

BEASTMODE JONES

12 WEEK PUSH PULL LEGS PROGRAM



BY

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FREQUENTLY ASKED QUESTIONS

Q: Is this program best for bulking or cutting?

A: This can be used for anyone. Does not matter if bulking or cutting. However, every 4 weeks the intensity/volume will increase. So if you are cutting on this program don't perform more cardio than you need to. Just do enough cardio to help you lose weight and track your macros very closely. You will already be burning a lot of calories on this plan. So doing a lot of cardio and eating too little will cause you to lose weight too fast. You want to diet at a nice steady pace when cutting as a natural lifter.

Q: Is doing this program enough to gain mass?

A: No; you have to eat in a calorie surplus if you want to grow with this program. I even offer affordable macro coaching if you need help with your macros.

Q: What about form? I'm not familiar with some of these exercises.

A: For each exercise in this program, I put links to YouTube videos of me showing you the proper form. Some of these videos are unlisted, so you must "copy and paste" the links I shared below to view them.

Q: What if my gym doesn't have the equipment for the exercise you listed for me to do?

A: Just do another exercise that hit the muscle group in a similar fashion. For example, if I put hack squat on there and your gym doesn't have one then do the smith machine squat. Another example, if I say do calf raises and your gym doesn't have a calf machine then do some toe raises on the leg press. It's not that serious!! Just hit the muscle groups and hit them hard. Also, I put some examples of some "alternative exercises" in some of the form videos. For example, in the video showing dumbbell rows, I also show you hammer strength rows for an alternative exercise.

Q: When should I do my cardio?

A: I feel the best time to do it is first thing in the morning with some abs, but if your work or life schedule doesn't allow that, then do your cardio after you weight train. It would be great to put 2 of your cardio sessions aside for your rest days that way you can be active everyday. Instead of just sitting on your ass on your non lifting days.



FREQUENTLY ASKED QUESTIONS

Q: Should I go to failure each set?

A: Go to failure but not complete failure. What I mean is, If I tell you to perform and exercise for 8-12 reps. That means use a weight thats so heavy you can do it for 8 (no more than 12 reps) using good form. Don't try to go beyond failure buy doing extra forced reps and partials. Be sure to track your progress as well.

Q: How long should I be resting between sets?

A: Depends on how many reps you did. Here is what I suggest for optimal results and intensity.

*12-15 reps 30-45 seconds

*8-12 rep range= 60-90 seconds

*6-8 reps- 90-120 seconds

*4-6 reps- 120- 180 seconds

Q: when should I do abs?

A: Do them when it is most convenient for you. At least 2 times a week. I personally do them in the morning with abs 2 to 3 times a week.

Q: How heavy do I need to go?

A: You need to go heavy enough to reach failure within the suggested rep ranges. For example: If I say do seated cable rows for 8-12 reps. Im going to use a 200 pounds on the weight stack because I reach failure at about 10 to 11 reps with that weight. If I can do 13 or more reps that means I went too light and need heavier weight. If I'm going for 4-6 reps I would use about 240 pounds because I can fail at about 5 reps with good form using that much weight. Be sure to write down the weights you use. This way you can aim to beat your personal best lifts and add more weight over time. Adding more weight/reps is how you grow.

Q: Do I do this program only once. Is it over after the first 12 weeks?

A: I want you to repeat this program at least 4 times. Each time you do this program again, I want you to use slightly heavier weight (even if it's only 5 pounds added). This program fully hits the body, so all you need to do is make "progress" getting stronger and using heavier weights is what will make the muscles grow over time. Give it at least a year; especially if you are natural.



FREQUENTLY ASKED QUESTIONS

Q: When I do this program again for the second time. Do I start at weeks 1-4, or do I start at the intense weeks 9-12 since I already have been introduced to it.

A: That's a great question. You probably assume that since you already have completed weeks 9-12 that you need to either keep the volume/intensity the same or go even higher. You need to cycle off the volume/intensity just like your body needs to cycle off high caffeine and stimulants. You will build a tolerance which will make it hard for your body to make adaptations and grow. Also, as a natural lifter you need to make progress (hit heavier weights, get more reps with a certain weight, etc.). You can't make progress if your volume is crazy high and your doing drop sets and going beyond failure almost everyday. The purpose of those intense last 4 weeks are to build your endurance and mental toughness up. This way once you go back to weeks 1-4 it will feel like a "pussy workout" a "hippy workout" you will blow right thru it and the weights will increase with ease. Trust me!

