMPO |
|-----|------------|-----------|----------|---------------|
| 1   | 12         | 60-75 SEC | COMPOUND | 1-0-1-0       |
| 2   | 10   8*    | 1-1.5 MIN |          |               |
| 3   | 10   8   8 | 1-1.5 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

\*DROP SETS.

## MID PULLEY CABLE FLY

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO     |
|-----|---------|-----------|-----------|-------------------|
| 1   | 12   8* | 1-1.5 MIN | ISOLATION | 1-0-1-0   1-0-1-2 |
| 2   | 10   10 | 1-1.5 MIN |           |                   |
| 3   | 10   10 | 1-1.5 MIN |           |                   |
| 4   | 8   12  |           |           |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT WIDE STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 2-SEC PAUSE AT CLOSED CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

\*DROP SETS. PERFORM AT DIFFERENT TEMPO.

## CHEST DIP | PUSH UP

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO     |
|-----|---------|-----------|----------|-------------------|
| 1   | 15   12 | 60 SEC    | COMPOUND | 1-0-1-0   1-0-1-0 |
| 2   | 12   10 | 60-75 SEC | COMPOUND |                   |
| 3   | 12   10 | -         |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITIONS THROUGH THE FINAL REPS OF THE SET

| SET | REPS | REST   | TYPE     | LIFTING TEMPO |
|-----|------|--------|----------|---------------|
| 1   | 10   | 45 SEC | COMPOUND | 1-0-1-0       |
| 2   | 10   | 60 SEC |          |               |

WARM-UP CHIN UP

## WIDE GRIP PULL UP

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO |
|-----|---------|-----------|----------|---------------|
| 1   | 10      | 60 SEC    | COMPOUND | 1-0-1-0       |
| 2   | FAILURE | 1-1.5 MIN |          |               |
| 3   | FAILURE | 1-1.5 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

## DUMBBELL ROW | CLOSE GRIP V-BAR PULL DOWN

| SET | REPS     | REST      | TYPE     | LIFTING TEMPO     |
|-----|----------|-----------|----------|-------------------|
| 1   | *15   15 | 1-1.5 MIN | COMPOUND | 1-0-1-0   1-0-1-1 |
| 2   | 12   12  | 1-1.5 MIN | COMPOUND |                   |
| 3   | 12   12  | 1-1.5 MIN |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

\*PERFORM NUMBER OF REPS PER ARM

## REVERSED GRIP BARBELL BENT OVER ROW | UNDERHAND PULL DOWN

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO     |
|-----|---------|-----------|----------|-------------------|
| 1   | 15   15 | 1-1.5 MIN | COMPOUND | 1-0-1-0   1-0-1-1 |
| 2   | 12   12 | 1.5 MIN   | COMPOUND |                   |
| 3   | 12   12 | 1.5 MIN   |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

## WIDE GRIP SEATED CABLE ROW

| SET | REPS       | REST      | TYPE     | LIFTING TEMPO |
|-----|------------|-----------|----------|---------------|
| 1   | 15         | 60 SEC    | COMPOUND | 1-0-1-0       |
| 2   | 12         | 1-1.5 MIN |          |               |
| 3   | 10   8*    | 1-1.5 MIN |          |               |
| 4   | 10   8   8 | 1.5-2 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT THE STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT THE CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

\*DROP SETS

## CLOSE GRIP V-BAR SEATED ROW

| SET | REPS       | REST      | TYPE     | LIFTING TEMPO |
|-----|------------|-----------|----------|---------------|
| 1   | 15         | 60 SEC    | COMPOUND | 1-0-1-0       |
| 2   | 12   10*   | 1-1.5 MIN |          |               |
| 3   | 10   8   8 | 1.5 MIN   |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT THE STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT THE CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

\*DROP SETS

## RACK LIFT

| SET | REPS | REST      | TYPE     | LIFTING TEMPO |
|-----|------|-----------|----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND | 1-1-1-1       |
| 2   | 10   | 1-1.5 MIN |          |               |
| 3   | 8    | 1-1.5 MIN |          |               |

1-SEC ECCENTRIC PHASE  
1-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
1-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD LONGER PAUSE AT THE BOTTOM POSITION THROUGH THE FINAL REPS OF THE SET

# BICEPS & TRICEPS

| SET | REPS    | REST   | TYPE     | LIFTING TEMPO |
|-----|---------|--------|----------|---------------|
| 1   | 10   10 | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 10   10 | 30 SEC |          |               |

WARM-UP    BARBELL CURL | CLOSE-GRIP PUSH UP

## TRICEP CABLE EXTENSION | OVERHEAD CABLE CURL

| SET | REPS             | REST      | TYPE      | LIFTING TEMPO      |
|-----|------------------|-----------|-----------|--------------------|
| 1   | 15   15          | 60 SEC    | ISOLATION | 1-0-1-0    1-0-1-1 |
| 2   | 12   12          | 60 SEC    | ISOLATION |                    |
| 3   | 10   10*         | 1-1.5 MIN |           |                    |
| 4   | 10   10   8   10 | 1-1.5 MIN |           |                    |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

