

ANTHONY's OUTSET PROGRAM

Key: Sets x Reps x Total Weight lifted

(Note Dumbbell weights are written as the sum of both DBs)

Exercise groupings are denoted by the letter, order by number

Warmup

WU1) Single leg glute bridges 15 each side

WU2) Back extensions 12

WU3) Bent over banded pull downs 2010

Build up weights on A exercises

A1) Trap bar deadlift 3 x 20 x 80kg

A2) DB floor press 3 x 15 x 34kg

Rest 120 secs

B1) Split Squats 3 x 8 x BW

B2) Leg extensions 3 x 20 x 25kg

Rest 60 secs

B3) Neutral grip pull downs 3 x 8 x 45kg

B4) Bent over Cable bar pull downs 3 x 15 x 15kg

Cardio

C) Ski erg 5 mins , >50 s/m