

BREAKDOWN

STRUCTURE OF THE ESSENTIAL TIER

This 4-week program is specially created for those wanting to focus on aesthetics, proportions, and symmetry by training in a functional (myofibrillar) hypertrophy style. It utilizes old school training techniques which allow you to develop and build the most aesthetic physique! Hypertrophy & Strength Focused - ONLY FOR THE WORTHY (Intermediate to Advanced Lifters).

Instead of a traditional bro-split or a push pull legs split, this program focuses on working out similar muscle groups each day for maximum output. Essentially a 3-day alternating split consisting of Chest and Back on day 1, Shoulder and Arms on day 2, Legs on day 3, and then a varied workout for the same muscle groups the following three days. Finished off by one day off - a time for your body to rest. Don't overtrain, but also don't force the rest day on day 7. Take rest when you feel you need it or when you are unable to train! The reason I listed each day with a number and not an actual Monday or Tuesday, is because you may not be able to go one day. That would be the time to use it as the rest day even if it is on (for example) a thursday.

EXAMPLE

WEEK

Day 1	Chest & Back	A
Day 2	Shoulder & Arms	A
Day 3	Legs	A
Day 4	Chest & Back	B
Day 5	Shoulder & Arms	B
Day 6	Legs	B
Day 7	Rest	

TEMPO EXPLAINED

Most of you will understand what exercises, sets, reps, and rest are. That said, some of you may be unfamiliar with the tempo column in the greek god program. The goal here is to control the tempo (or timing of a rep) of a particular exercise/movement. Controlling the timing will optimize time under tension, allowing the optimal muscle strain for hypertrophy. You will see the tempo shown as three numbers (for example: bicep curls at tempo 1,2,3). The first number is the concentric portion of the rep in seconds like I this example: curling up the weight. The second number is the full contraction part of the rep in seconds (squeeze for two seconds), the third is the eccentric portion of the rep in seconds (lower the weight in three seconds).

LET'S GET STARTED

Get ready to push yourself to the limits and stay consistent for the next twelve weeks. For the best results, be sure to follow a well-balanced diet. I offer a variety of meal plans on my website with a range of caloric intakes that may suit your needs. If you are interested, be sure to check them out at alexeubank.com



Vision creates faith and faith creates willpower. With faith there is no anxiety and no doubt – just absolute confidence in yourself.

ARNOLD SCHWARZENEGGER

WEEK 1

DAY 1 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Pec Deck	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Flat BB Bench	4	10,10,10,10	60 sec	
Wide Grip Pulldown	4	12,12,12,12	60 sec	
Cable Flys (high to low)	4	12,12,12,12	60 sec	1,2,3
Underhand Pulldown	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (cable)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Incline DB Curl	5	12,12,12,10,10	45 sec	1,2,3
Rope Extension	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	
Leg Curl	4	12,12,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Wide Grip Pulldown	4	15,12,12,12	60 sec	
Incline DB Bench	4	12,12,10,10	60 sec	
Close Grip Pulldown	4	12,12,10,10	60 sec	
Flat DB Flys	4	12,12,10,10	60 sec	
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3
Plate Loaded Bench Flat	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Pushups	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
Smith machine OHP	5	12,12,12,12,12	60 sec	1,2,3
Upright Rows	3	12,12,12	45 sec	
DB Curl (alternate)	5	12,12,10,8,8	45 sec	1,2,3
Straight Bar Extension	5	12,12,10,8,8	45 sec	1,2,3
Cable BB Curl	5	12,12,12,10,10	45 sec	
DB Skullcrusher	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	1,2,3
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 2**DAY 1 - CHEST & BACK**