1

\*DROP SETS

## REVERSED GRIP CABLE EXTENSION | CLOSE GRIP EZ-BAR CURL

| SET | REPS             | REST      | TYPE      | LIFTING TEMPO      |
|-----|------------------|-----------|-----------|--------------------|
| 1   | 15   15          | 60 SEC    | ISOLATION | 1-0-1-0    2-0-1-0 |
| 2   | 12   12          | 60 SEC    | ISOLATION |                    |
| 3   | 10   10*         | 1-1.5 MIN |           |                    |
| 4   | 10   10   8   10 | 1.5 MIN   |           |                    |

1-SEC | 2-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

2

\*DROP SETS

## SKULL CRUSHER | DUMBBELL CURL

| SET | REPS           | REST      | TYPE      | LIFTING TEMPO      |
|-----|----------------|-----------|-----------|--------------------|
| 1   | 12   12        | 60-75 SEC | ISOLATION | 1-0-1-0    1-0-1-0 |
| 2   | 10   10   8*   | 1-1.5 MIN | ISOLATION |                    |
| 3   | 10   8   8   6 | 1-1.5 MIN |           |                    |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

3

\*DROP SETS

## LYING DUMBBELL EXTENSION | BARBELL CURL [21'S]

| SET | REPS            | REST      | TYPE      | LIFTING TEMPO      |
|-----|-----------------|-----------|-----------|--------------------|
| 1   | 12   7   7   7* | 1-1.5 MIN | ISOLATION | 1-0-1-0    1-0-1-0 |
| 2   | 10   7   7   7  | 1-1.5 MIN | ISOLATION |                    |
| 3   | 10   7   7   7  | 1-1.5 MIN |           |                    |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

4

\*PERFORM 7 REPS AT BOTTOM HALF OF ROM, 7 REPS AT TOP HALF OF ROM & 7 REPS AT FULL ROM

## CLOSE GRIP BARBELL BENCH PRESS

## SIMULTANEOUS HAMMER CURL

## WRIST CURL [PALMS DOWN]

| SET | REPS         | REST   | TYPE      | LIFTING TEMPO                 |
|-----|--------------|--------|-----------|-------------------------------|
| 1   | 15   12   15 | 60 SEC | COMPOUND  | 1-0-1-0    1-0-1-0    1-0-1-1 |
| 2   | 15   12   15 | 75 SEC | ISOLATION |                               |
| 3   | 12   10   12 | -      | ISOLATION |                               |

1-SEC | 1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

5

5

| SET | REPS | REST   | TYPE     | LIFTING TEMPO |
|-----|------|--------|----------|---------------|
| 1   | 15   | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 15   | 30 SEC |          |               |

WARM-UP CABLE EXTERNAL ROTATION

## SEATED LATERAL DUMBBELL RAISE

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO |
|-----|------------|-----------|-----------|---------------|
| 1   | 15         | 45-60 SEC | ISOLATION | 1-0-1-0       |
| 2   | 15         | 45-60 SEC |           |               |
| 3   | 12   10*   | 1-1.5 MIN |           |               |
| 4   | 10   8   8 | 1-1.5 MIN |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

1 \*DROP SETS

## SEATED FRONT DUMBBELL RAISE

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO |
|-----|------------|-----------|-----------|---------------|
| 1   | 15         | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | 15         | 60 SEC    |           |               |
| 3   | 10   8*    | 1-1.5 MIN |           |               |
| 4   | 10   8   8 | 1-1.5 MIN |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

2 \*DROP SETS

## REAR DELT DUMBBELL RAISE | ROPE CABLE FACE PULL

| SET | REPS    | REST      | TYPE      | LIFTING TEMPO   |
|-----|---------|-----------|-----------|-----------------|
| 1   | 15   15 | 1-1.5 MIN | ISOLATION | 1-0-1-0 1-0-1-1 |
| 2   | 12   12 | 1-1.5 MIN | COMPOUND  |                 |
| 3   | 10   10 | 1.5 MIN   |           |                 |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT STRETCHED POSITIONS  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 1-SEC PAUSE AT CONTRACTED POSITIONS

YOU MAY ADD A SHORT PAUSE AT THE STRETCHED POSITIONS THROUGH THE FINAL REPS OF THE SET

3

## SEATED DUMBBELL PRESS | ARNOLD PRESS

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO   |
|-----|---------|-----------|----------|-----------------|
| 1   | 15   15 | 1-1.5 MIN | COMPOUND | 1-0-1-0 1-0-1-0 |
| 2   | 15   15 | 1-1.5 MIN | COMPOUND |                 |
| 3   | 12   12 | 1.5 MIN   |          |                 |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