Q: Why train back 2 times a week; instead of just once a week?

A: That's a good question. The back is a very complex muscle that is made up of several muscles. In order to get that quality back (achieving development from the upper, lower, inner and outer) you need to hit different angles. In order to give all these exercises the attention needed to train heavy and intense, it will be best to split them up into vertical days and rowing days until your back becomes a strong point. Once you back becomes a strong point, you can cut the volume a bit and train your whole back in once a week if you like.

Q: Why do you alternate between dumbbell and barbell for chest training in this program?

A: That's a good question. There are benefits using both barbell and dumbbell for chest. Barbell is great for mass in the upper body (especially chest) but since you can bring the humerus inward you can't fully shorten (contract) the chest to the max. The dumbbells allow you to do this (cable crossover as well) but obviously you can't go as heavy as the barbells. So for complete balance of size and fullness, I designed it this way. My clients have been responding well to this which is why I decided to make this a program.

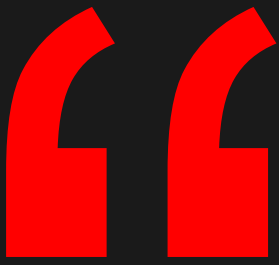
Q: What made you decide to throw in Pyramid Sets?

It's conditions your central nervous system (brain) to handle more weight. Once you go back to the beginning of the program, your original working weight will feel like pussy weight and it will help you progress more smoothly.

watch this vid here (I explain here also): <http://youtu.be/RMo7KQcjal8>



THE 12 WEEK PHASE 1 AND 2 PUSH PULL LEG PROGRAM



You need to go heavy enough to reach failure within the suggested rep ranges"

You do Phase 1, then you take a day off to rest.

You then do Phase 2, and you take a day off to rest again.

Then you repeat the pattern by beginning with Phase 1 again.

(DO 3 days straight, then take 1 day off and repeat. Go back and forth between Phase 1 and Phase 2.)

Weeks 1-4

(Phase 1)

Chest, Delts & Tris

(Chest)

Barbell Incline Bench- 4 sets of 6-10 reps

Barbell Flat Bench- 4 sets of 6-10 reps

Cable Crossover (low to high)- 3 sets of 10 reps

Cable Crossover (high to low)- 3 sets of 10 reps

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 4 sets of 6-10 reps

Seated Side Laterals Raises- 3 sets of 10 reps

Rear Delt Flies (dumbbells)- 3 sets of 10 reps

(Tris)

Rope Press downs- 4 sets of 10-12 reps

Overhead Rope Extension- 4 sets of 10-12 reps



Back, Traps & Biceps

Wide Grip Pulldowns- 3 sets of 8-12 reps

Reverse Grip Pullups or Reverse Grip Pulldowns- 3 sets of 8-12 reps

Close Grip Pulldowns- 3 sets of 8-12 reps

Dumbbell Pullover- 3 sets of 8-12 reps

Straight Arm Pulldown- 3 sets of 8-12 reps

(traps)

Upright Rows(bar or cable version)- 4 set of 8-12 reps

Shrugs- 4 sets of 8-12 reps

(biceps)

Barbell Curls- 3 sets of 8-12 reps

E-Z bar Reverse Curls- 3 sets of 8-12 reps

Standing Cable Curls or Machine Preacher Curl- 3 sets of 8-12 reps

Legs & Calves

(Quads & Hams)

Barbell Squats- 5 sets of 6-10 reps

Leg Press (feet hip/shoulder width)- 4 sets of 10-12 res

Leg Extensions- 4 sets of 10-12 reps

Stiff Leg deads or Romainian Deads (barbell or dumbbell)- 4 sets of 6-10 reps

Lying Hamstring Curls- 4 sets of 10 reps

(calves)

Standing Calve Raises- 5 sets of 10-12 reps

Seated Calve Raises- 5 sets of 10-12 reps



PHASE 2



Chest, Delts & Tris

(Chest)