Exercise	Sets	Reps	Rest	Tempo
Cable Flys (high to low)	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Decl. Bench	4	10,10,10,10	60 sec	
Underhand Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
DB Row	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (DB)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Cable Hammer Curl	5	12,12,12,10,10	45 sec	1,2,3
Close Grip Bench	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	
Leg Curl	4	12,12,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Seated Cable Row (wide)	4	15,12,12,12	60 sec	
Flat DB Bench	4	12,12,10,10	60 sec	
Seated Cable Row (close)	4	12,12,10,10	60 sec	
Plate Loaded Bench Incline	4	12,12,10,10	60 sec	
Close Grip Pulldown	4	10,10,10,10	60 sec	1,2,3
Cable Flys (high to low)	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Pec Deck	3	12,12,12	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Smith M. Shoulder Press	3	12,12,12	60 sec	
Hammer Curls	5	12,12,10,8,8	45 sec	1,2,3
Straight Bar Extension	5	12,12,10,8,8	45 sec	1,2,3
Preacher Curl	5	12,12,12,10,10	45 sec	
One Arm Overhead Ext.	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 3

DAY 1 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Pec Deck	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Incl.	4	10,10,10,10	60 sec	
Wide Grip Pulldown	4	12,12,12,12	60 sec	
Incline DB Flys	4	12,12,12,12	60 sec	1,2,3
Low Row	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (cable)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Reverse Grip Curl	5	12,12,12,10,10	45 sec	1,2,3
Rope Extension	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	
Walking Lunges	4	20,20,20,20	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Seated Cable Row (close)	4	15,12,12,12	60 sec	
Flat BB Bench	4	12,12,10,10	60 sec	
Close Grip Pulldown	4	12,12,10,10	60 sec	
Plate Loaded Bench Flat	4	12,12,10,10	60 sec	
One Arm Row Machine	4	10,10,10,10	60 sec	1,2,3
Cable Flys (low to high)	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Dips	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
Smith M. Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Rear Delt Fly (DB)	3	12,12,12	60 sec	
Incline DB Curl	5	12,12,10,8,8	45 sec	1,2,3
Cable Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
DB Curl (alternate)	5	12,12,12,10,10	45 sec	
DB Skullcrusher	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 4**DAY 1 - CHEST & BACK**

Exercise	Sets	Reps	Rest	Tempo
Pushups	2	25	45 sec	1,2,3
Wide Grip Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Flat BB Bench	4	10,10,10,10	60 sec	
Close Grip Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Upright Rows	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Cable BB Curl	5	12,12,12,10,10	45 sec	1,2,3
One Arm Overhead Ext.	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Curl	4	15,15,12,12	45 sec	
Sissy Squat	4	20,20,20,20	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Wide Grip Pullup	4	15,12,12,12	60 sec	
Flat DB Bench	4	12,12,10,10	60 sec	
Seated Cable Row (wide)	4	12,12,10,10	60 sec	
Incline BB Bench	4	12,12,10,10	60 sec	
Low Row	4	10,10,10,10	60 sec	1,2,3
Flat DB Flys	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Pushups	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Smith M. Shoulder Press	3	12,12,12	60 sec	
Cable Hammer Curl	5	12,12,10,8,8	45 sec	1,2,3
DB Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
Preacher Curl	5	12,12,12,10,10	45 sec	
Rope Extension	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 5

DAY 1 - CHEST & BACK

	Sets	Reps	Rest	Tempo
Pec Deck	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Decl.	4	10,10,10,10	60 sec	
Low Row	4	12,12,12,12	60 sec	
Flat DB Flys	4	12,12,12,12	60 sec	1,2,3
Close Grip Pulldown	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (DB)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Incline DB Curl	5	12,12,12,10,10	45 sec	1,2,3
Rope Extension	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	
Leg Curl	4	20,20,20,20	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

	Sets	Reps	Rest	Tempo
Seated Cable Row (close)	4	15,12,12,12	60 sec	
Incline BB Bench	4	12,12,10,10	60 sec	
Wide Grip Pulldown	4	12,12,10,10	60 sec	
Pec Deck	4	12,12,10,10	60 sec	
DB Row	4	10,10,10,10	60 sec	1,2,3
Incline DB Flys	4	10,10,10,10	60 sec	1,2,3
Underhand Pulldown	3	12,12,12	60 sec	
Dips	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
Smith M. Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
DB Front Raise	3	12,12,12	60 sec	
Hammer Curls	5	12,12,10,8,8	45 sec	1,2,3
DB Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
Reverse Grip Curl	5	12,12,12,10,10	45 sec	
Straight Bar Extension	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Press	4	12,12,12,12	45 sec	1,2,3
Sissy Squat	4	20,20,20,20	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 6**DAY 1 - CHEST & BACK**

