Hybrid

Combination of bodybuilding & strength training

John Vos

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# Block 1: Introduction to lifting

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Bench Press | 4 | 6 | 180 | Medium |  |
| Incline Dumbbell Press | 4 | 8 | 90 | Medium |  |
| Decline Wide-Grip Bench Press | 4 | 8 | 90 | Medium |  |
| Plank | 3 | Failure | 60 | Medium |  |

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Pulls Ups | 4 | 6 | 180 | Medium |  |
| Bent Over Barbell Row | 4 | 8 | 90 | Medium |  |
| Rope Lat Pulldown | 4 | 8 | 90 | Medium |  |
| Hanging Leg Raises | 3 | Failure | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 1 | 10 minutes | 0 | Medium |  |
| Dynamic Stretching | 1 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Squat | 4 | 6 | 180 | Medium |  |
| Leg Press | 4 | 8 | 90 | Medium |  |
| Leg Extension | 4 | 8 | 90 | Medium |  |
| Leg Curl | 3 | Failure | 60 | Medium |  |
| Standing Calf Raise |  |  |  | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Lateral Raises | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | OHP | 4 | 6 | 180 | Medium |  |
| Clean and Jerk | 4 | 8 | 90 | Medium |  |
| Dumbbell Shoulder Press | 4 | 8 | 90 | Medium |  |
| Lying Leg Raises | 3 | Failure | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Dips | 4 | 6 | 180 | Medium |  |
| Bicep Curl | 4 | 8 | 90 | Medium |  |
| Dumbbell Bicep Curl | 4 | 8 | 90 | Medium |  |
| Rope Triceps Extension | 3 | Failure | 60 | Medium |  |

# Block 2: Heavy Compound & Accessory

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Leg Press Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Bench Press | 5 | 5 | 120 | Pause |  |
| Incline Bench Press | 4 | 8 | 90 | Medium |  |
| Seated Pec Fly | 4 | 12 | 45 | Squeeze |  |
| Incline DB Press | 4 | 10 | 60 | Medium |  |
| Dips | 4 | 10 | 60 | Medium |  |

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Sit-Up | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Pull Ups | 5 | 5 | 120 | Pause |  |
| Rack Pull (below the knee) | 4 | 7 | 90 | Medium |  |
| BB Smith Machine Row | 4 | 8 | 90 | Medium |  |
| Lat Pulldown (close grip) | 4 | 12 | 45 | Squeeze |  |
| Low Row (wide grip) | 4 | 10 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Seated Calf Raise | 4 | 10 | 60 | Medium |  |
| Leg Press Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  | | | | | | |
| Work Out | Back Squat | 5 | 5 | 120 | Pause |  |
| Front Squat | 4 | 8 | 90 | Medium |  |
| Leg Extensions | 4 | 12 | 45 | Squeeze |  |
| Walking Lunges | 4 | 10 | 60 | Medium |  |
| Hip Adductor | 4 | 10 | 60 | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  | |
| Warm Up | Lateral Raises | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | OHP | 5 | 5 | 120 | Medium |  |
| Upright Row | 4 | 8 | 60 | Pause |  |
| DB Arnold Press | 4 | 12 | 90 | Medium |  |
| Lateral Raise | 4 | 10 | 45 | Squeeze |  |
| Face Pull | 4 | 10 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | EZ Bar Bicep Curl | 5 | 5 | 120 | Pause |  |
| Dips | 4 | 8 | 90 | Medium |  |
| Rope Extension / BB Bicep Curl | 4 | 12 – 12 | 45 | Squeeze |  |
| DB Skull Crushers / DB Bicep Curl | 4 | 10 – 10 | 60 | Medium |  |
| DB Pullover | 4 | 10 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  | | | | | | |
| Work Out | Deadlift | 5 | 5 | 120 | Pause |  |
| Stiff Leg Deadlift | 4 | 8 | 90 | Medium |  |
| Leg Press (wide stance) | 4 | 12 | 45 | Medium |  |
| Leg Curl | 4 | 10 | 60 | Squeeze |  |
| Hip Abductor | 4 | 10 | 60 | Medium |  |

# Block 3: Heavy Compound & Accessory

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Bench Press | 5 | 3 | 240 | Medium |  |
| Incline Bench Press | 4 | 6 | 120 | Medium |  |
| Dips | 4 | 8 | 90 | Medium |  |
| Seated DB Fly | 4 | 12 | 45 | Squeeze |  |
| Dips | 4 | 10 | 60 | Medium |  |

