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# Block 1: Introduction to Lifting

## 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 | T-Bar Row | 4 | 8 | 120 | Medium |  |
| One Arm DB Row | 3 | 10 | 45 | Medium |  |
| Wide Grip Lat Pulldown | 3 | 12 | 60 | Medium |  |
| Bar Cable Row (under arm) | 3 | 10 | 60 | Medium |  |
| Machine Row | 3 | 15 | 45 | Medium |  |
| Rack Deadlift (above the knee) | 4 | 15 | 90 | Medium |  |

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Seated Incline Cable Flies | 5 | 12 | 45 | Medium |  |
| Flat Bench Press | 4 | 10 | 60 | Medium |  |
| Flat DB Press | 4 | 10 | 60 | Medium |  |
| Incline Bench Press | 4 | 10 | 60 | Medium |  |
| Dips | 4 | 10 | 60 | Medium |  |

## Quads:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Leg Extensions | 5 | 12 | 45 | Medium |  |
| Thigh Abductors | 5 | 12 | 45 | Medium |  |
| Thigh Adductors | 5 | 12 | 45 | Medium |  |
| Squats | 4 | 10 | 90 | Medium |  |
| Narrow Hack Squat | 4 | 10 | 90 | Medium |  |
| Leg Press (wide stance) | 5 | 10 | 90 | Medium |  |
| Walking Lunges | 4 | 10 | 90 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | V-Bar Triceps Pushdown | 2 | 10 | 45 | Medium |  |
| Dip Machine | 5 | 10 | 45 | Medium |  |
| One Arm Triceps Kick Back | 3 | 10 | 45 | Medium |  |
| Reverse Cable Curl | 5 | 12 | 45 | Medium |  |
| Alternate Incline DB Curl | 4 | 10 | 45 | Medium |  |
| Close Grip EZ Bar Curl | 3 | 10 | 45 | Medium |  |
| Alternate Hammer Curl | 3 | 10 | 45 | Medium |  |

## Delts / Traps:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Shoulder Press Machine | 4 | 10 | 60 | Medium |  |
| Side Lateral Machine | 4 | 10 | 60 | Medium |  |
| DB Lateral Raise | 4 | 10 | 60 | Medium |  |
| DB Rear Delt Raise | 4 | 10 | 60 | Medium |  |
| Smith Machine Military Press | 5 | 12 | 60 | Medium |  |
| Upright Row | 5 | 12 | 60 | Medium |  |
| Reverse BB Shrug | 5 | 12 | 60 | Medium |  |
| BB Shrug | 3 | 10 | 60 | Medium |  |

## Hamstrings:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raise | 4 | 10 | 60 | Medium |  |
|  |  |  |  |  |  |  |
| Warm Up | Incremental Cardio | 1 | 10 minutes | 0 | Medium |  |
| Dynamic Stretching | 1 | 1 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Standing One Leg Curl | 4 | 10 | 90 | Medium |  |
| Lying Leg Curl | 4 | 10 | 90 | Medium |  |
| BB Stiff Leg Deadlift | 4 | 10 | 90 | Medium |  |
| Glute Kickback | 4 | 12 | 90 | Medium |  |
| Thigh Adductor | 4 | 12 | 90 | Medium |  |

Post Work Out:

Incline Treadmill, 30 minutes.

# Block 2: Strength

## 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 | Leg Extension / Lying Leg Curl | 5 | 10 | 90 | Medium |  |
| Leg press (wide) | 5 | 8 | 180 | Medium |  |
| Back Squat | 3 | 6 | 180 | Medium |  |
| Front Squat | 5 | 8 | 180 | Medium |  |
| DB Lunges | 3 | 10 – 10 | 180 | Medium |  |
| BB Stiff Leg Deadlift | 5 | 8 | 180 | Medium |  |

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Pec Deck | 5 | 12 | 60 | Medium |  |
| Incline Bench Press | 5 | 8 | 180 | Medium |  |
| Incline DB Press | 4 | 8 | 180 | Medium |  |
| Flat DB Press | 5 | 6 | 180 | Medium |  |
| Flat Machine Chest Press | 4 | 6 | 180 | Medium |  |
| Wide Grip Decline Bench Press | 5 | 8 | 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 Raises | 3 | 25 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Pull Ups | 4 | 10 | 60 | Medium |  |
| T-Bar Rows | 5 | 6 | 180 | Medium |  |
| Bent Over BB Row | 5 | 8 | 180 | Medium |  |
| Rack Pulls | 4 | 6 | 180 | Medium |  |
| Cable Row (wide grip) | 3 | 8 | 180 | Medium |  |
| Underhand Lat-Pulldown | 4 | 8 | 180 | Medium |  |
| DB Pullover | 2 | 12 | 60 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Rope Triceps Pushdown | 4 | 10 | 60 | Medium |  |
| Triceps Dip Machine | 4 | 10 | 60 | Medium |  |
| DB French Press | 4 | 10 | 60 | Medium |  |
| BB Curl | 4 | 10 | 60 | Medium |  |
| Alternate Incline DB Curl | 4 | 10 | 60 | Medium |  |
| Alternate Incline DB Curl | 4 | 10 | 60 | Medium |  |