Incline Dumbbell Bench or Incline Hammer Strength- 4 sets of 6-10 reps
Dumbbell Bench or Hammer Strength- 4 sets of 6-10 reps
Cable Crossover (low to high)- 3 sets of 10 reps
Cable Crossover (high to low)- 3 sets of 10 reps

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 4 sets of 6-10 reps
Standing Cable Side Laterals Raises- 3 sets of 10 reps (each arm)
Rear Delt Flies (dumbbells)- 3 sets of 10 reps

(Tris)

Reverse Grip Pressdown- 4 sets of 10-12 reps (each arm)
Dumbbell Skull Crusher- 4 sets of 10-12 reps



BEAST MODE COACHING MODE

BEAST MODE
ACTIVATED

Back & Bis

Rack pulls- 4 sets of 4-8 reps

Barbell row- 3 sets of 8-12 reps

T-Bar Row (close grip)- 3 sets of 8-12 reps

Dumbbell Row- 3 sets of 10 reps each arm

Seated Cable Row- 3 sets of 10 reps

(Biceps)

Dumbbell Curls (with twist at top)- 3 sets of 10 reps (each arm)

Dumbbell Hammer Curls- 3 sets of 10 reps (each arm)

Cable Reverse Curl (prefer e-z curl bar attachment)- 3 sets of 8-12 reps



BOUT THAT
LIFE

Legs & Calves

(Quads & Hams)

Hack Squat or Front Squats- 4 sets of 6-10 reps

Walking Lunges (dumbbells in each hand)- 4 sets of 10 steps (each leg)

Leg Extensions- 4 sets of 10-12 reps

Seated Hamstring curls- 4 sets 10-12 reps

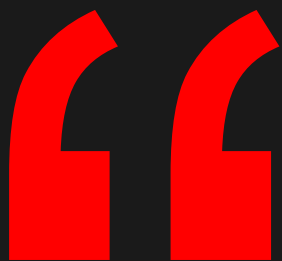
Lying Hamstring Curls- 4 sets of 10-12 reps

(Calves)

Standing Calve Raises- 5 sets of 10-12 reps

Seated Calve Raises- 5 sets of 10-12 reps





Once you go back to the beginning of the program, your original working weight will feel like pussy weight"

Weeks 5-8

(Phase 1)

Chest, Delts & Tris

(Chest)

Barbell Incline Bench- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Barbell Flat Bench- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Cable Crossover (low to high)- 3 sets of 12-15 reps; do a drop set right after last set.

Cable Crossover (high to low)- 3 sets of 12-15 reps; do a drop set right after last set.

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Seated Side Laterals Raises- 3 sets of 12-15 reps

Rear Delt Flies (Dumbbells)- 3 sets of 12-15 reps

(Tris)

Rope Pressdowns- 4 sets of 10-12 reps; do a triple drop set after the last set

Overhead Rope Extension- 4 sets of 10-12 reps; do a triple drop set after the last set



Back, Traps & Bis

(Back)

Wide Grip Pulldowns- 3 sets of 8-12 reps; then 1 set of 15 reps

Reverse Grip Pullups or Reverse Grip Pulldowns- 3 sets of 8-12 reps; then 1 set of 15 reps

Close Grip Pulldowns- 3 sets of 8-12 reps; then 1 set of 15 reps

Dumbbell Pullover- 4 sets of 8-12 reps

Straight Arm Pulldown- 4 sets of 8-12 reps

(Traps)

Upright Rows(bar or cable version)- 4 set of 8-12 reps

Shrugs- 4 sets of 8-12 reps; then 1 set of 15-20 reps

(Biceps)

Barbell Curls- 3 sets of 8-12 reps

E-Z bar Reverse Curls- 3 sets of 8-12 reps

Standing Cable Curls or Machine Preacher Curl- 3 sets of 8-12 reps; triple drop set after the last set



PHASE 1 CONTINUED

Legs & Calves

(Quads & Hams)

Barbell Squats- 5 sets (3 sets of 8-12; then 2 sets of 3-6 reps)

Leg Press (feet hip/shoulder width)- 4 sets of 10-12 res; then do 1 set of 15-20 reps

Leg Extensions- 4 sets of 12-15 reps

Stiff Leg deads or Romanian Deads (barbell or dumbbell)- 4 sets of 6-10 reps; then 1 set of 15 reps

Lying Hamstring Curls- 4 sets of 12 reps

(Calves)

Standing Calve Raises- 5 sets of 12-15 reps

Seated Calve Raises- 5 sets of 12-15 reps



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PHASE 2



Chest, Delts & Tris

(Chest)

Incline Dumbbell Bench or Incline Hammer Strength- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Dumbbell Bench or Hammer Strength- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Cable Crossover (low to high)- 3 sets of 12-15 reps; do a drop set right after last set.