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Rack Pull (below the knee) | 5 | 3 | 240 | Medium |  |
| Pull Ups | 4 | 6 | 120 | Medium |  |
| BB Row | 4 | 8 | 45 | Squeeze |  |
| Low Row (Close Grip) | 4 | 10 | 60 | Medium |  |
| Lat Pull-Down (Wide-Grip) | 4 | 10 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Back Squat | 5 | 3 | 240 | Medium |  |
| Stiff Leg Deadlift | 4 | 6 | 120 | Medium |  |
| Leg Press | 4 | 8 | 90 | Medium |  |
| Leg Extensions | 4 | 12 | 45 | Squeeze |  |
| Hip Adductor | 4 | 10 | 60 | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Lateral Raises | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | OHP | 5 | 3 | 240 | Medium |  |
| DB Arnold Press | 4 | 6 | 120 | Medium |  |
| Upright Row | 4 | 8 | 45 | Squeeze |  |
| Lateral Raise | 4 | 10 | 60 | Medium |  |
| Face Pull | 4 | 10 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Dips | 5 | 3 | 240 | Medium |  |
| EZ Bar Bicep Curl | 4 | 6 | 120 | Medium |  |
| Rope Extension / BB Bicep Curl | 4 | 8 | 45 | Squeeze |  |
| DB Skull Crushers / DB Bicep Cur | 4 | 10 | 60 | Medium |  |
| DB Pullover | 4 | 10 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Deadlift | 5 | 3 | 240 | Medium |  |
| RDL | 4 | 6 | 120 | Medium |  |
| Leg Curl | 4 | 10 | 60 | Medium |  |
| Hip Abductor | 4 | 10 | 60 | Medium |  |

# Block 4: Pyramid

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Bench Press | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| Decline Bench Press | 4 | 6 – 10 | 90 | Medium |  |
| Low Cable Cross Over | 4 | 12 | 45 | Squeeze |  |
| Incline DB Press / Fly | 4 | 6 – 10 | 90 | Medium |  |
| Push up | 2 | Failure | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Back Squat | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| Leg press (close stance) | 5 | 6 – 10 | 90 | Medium |  |
| Leg Extension | 5 | 10 | 60 | Squeeze |  |
| Lying Leg Curl | 5 | 10 | 90 | Squeeze |  |
| Dumbbell Lunges | 3 | 10 – 10 | 180 | Medium |  |
| Barbell Stiff Leg Deadlift | 5 | 10 | 180 | Medium |  |

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Pull Ups | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| T-Bar Rows | 4 | 8 | 60 | Medium |  |
| Bent Over Barbell Row | 4 | 6 – 10 | 90 | Squeeze |  |
| Rack Pull (above the knee) | 4 | 10 | 60 | Squeeze |  |
| Cable Row (wide grip) | 3 | 12 | 60 | Medium |  |
| Dumbbell Pullover | 2 | 12 | 60 | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Lateral Raises | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | OHP | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| Upright BB Row | 4 | 8 | 60 | Medium |  |
| Barbell Shrug | 4 | 6 | 90 | Squeeze |  |
| Reverse Peck Deck | 4 | 12 | 60 | Squeeze |  |
| DB Lateral raise | 4 | 10 | 60 | Medium |  |
| Front DB Raise | 4 | 15 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Dips | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| Barbell Curl | 4 | 8 | 60 | Medium |  |
| Overhead Rope Triceps Push | 4 | 8 | 90 | Squeeze |  |
| Alternate DB Curl | 4 | 12 | 60 | Squeeze |  |
| BB Skull Crushers | 4 | 21 | 60 | Medium |  |
| EZ Bar Bicep Curl / Triceps Pushdown | 4 | 12 – 12 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Deadlift | 1 | 10 – 8 – 6 – 6 – 3 | 120 | Medium |  |
| Leg Press (wide stance) | 5 | 6 – 10 | 90 | Medium |  |
| Rack Pull (below the knee) | 5 | 10 | 60 | Squeeze |  |
| Leg Curl | 5 | 10 | 90 | Squeeze |  |
| Hip Abductor | 3 | 10 | 180 | Medium |  |

