

POWER

- BARBELL SQUATS
 - 3X10-12 7RPE
- MILITARY PRESS
 - 3X10-12 6RPE *PERFORM AS DROP SET
- SINGLE ARM DUMBBELL PRESS
 - 3X10-12 6RPE
- SPLIT PRESS
 - 2X10-12 5RPE *BURNOUT
- PAUSE SQUATS
 - 3X10-12 (TILL FAILURE)
- BOX SQUATS
 - 2X10-12
- 3D LUNGES
 - 3X10-12 *PERFORM AS DROP SET
- TKE DROP LUNGE
 - 3X10-12

STRENGTH

*** REMEMBER TO LOCKOUT AT THE END OF THE REP.**

***USE PROPER FORM.**

- SUMO/TRADITIONAL DEADLIFT
 - 5X5 8RPE
 - *REST 3-4 MINUTES IN BETWEEN SETS
- 3IN DEADLIFT DEFICITS
 - 3X10

*REST 3-4 MINUTES IN BETWEEN SETS


- BARBELL SQUAT
 - 5X5 8RPE

*REST 3-4 MINUTES IN BETWEEN SETS

- PAUSE SQUATS
 - 3X10
- BOX SQUATS
 - 2X10
- BARBELL BENCH PRESS
 - 5X5 8RPE
- DUMBBELL BENCH PRESS
 - 3X10
- 4 SEC. DOWN 4 SEC UP PUSHUPS
 - 3X8

HYPERTROPHY

BICEPS

- BARBELL BICEP CHEAT CURLS
 - TILL FAILURE X3
- *PERFORM AS DROP SET
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- BICEP DRAG CURL
 - TILL FAILURE X3
 - BANDED DUAL BICEP CURLS
 - TILL FAILURE X3
 - INCLINE DUMBBELL CURLS
 - TILL FAILURE X3
 - DUMBBELL CURL TRIFECTA
 - 2X8(EACH MOVEMENT)

TRICEPS

- CLOSE GRIP PIN PRESS

- 3X10,6,4
- WEIGHTED DIP TRI-SET
 - FAILURE X3
(WEIGHTED, BODYWEIGHT, ASSISTED)
*NO REST IN BETWEEN THESE SETS
- ROPE PUSHAWAYS
 - 3X10-12 PREFORM AS DROP SET
- DRAG PUSHDOWNS
 - TILL FAILURE X3 (USE THE SAME WEIGHT AS THE SET ABOVE)
- ROCKING TRICEP PUSHDOWNS
 - 2X12

SHOULDERS

*WARMUP (OVERHEAD BAND PRESS 2X15 W/ 3 SEC. HOLD PER REP)

- OHP OR HANDSTAND PUSHUP
 - 4X10,8,6,6
*FINISH W/ 1 SET OF DUMBBELL OHP
- DELT STRETCH 21'S
 - 2-3X7(ANTERIOR, LATERAL, POSTERIOR)
- DUMBBELL CHEAT LATERALS
 - FAILURE X3
- SEATED FRONT RAISES
 - 2X10-12
- LEANING SIDE LATERAL RAISE
 - 2X10-12
- LEANING POSTERIOR RAISE
 - 2X10-12
- 1 N' A QUARTER LATERAL LATTER

- 1,2,3,4,5,6,7,8,9,10 (*THIS IS YOUR BURNOUT)
- FACE PULLS
 - 2X15 (LIGHT TO MEDIUM WEIGHT WITH GOOD FORM)

CHEST

- BARBELL BENCH PRESS
 - 4X6,8,10,12
- HORIZONTAL CABLE CROSSOVERS
 - 4X15
- INCLINE DUMBBELL OR BARBELL PRESS
 - 4X6,8,10,12
- LOW TO HIGH CABLE CROSSOVERS
 - 4X15
- WEIGHTED DIPS OR DECLINE BENCH PRESS
 - 4X6,8,10,12
- HIGH TO LOW CABLE CROSSOVERS
 - 4X15
- FLAT DUMBBELL STRETCH PRESS
 - 3X10
- BAND CROSSOVER PUSHUPS
 - 3X15

LEGS

** IMPORTANT NOTE: PERFORM BAR HANG B/W SETS FOR DECOMPRESSION (30 SEC. EACH)

- BARBELL SQUATS
 - 4X5,5,10,25
- POSTERIOR CHAIN COMPOUNDS
 - BARBELL HIP THRUSTS (BETTER STRENGTH OPTION)
 - GHR (GLUTE/HAM RAISE)
 - 4X25,10,5,5

- DUMBBELL BULGARIAN HI/LOW SPLIT SQUAT
 - 2X10-12 EACH LEG (ALT HI/LOW TORSO PER REP)
 - TILL FAILURE X1 (BODYWEIGHT EXPLOSIVE PLYO HOPS)
- TKE DROP LUNGE
 - 2-3X10-12 EACH LEG
- DUMBBELL ADDUCTOR GOBLET SQUATS
 - 2X10-12
- HIP BAND ABDUCTOR LADDER FINISHER
 - 1-2X1,2,3,4,5,6,7,8,9,10

BACK

- ROCKING PULL DOWNS
 - 3X10-12
- REGULAR LAT PULL DOWNS
 - 3X10-12
- WIDE GRIP PULL UPS
 - 3X10
- CLOSE GRIP PULL UPS
 - 3X10
- SHOULDER WIDTH PULL UPS
 - 3X10
- SUMO OR TRADITIONAL DEADLIFTS
 - 2X8,6
- WEIGHTED CHIN UPS
 - 2X4,8
- DEADLIFTS
 - 2X4
- HYPER Y/W
 - 2X14-20 (ALTERNATE BETWEEN Y'S AND W'S)

- BARBELL DEAD ROWS
 - 3X10-12 (8-10 EXPLOSIVE)

- BARBELL SHRUGS
 - 1X1,2,3,4,5,6,7,8,9,10
- PLATE RAISES
 - 2X10-12 (HOLD FOR 3 SEC A REP)

*** IF ANYONE OF YOU HAVE ANY QUESTIONS FOR ME PLEASE DO NOT HESITATE TO ASK ME. IF YOU CAN NOT DO SOME OF THESE EXERCISES OR HAVE PAST INJURIES THAT MAY LIMIT YOUR ABILITY TO PERFORM SOME OF THE EXERCISES I WILL WORK WITH YOU. REMEMBER TO STRETCH AFTER YOUR WORKOUT NEVER BEFORE IN ORDER TO PREVENT INJURY. IF ANY OF YOU NEED ANY HELP WITH WHAT THE EXERCISE LOOKS LIKE AND HOW TO PERFORM THEM PLEASE ASK. I'D RATHER YOU NOT DO THE EXERCISE AND ASK THAN TRY THE EXERCISE AND HURT YOURSELF.***