Cable Crossover (high to low)- 3 sets of 12-15 reps; do a drop set right after last set

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Standing Cable Side Laterals Raises- 3 sets of 12 reps (each arm)

Rear Delt Flies (dumbbells)- 3 sets of 12 reps

(Tris)

Reverse Grip Press down- 4 sets of 10-12 reps; do a triple drop set after the last set

Dumbbell Skull Crusher- 4 sets of 10-12 reps; do a triple drop set after the last set

PHASE 2 CONTINUED



Back & Bis

Rack pulls- 4 sets of 4-8 reps

Barbell Row- 3 sets of 8-12 reps; then do a set of 15 reps

T-Bar Row (close grip)- 3 sets of 8-12 reps; do a drop set after last set

Dumbbell Row- 3 sets of 12 reps each arm

Seated Cable Row- 3 sets of 12 reps; then do 1 set of 15 reps

(Biceps)

Dumbbell Curls (with twist at top)- 3 sets of 10 reps (each arm)

Dumbbell Hammer Curls- 3 sets of 10 reps (each arm)

Cable Reverse Curl (prefer e-z curl bar attachment)- 3 sets of 8-12 reps; triple drop set after the last set

BALLS HANGING



100% STEROID FREE

Legs & Calves

(Quads & Hams)

Hack Squat or Front Squats- 5 sets (3 sets of 8-12; then 2 sets of 3-6 reps)

Walking Lunges (dumbbells in each hand)- 4 sets of 12 steps (each leg)

Leg Extensions- 4 sets of 12-15 reps

Seated Hamstring Curls- 4 sets 12 reps

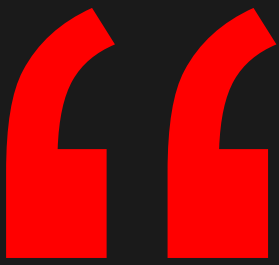
Lying Hamstring Curls- 4 sets of 12 reps

(Calves)

Standing Calve Raises- 5 sets of 12-15 reps

Seated Calve Raises- 5 sets of 12-15 reps





Don't try to go beyond failure by doing extra forced reps and partials. Be sure to track your progress as well.

"Weeks 9-12"

(Phase 1)

Chest, Delts & Tris

(Chest)

Barbell Incline Bench- 5 sets 15-4 reps "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

Barbell Flat Bench- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6 reps)

Cable Crossover (low to high)- 3 sets of 12-15 reps; do a triple drop set right after last set.

Cable Crossover (high to low)- 3 sets of 12-15 reps; do a triple drop set right after last set.

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 5 sets 15-4 reps "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

Seated Side Laterals Raises- 4 sets of 12-15 reps

Rear Delt Flies (dumbbell)- 4 sets of 12-15 reps

(Tris)

Rope Pressdowns- 4 sets of 10-12 reps; do a triple drop set after the last set

Overhead Rope Extension- 4 sets of 10-12 reps; do a triple drop set after the last set

Bodyweight Dips (for tricep)- 3 sets to complete failure!



PHASE 1 CONTINUED



Back, Traps & Bis

Wide Grip Pull downs- 5 sets 15-4 reps "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

Reverse Grip Pull-ups or Reverse Grip Pull downs- 4 sets of 8-12 reps

Close Grip Pull downs- 4 sets of 8-12 reps

Dumbbell Pullover- 4 sets of 8-12 reps

Straight Arm Pull down- 4 sets of 8-12 reps; do a triple drop set after the last set.

(Traps)

Upright Rows(bar or cable version)- 4 set of 8-12 reps

Shrugs- 4 sets of 8-12 reps; do a triple drop set after the last set.