Exercise	Sets	Reps	Rest	Tempo
Cable Flys (high to low)	2	25	45 sec	1,2,3
Wide Grip Pullup	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Incl.	4	10,10,10,10	60 sec	
Underhand Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
Seated Cable Row (wide)	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (cable)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Cable Hammer Curl	5	12,12,12,10,10	45 sec	1,2,3
Close Grip Bench	5	12,12,12,10,10	60 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Hack Squat	4	10,10,10,10	60 sec	
Leg Press	4	15,15,12,12	60 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Straight Arm Pulldown	4	15,12,12,12	60 sec	
Flat DB Flys	4	12,12,10,10	60 sec	
Wide Grip Pulldown	4	12,12,10,10	60 sec	
Flat BB Bench	4	12,12,10,10	60 sec	
One Arm Row Machine	4	10,10,10,10	60 sec	1,2,3
Incline DB Bench	4	10,10,10,10	60 sec	1,2,3
Close Grip Pulldown	3	12,12,12	60 sec	
Cable Flys (high to low)	3	12,12,12	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Upright Rows	3	12,12,12	60 sec	
Cable BB Curl	5	12,12,10,8,8	45 sec	1,2,3
One Arm Overhead Ext.	5	12,12,10,8,8	45 sec	1,2,3
Preacher Curl	5	12,12,12,10,10	45 sec	
Cable Skullcrusher	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Press	4	12,12,12,12	60 sec	1,2,3
Hack Squat	4	20,20,20,20	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 7

DAY 1 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Cable Flys (low to high)	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Flat	4	10,10,10,10	60 sec	
Wide Grip Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (cable)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Preacher Curl	5	12,12,12,10,10	45 sec	1,2,3
DB Skullcrusher	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	15,15,12,12	60 sec	
Leg Curl	4	12,12,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Straight Arm Pulldown	4	15,12,12,12	60 sec	
Plate Loaded Bench Incline	4	12,12,10,10	60 sec	
Underhand Pulldown	4	12,12,10,10	60 sec	
Flat DB Bench	4	12,12,10,10	60 sec	
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3
Plate Loaded Bench Flat	4	10,10,10,10	60 sec	1,2,3
DB Row	3	12,12,12	60 sec	
Pushups	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Upright Rows	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Lateral Raises	3	12,12,12	60 sec	
DB Curl (alternate)	5	12,12,10,8,8	45 sec	1,2,3
One Arm Cable Ext.	5	12,12,10,8,8	45 sec	1,2,3
Cable BB Curl	5	12,12,12,10,10	45 sec	
Cable Skullcrusher	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	1,2,3
Deadlift	5	12,10,6,6,6	70 sec	
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Walking Lunges	4	AMRAP	60 sec	
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 8**DAY 1 - CHEST & BACK**

Exercise	Sets	Reps	Rest	Tempo
Pec Deck	2	15	45 sec	1,2,3
Wide Grip Pullup	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Decl.	4	10,10,10,10	60 sec	
Close Grip Pulldown	4	12,12,12,12	60 sec	
Flat DB Flys	4	12,12,12,12	60 sec	1,2,3
DB Row	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (DB)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Preacher Curl	5	12,12,12,10,10	45 sec	1,2,3
DB Skullcrusher	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Curl	4	10,10,10,10	45 sec	
Leg Press	4	15,15,12,12	60 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Wide Grip Pulldown	4	15,12,12,12	60 sec	
Plate Loaded Bench Flat	4	12,12,10,10	60 sec	
Seated Cable Row (close)	4	12,12,10,10	60 sec	
Incline DB Bench	4	12,12,10,10	60 sec	
Low Row	4	10,10,10,10	60 sec	1,2,3
Flat BB Bench	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Dips	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Upright Rows	3	12,12,12	60 sec	
Cable BB Curl	5	12,12,10,8,8	45 sec	1,2,3
Rope Extension	5	12,12,10,8,8	45 sec	1,2,3
Reverse Grip Curl	5	12,12,12,10,10	45 sec	
Close Grip Bench	5	10,10,10,10,10	60 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	1,2,3
Deadlift	5	12,10,6,6,6	70 sec	
Hack Squat	4	12,12,12,12	60 sec	
Leg Press	4	12,12,12,12	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 9