# Block 5: De-load

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Squat | 5 | 3 | 240 | Medium |  |
| Front Squat | 2 | 12 | 120 | Medium |  |
| Leg Press | 4 | 8 | 180 | Medium |  |
| Leg Extensions | 3 | 12 | 180 | Medium |  |
| Hip Adductors | 3 | 15 | 180 | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Lateral Raises | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | OHP | 5 | 3 | 240 | Medium |  |
| DB Shoulder Press | 2 | 12 | 120 | Medium |  |
| Shrugs | 4 | 8 | 180 | Medium |  |
| Lateral Raises | 3 | 15 | 90 | Medium |  |
| Front DB Raise | 4 | 15 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Dips | 5 | 3 | 240 | Medium |  |
| BB Bicep Curl | 5 | 3 | 240 | Medium |  |
| Overhead Triceps Extensions | 4 | 10 | 60 | Medium |  |
| BB Skull Crushers | 4 | 10 | 60 | Medium |  |
| DB Bicep Curl | 4 | 10 | 60 | Medium |  |
| EZ Bar Curl (close-grip) | 4 | 10 | 60 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 3 | 10 min | 1 | Medium |  |
| Dynamic Stretching | 3 | 1 | 10 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Deadlift | 5 | 3 | 240 | Medium |  |
| BB Lunges | 2 | 10 – 10 | 120 | Medium |  |
| Leg Curl | 4 | 12 | 180 | Medium |  |
| Glute Bridges | 3 | 8 | 180 | Medium |  |
| Hip Adductors | 3 | 15 | 180 | Medium |  |

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Pull Ups | 5 | 3 | 240 | Medium |  |
| Rack Pulls (above the knee) | 4 | 8 | 180 | Squeeze |  |
| Low Row (wide-grip) | 4 | 10 | 60 | Squeeze |  |
| Lat Pulldown (wide-grip) | 4 | 10 | 60 | Squeeze |  |
| Rope Pullover | 4 | 15 | 60 | Stretch |  |

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Bench Press | 5 | 3 | 240 | Medium |  |
| Incline Bench Press | 4 | 8 | 180 | Medium |  |
| DB Bench Press | 4 | 10 | 60 | Medium |  |
| Cable Pec Fly | 4 | 12 | 60 | Medium |  |
| Incline DB Pec Fly | 4 | 10 | 60 | Medium |  |

# Block 6: Max out

## Back:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raise | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Deadlift | 4 | 2 | 300 | Medium |  |
| Lat Pulldown | 3 | 8 | 120 | Medium |  |
| Low Row | 3 | 10 | 90 | Medium |  |
| DB Pull-Over | 3 | 12 | 60 | Medium |  |

## Shoulders:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Plank | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raises | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 2 | 10 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Lateral Raises | 5 | 15 | 45 | Medium |  |
| Front Delt DB Raise | 4 | 12 | 45 | Medium |  |
| Smith Press | 5 | 10 | 45 | Medium |  |
| Reverse Pec Deck | 3 | 10 | 45 | Medium |  |

## Legs:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Incremental Cardio | 1 | 10 minutes | 0 | Medium |  |
| Dynamic Stretching | 1 | 1 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Back Squat | 4 | 2 | 300 | Medium |  |
| Front Squat | 3 | 8 | 180 | Medium |  |
| Lunges | 3 | 10 | 120 | Medium |  |
| Leg Press | 3 | 12 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | One Hand Triceps Extension | 3 | 15 | 45 | Medium |  |
| One Hand Bicep Curl | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Triceps Rope Extension | 4 | 10 | 45 | Medium |  |
| Straight Bar Pushdown | 4 | 10 | 45 | Medium |  |
| Rope Hammer Curl | 4 | 10 | 45 | Medium |  |
| DB Bicep Curl | 4 | 10 | 45 | Medium |  |
| Overhand BB Curl / Skull Crushers | 5 | 10 | 45 | Medium |  |

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Standing Calf Raise | 4 | 10 | 60 | Medium |  |
| Seated Calf Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Bench | 4 | 2 | 300 | Medium |  |
| Incline Bench Press | 5 | 8 | 120 | Medium |  |
| Pec Fly | 3 | 10 | 90 | Medium |  |
| Incline DB Press | 3 | 12 | 60 | Medium |  |
| Dips | 5 | Failure | 45 | Medium |  |