4

## HAMMER STRENGTH SHOULDER PRESS

| SET | REPS | REST      | TYPE     | LIFTING TEMPO |
|-----|------|-----------|----------|---------------|
| 1   | 12   | 1-1.5 MIN | COMPOUND | 1-0-1-0       |
| 2   | 10   | 1-1.5 MIN |          |               |
| 3   | 10   | 1-1.5 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT THE BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT THE TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

5

## BARBELL SHRUG

| SET | REPS       | REST      | TYPE      | LIFTING TEMPO |
|-----|------------|-----------|-----------|---------------|
| 1   | 12         | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | 10   10*   | 60-75 SEC |           |               |
| 3   | 10   8   8 | -         |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

6 \*DROP SETS

| SET | REPS    | REST   | TYPE     | LIFTING TEMPO |
|-----|---------|--------|----------|---------------|
| 1   | 15   15 | 30 SEC | COMPOUND | 1-0-1-0       |
| 2   | 15   15 | 30 SEC |          |               |

WARM-UP

**BODYWEIGHT LUNGES**  
**BODYWEIGHT SQUATS**

## LEG EXTENSION

| SET | REPS     | REST      | TYPE      | LIFTING TEMPO |
|-----|----------|-----------|-----------|---------------|
| 1   | 15       | 45-60 SEC | ISOLATION | 1-0-1-0       |
| 2   | 12   15* | 1-1.5 SEC |           |               |
| 3   | 10   15  | 1-1.5 MIN |           |               |
| 4   | 8   15   | 1.5 MIN   |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

1

\*DROP SETS

## LYING LEG CURL [21'S]

| SET | REPS        | REST      | TYPE      | LIFTING TEMPO |
|-----|-------------|-----------|-----------|---------------|
| 1   | 15          | 60 SEC    | ISOLATION | 1-0-1-0       |
| 2   | * 7   7   7 | 1-1.5 MIN |           |               |
| 3   | 7   7   7   | 1-1.5 MIN |           |               |
| 4   | 7   7   7   | 1.5 MIN   |           |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

2

\*PERFORM 7 REPS AT BOTTOM HALF OF ROM, 7 REPS AT TOP HALF OF ROM & 7 REPS AT FULL ROM

## LEG PRESS [NARROW STANCE]

| SET | REPS        | REST      | TYPE     | LIFTING TEMPO |
|-----|-------------|-----------|----------|---------------|
| 1   | 15          | 1.5 MIN   | COMPOUND | 1-0-1-0       |
| 2   | 12   10*    | 1.5-2 MIN |          |               |
| 3   | 10   10   8 | 2-3 MIN   |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

3

\*DROP SETS

## BARBELL HIP THRUST | DUMBBELL ROMANIAN DEADLIFT

| SET | REPS    | REST      | TYPE     | LIFTING TEMPO     |
|-----|---------|-----------|----------|-------------------|
| 1   | 15   15 | 1.5-2 MIN | COMPOUND | 1-0-1-0   1-0-1-0 |
| 2   | 12   12 | 1.5-2 MIN | COMPOUND |                   |
| 3   | 10   10 | 2-3 MIN   |          |                   |
| 4   | 10   10 | 2-3 MIN   |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE BOTTOM STRETCHED POSITION THROUGH THE FINAL REPS OF THE SET

4

## SMITH MACHINE STATIONARY LUNGES | SMITH MACHINE SQUAT

| SET | REPS     | REST      | TYPE     | LIFTING TEMPO     |
|-----|----------|-----------|----------|-------------------|
| 1   | *15   12 | 1.5-2 MIN | COMPOUND | 1-0-1-0   1-0-1-0 |
| 2   | 15   12  | 2 MIN     | COMPOUND |                   |
| 3   | 12   10  | 2-3 MIN   |          |                   |

1-SEC | 1-SEC ECCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC | 1-SEC CONCENTRIC PHASE  
0-SEC | 0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

5

\*PERFORM NUMBER OF LUNGES/REPS PER LEG

## HACK SQUAT

| SET | REPS | REST    | TYPE     | LIFTING TEMPO |
|-----|------|---------|----------|---------------|
| 1   | 20   | 2-3 MIN | COMPOUND | 1-0-1-0       |
| 2   | 20   | 2-3 MIN |          |               |

1-SEC ECCENTRIC PHASE  
0-SEC PAUSE AT BOTTOM STRETCHED POSITION  
1-SEC CONCENTRIC PHASE  
0-SEC PAUSE AT TOP CONTRACTED POSITION

YOU MAY ADD A SHORT PAUSE AT THE TOP POSITION THROUGH THE FINAL REPS OF THE SET

6