DAY 1 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Flat DB Flys	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Incl.	4	10,10,10,10	60 sec	
Wide Grip Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (DB)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Cable BB Curl	5	12,12,12,10,10	45 sec	1,2,3
Cable Skullcrusher	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	10,10,10,10	60 sec	
Hack Squat	4	15,15,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Underhand Pulldown	4	15,12,12,12	60 sec	
Flat BB Bench	4	12,12,10,10	60 sec	
Close Grip Pulldown	4	12,12,10,10	60 sec	
Plate Loaded Bench	4	12,12,10,10	60 sec	
Incline	4	10,10,10,10	60 sec	1,2,3
DB Row	4	10,10,10,10	60 sec	1,2,3
Incline DB Bench	3	12,12,12	60 sec	
Seated Cable Row (wide)	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
Upright Rows	5	12,12,12,12,12	60 sec	1,2,3
DB Shoulder Press	3	12,12,12	60 sec	
Incline DB Curl	5	12,12,10,8,8	45 sec	1,2,3
DB Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
Hammer Curls	5	12,12,12,10,10	45 sec	
One Arm Overhead Ext.	5	12,12,12,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	1,2,3
Deadlift	5	12,10,6,6,6	70 sec	
Leg Press	4	12,12,12,12	60 sec	1,2,3
Walking Lunges	4	AMRAP	60 sec	
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 10

DAY 1 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Cable Flys (high to low)	2	15	45 sec	1,2,3
Wide Grip Pullup	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Flat DB Bench	4	10,10,10,10	60 sec	
Close Grip Pulldown	4	12,12,12,12	60 sec	
Flat DB Flys	4	12,12,12,12	60 sec	1,2,3
Straight Arm Pulldown	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Smith M. Shoulder Press	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Reverse Grip Curl	5	12,12,12,10,10	45 sec	1,2,3
Close Grip Bench	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	10,10,10,10	45 sec	
Hack Squat	4	15,15,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Low Row	4	15,12,12,12	60 sec	
Flat BB Bench	4	12,12,10,10	60 sec	
Wide Grip Pulldown	4	12,12,10,10	60 sec	
Incline DB Flys	4	12,12,10,10	60 sec	
One Arm Row Machine	4	10,10,10,10	60 sec	1,2,3
Cable Flys (low to high)	4	10,10,10,10	60 sec	1,2,3
Seated Cable Row (close grip)	3	12,12,12	60 sec	
	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
DB Shoulder Press	5	20,15,15,12,12	45 sec	
Lateral Raises	5	12,12,12,12,12	60 sec	1,2,3
Upright Rows	3	12,12,12	60 sec	
Incline DB Curl	5	12,12,10,8,8	45 sec	1,2,3
Cable Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
Reverse Grip Curl	5	12,12,12,10,10	45 sec	
Close Grip Bench	5	10,10,10,10,10	60 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 11

DAY 1 - CHEST & BACK

	Sets	Reps	Rest	Tempo
Pec Deck	2	15	45 sec	1,2,3
Straight Arm Pulldown	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Flat	4	10,10,10,10	60 sec	
Seated Cable Row (close)	4	12,12,12,12	60 sec	
Cable Flys (high to low)	4	12,12,12,12	60 sec	1,2,3
Wide Grip Pulldown	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Rear Delt Fly (DB)	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Hammer Curls	5	12,12,12,10,10	45 sec	1,2,3
DB Skullcrusher	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Curl	4	12,12,12,12	60 sec	
Leg Press	4	15,15,12,12	45 sec	
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