(Biceps)

Barbell Curls- 3 sets of 8-12 reps

E-Z bar Reverse Curls- 3 sets of 8-12 reps

Standing Cable Curls or Machine Preacher Curl- 4 sets of 8-12 reps; triple drop set after the last set

Legs & Calves

(Quads & Hams)

Barbell Squats- 5 sets 15-4 reps "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

Leg Press (feet hip/shoulder width)- 4 sets of 12-15 reps

Leg Extensions- 4 sets of 12-15 reps; do a triple drop set after the last set

Stiff Leg deads or Romanian Deads (barbell or dumbbell)- 4 sets of 12 reps

Lying Hamstring Curls- 3 sets of 12 reps; then 1 set of 15 reps
(calves)

Standing Calve Raises- 5 sets of 12-15 reps; then do 1 set of 20 reps

Seated Calve Raises- 5 sets of 12-15 reps; then do 1 set of 20 reps



PHASE 2

SHOW NO MERCY FOR THE IRON. TRAIN WITH PASSION, RAGE, AND INTENSITY. BUT MOST OF ALL F*CK SHYT UP

Chest, Delts & Tris

Incline Dumbbell Bench or Incline Hammer Strength- 5 sets 15-4 reps "Pyramid Style"
(Start with a set of 15 reps then add weight on each set, but do not go under 4
reps. Obviously you save the heaviest weight for the last set)

Dumbbell Bench or Hammer Strength- 4 sets (2 sets of 8-12 reps; then 2 sets of 3-6
reps)

Cable Crossover (low to high)- 3 sets of 12-15 reps; do a triple drop set right after
last set.

Cable Crossover (high to low)- 3 sets of 12-15 reps; do a triple drop set right after
last set.

(Delts)

Seated Shoulder Press (Barbell or Dumbbell)- 5 sets 15-4 reps "Pyramid Style"
(Start with a set of 15 reps then add weight on each set, but do not go under 4
reps. Obviously you save the heaviest weight for the last set)

Standing Cable Side Laterals Raises- 4 sets of 12 reps (each arm)

Rear Delt Flies (dumbbell)- 4 sets of 12-15 reps

(Tris)

Reverse Grip Press down- 4 sets of 10-12 reps; do a triple drop set after the last
set

Dumbbell Skull Crusher- 4 sets of 10-12 reps; do a triple drop set after the last set

Bodyweight Dips (for triceps)- 3 sets to complete failure!





Back & Bis

Rack Pulls- 4 sets of 4-8 reps

Barbell Row- 5 sets 15-4 reps "Pyramid Style" (Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

T-Bar Row (close grip)- 3 sets of 8-12 reps; do a triple drop set after last set

Dumbbell Row- 4 sets of 12 reps each arm

Seated Cable Row- 4 sets of 12 reps

(Biceps)

Dumbbell Curls (with twist at top)- 3 sets of 12 reps (each arm)

Dumbbell Hammer Curls- 3 sets of 12 reps (each arm)

Cable Reverse Curl (prefer e-z curl bar attachment)- 4 sets of 8-12 reps; triple drop set after the last set

Legs & Calves

(Quads & Hams)

Hack Squat or Front Squats- 5 sets 15-4 reps "Pyramid Style"
(Start with a set of 15 reps then add weight on each set, but do not go under 4 reps. Obviously you save the heaviest weight for the last set)

Walking Lunges (dumbbells in each hand)- 4 sets of 12 steps (each leg)

Leg Extensions- 4 sets of 12-15 reps; then 1 set of 20 reps

Seated Hamstring Curls- 4 sets 12 reps; then 1 set of 15 reps

Lying Hamstring Curls- 4 sets of 12 reps; then 1 set of 15 reps

(Calves)

Standing Calve Raises- 5 sets of 12-15 reps; do a drop set right after the last set


Seated Calve Raises- 5 sets of 12-15 reps; do a drop set right after the last set



CONGRATULATIONS

You have completed the 12 week program. Take a deload week or a full week off, then go back to week 1 of the program to do it all over again. Try to add more weight or attempt to get more reps with the same weight on each exercise to make progress. Progress (more weight/reps) is how you grow as a natural lifter.