	Sets	Reps	Rest	Tempo
Seated Cable Row (close)	4	15,12,12,12	60 sec	
Incline BB Bench	4	12,12,10,10	60 sec	
DB Row	4	12,12,10,10	60 sec	
Plate Loaded Bench Decl.	4	12,12,10,10	60 sec	
Wide Grip Pulldown	4	10,10,10,10	60 sec	1,2,3
Pec Deck	4	10,10,10,10	60 sec	1,2,3
Close Grip Pulldown	3	12,12,12	60 sec	
Dips	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

	Sets	Reps	Rest	Tempo
Upright Rows	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Rear Delt Fly (cable)	3	12,12,12	60 sec	
Preacher Curl	5	12,12,10,8,8	45 sec	1,2,3
Straight Bar Extension	5	12,12,10,8,8	45 sec	1,2,3
DB Curl (alternate)	5	12,12,12,10,10	45 sec	
Rope Extension	5	10,10,10,10,10	45 sec	

DAY 6 - LEGS

	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Leg Press	4	12,12,12,12	60 sec	1,2,3
Hack Squat	4	12,12,10,10	60 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST

WEEK 12**DAY 1 - CHEST & BACK**

Exercise	Sets	Reps	Rest	Tempo
Flat DB Flys	2	15	45 sec	1,2,3
Wide Grip Pullup	2	15	45 sec	1,2,3
Incline DB Bench	5	12,8,6,6,6	70 sec	
BB Row	5	12,8,6,6,6	70 sec	
Plate Loaded Bench Flat	4	10,10,10,10	60 sec	
Close Grip Pulldown	4	12,12,12,12	60 sec	
Pec Deck	4	12,12,12,12	60 sec	1,2,3
Wide Grip Pulldown	4	10,10,10,10	60 sec	1,2,3

DAY 2 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,8,8,6,6	60 sec	
Upright Rows	3	15,12,12	45 sec	
BB Curl	5	12,12,10,8,8	60 sec	
BB Skullcrusher	5	12,12,10,8,8	60 sec	
Cable BB Curl	5	12,12,12,10,10	45 sec	1,2,3
Straight Bar Extension	5	12,12,12,10,10	45 sec	1,2,3

DAY 3 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Extension	4	15,15,12,12	45 sec	1,2,3
BB Squat	5	12,10,6,6,6	70 sec	
Leg Press	4	10,10,10,10	60 sec	
Leg Extension	4	15,15,12,12	45 sec	1,2,3
Seated Calf Raise	4	15,15,12,12	45 sec	1,2,3

DAY 4 - CHEST & BACK

Exercise	Sets	Reps	Rest	Tempo
Wide Grip Pulldown	4	15,12,12,12	60 sec	
Flat DB Bench	4	12,12,10,10	60 sec	
DB Row	4	12,12,10,10	60 sec	
Incline BB Bench	4	12,12,10,10	60 sec	
Seated Cable Row (close)	4	10,10,10,10	60 sec	1,2,3
Cable Flys (high to low)	4	10,10,10,10	60 sec	1,2,3
Straight Arm Pulldown	3	12,12,12	60 sec	
Pushups	3	AMRAP	60 sec	

DAY 5 - SHOULDERS & ARMS

Exercise	Sets	Reps	Rest	Tempo
Seated Lateral Raises	5	20,15,15,12,12	45 sec	
DB Shoulder Press	5	12,12,12,12,12	60 sec	1,2,3
Rear Delt Fly (DB)	3	12,12,12	60 sec	
BB Curl	5	12,12,10,8,8	45 sec	1,2,3
Cable Skullcrusher	5	12,12,10,8,8	45 sec	1,2,3
Hammer Curls	5	12,12,12,10,10	45 sec	
DB Skullcrusher	5	10,10,10,10,10	45 sec	

DAY 6 - LEGS

Exercise	Sets	Reps	Rest	Tempo
Leg Curl	4	15,15,12,12	45 sec	
Deadlift	5	12,10,6,6,6	70 sec	
Hack Squat	4	12,12,12,12	60 sec	1,2,3
Leg Extension	4	12,12,12,12	45 sec	1,2,3
Standing Calf Raise	4	15,15,12,12	45 sec	

DAY 7 - REST