EAT
TRAIN
SLEEP
SKEEP
REPEAT



VIDEO LINKS SHOWING PROPER FORM

Links To Videos Showing Proper Form

(Chest exercises)

Barbell Incline Bench- <http://youtu.be/QeXECbti2gU>

Incline Dumbbell Bench- <http://youtu.be/C94CbFc1Ccw>

Incline Hammer Strength- <http://youtu.be/rwitVwOlJZY>

Barbell Flat Bench- <http://youtu.be/JJ5iCcKzg2Q>

Flat Dumbbell Bench- <http://youtu.be/EgEg9m9MJYk>

Flat Hammer Strength- <http://youtu.be/dMJRp6kRI9M>

Cable Crossover (low to high)- <http://youtu.be/Am8PfTpwiCY>

Cable Crossover (high to low)- <http://youtu.be/z5uWfxV0piE>

(Delt exercises)

Seated Shoulder Press- <http://youtu.be/wptWd1xhxq0>

Seated Side Laterals Raises- <http://youtu.be/Z43FhG2fhV0>

Standing Cable Side Laterals Raises- <http://youtu.be/x7IDckfsSDU>

Rear Delt Flies (dumbbells)- <http://youtu.be/N1qUa9FtmDg>

(Tricep exercises)

Rope Pressdowns- <http://youtu.be/YmZNLkJmhgl>

Overhead Rope Extension- <https://youtu.be/38QQai2Ag9Y>

Reverse Grip Pressdown- <http://youtu.be/-ihAmvORSyY>

Dumbbell Skull Crusher- <http://youtu.be/ZUZOn9c1VVI>

Bodyweight Dips (for triceps)- <http://youtu.be/zKCq8AgDb7A>

VIDEO LINKS SHOWING PROPER FORM

(Trap exercises)

Upright Rows(bar or cable version)- <http://youtu.be/Op8H4Jr6SC0>

Shrugs- <http://youtu.be/BrleQptjIUA>

(Back exercises)

Wide Grip Pulldowns- http://youtu.be/_ZVxKGKXdaQ

Reverse Grip Pulldowns- <http://youtu.be/mWzZxSx6on4>

Close Grip Pulldowns- <http://youtu.be/6WNZ3dTYs04>

Dumbbell Pullover- <http://youtu.be/N8TEFrCMtaQ>

Straight Arm Pulldown- <http://youtu.be/bx9R3xPAW5g>

Rack pulls- <http://youtu.be/YeUvrueG3ic>

Barbell row- <http://youtu.be/Thh08d-v8vY>

T-Bar Row (close grip)- <http://youtu.be/lw4vt9ajM-U>

Dumbbell Row- <http://youtu.be/1wXkxqG3kjQ>

Seated Cable Row- <http://youtu.be/XSdqG1fiCxc>

(Bicep exercises)

Barbell Curls- <http://youtu.be/oX5tKhqCh08>

E-Z bar Reverse Curls- <http://youtu.be/BwSE-3zKBjY>

Standing Cable Curls- <http://youtu.be/tAy3GKNwQYg>

Machine Preacher Curl- <http://youtu.be/Jorpkf6MWYA>

Dumbbell Curls(with twist at top)- <http://youtu.be/gZMzGWDPvk4>

Dumbbell Hammer Curls- <http://youtu.be/gZMzGWDPvk4>

Cable Reverse Curl- http://youtu.be/S-q_kATWlzy

VIDEO LINKS SHOWING PROPER FORM

(Leg exercises)

Barbell Squats- <http://youtu.be/ISFs8Rze-6E>

Leg Press- http://youtu.be/Z-L_3bCAFDU

Hack Squat- http://youtu.be/CBTz_JqGkOQ

Front Squats- <http://youtu.be/4RtycbSj4tw>

Leg Extensions- <http://youtu.be/w9THXIEsIJQ>

Walking Lunges- <http://youtu.be/lCDpmtrtYng>

Stiff Leg deads & Romainian Deads- <http://youtu.be/RYqPaYtYlaA>

Seated Hamstring curls- http://youtu.be/eGaKpEXYg_8

Lying Hamstring Curls- <http://youtu.be/neY6TvTuUtk>

(Calve exercises)

Standing Calve Raises- <http://youtu.be/oYDrCWxLzSO>

Seated Calve Raises- <http://youtu.be/umDCz2RkUFO>

If your questions or concerns have not been answered here, then please feel free to email me

Beastmodecustoms@live.com. I will respond to you within 24-48 hours. Be sure to make the subject title "FAQ." This way I will be able to find the email quickly due to a lot of spam mail I receive.