## Delts:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Reverse Peck Deck | 4 | 8 | 180 | Medium |  |
| Bent Over DB Side Raises | 4 | 8 | 180 | Medium |  |
| Standing Military Press | 5 | 6 | 180 | Medium |  |
| Alternate Seated DB Hammer Front Raise | 4 | 6 | 180 | Medium |  |
| Lateral Raises Cable | 4 | 8 | 180 | Medium |  |
| Upright Row | 3 | 6 | 180 | Medium |  |
| BB Shrug | 4 | 6 | 180 | Medium |  |
| DB Shrug | 4 | 8 | 180 | Medium |  |

# Block 3: Volume

## 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 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Leg Extensions | 4 | 12 | 45 | Medium |  |
| Leg Press (wide) | 3 | 8 | 180 | Medium |  |
| Squat | 3 | 6 | 180 | Medium |  |
| Front Squat | 3 | 12 | 90 | Medium |  |
| DB Lunges | 3 | 10 - 10 | 180 | Medium |  |
| Lying Leg Curl | 3 | 12 | 45 | Medium |  |
| BB Stiff Leg Deadlift | 3 | 8 | 90 | Medium |  |

## Chest / Delts / Tris:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | DB Pull-Over | 3 | 15 – 12 – 10 | 45 | Medium |  |
| Face Pull | 3 | 15 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Cable Cross Over | 3 | 12 | 90 | Medium |  |
| Smith Machine Behind the Neck Shoulder Press | 3 | 10 | 90 | Medium |  |
| Incline Bench Press | 3 | 8 | 90 | Medium |  |
| Side DB Lateral Raises | 3 | 12 | 90 | Medium |  |
| Wide Grip Decline Bench Press | 3 | 8 | 90 | Medium |  |
| Bar Rope Triceps Pushdown | 4 | 10 | 90 | Medium |  |
| DB Kickback | 4 | 10 | 90 | Medium |  |

## Back / Bis/ Traps:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | 20 | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | DB Pull Over | 3 | 12 | 180 | Medium |  |
| Bent Over BB Row | 3 | 8 | 180 | Medium |  |
| T-Bar Row | 3 | 8 | 180 | Medium |  |
| One Arm Rope Row | 3 | 12 | 180 | Medium |  |
| BB Curl | 3 | 10 | 180 | Medium |  |
| Alternate Hammer Curl | 4 | 10 | 180 | Medium |  |
| Reverse Shrug | 5 | 10 | 180 | Medium |  |

# Block 4: Fixing Imbalances

## Back / Rear Delts:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Straight Arm Pulldown | 3 | 15 – 12 – 10 | 45 | Medium |  |
| DB Lateral Raises | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Pull Ups | 4 | 8 | 90 | Medium |  |
| Cable Rows | 3 | 10 | 60 | Medium |  |
| T-Bar Rows | 3 | 8 | 90 | Medium |  |
| One-Arm DB Row | 3 | 10 | 60 | Medium |  |
| Bent Over BB Row | 3 | 8 | 90 | Medium |  |
| DB Pull-Over | 3 | 10 | 60 | Medium |  |
| DB Shrug | 4 | 8 | 90 | Medium |  |
| Reverse Peck Deck | 4 | 10 | 60 | Medium |  |
| Cable Rear Delt Fly | 4 | 10 | 60 | Medium |  |

## Chest / Delts:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |
| Push Ups | 3 | Failure | 45 | Medium |  |
| Rotator Cuff | 3 | 1 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Peck Deck | 5 | 10 | 45 | Medium |  |
| DB Incline Bench Press | 4 | 8 | 90 | Medium |  |
| Incline DB Fly’s | 3 | 12 | 45 | Medium |  |
| Incline Machine Chest Press | 4 | 10 | 45 | Medium |  |
| Decline DB Fly’s | 3 | 12 | 45 | Medium |  |
| Side DB Raise | 4 | 10 | 45 | Medium |  |
| Standing One Arm Lateral Raise | 4 | 10 | 45 | Medium |  |

## Quads / Hams:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg Raise | 4 | 10 | 60 | Medium |  |
|  | | | | | | |
| Warm Up | Incremental Cardio | 1 | 10 minutes | 0 | Medium |  |
| Dynamic Stretching | 1 | 1 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Lying Leg Curl | 4 | 10 | 45 | Medium |  |
| Leg Extension | 4 | 10 | 45 | Medium |  |
| Thigh Adductor | 3 | 15 | 45 | Medium |  |
| Thigh Abductor | 3 | 15 | 45 | Medium |  |
| DB Lunges | 3 | 10 – 10 | 180 | Medium |  |
| Leg Press (narrow feet) | 4 | 8 | 180 | Medium |  |
| Squat | 3 | 8 | 180 | Medium |  |
| BB Stiff Leg Deadlift | 3 | 8 | 180 | Medium |  |

## Arms / Delts:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 |  |
| DB Lateral Raises | 3 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Alternate Hammer Curl | 3 | 10 | 90 | Medium |  |
| DB Bicep Curl | 3 | 8 | 90 | Medium |  |
| EZ Bar Curl | 3 | 8 | 90 | Medium |  |
| Straight Bar Triceps Pushdown | 3 | 8 | 90 | Medium |  |
| BB Lying Skull Crushers | 3 | 10 | 90 | Medium |  |
| Triceps Dip Machine | 3 | 8 | 90 | Medium |  |
| BB Front Raises | 3 | 10 | 90 | Medium |  |
| Upright Row | 4 | 12 | 90 | Medium |  |
| Smith Machine Shrugs | 4 | 10 | 90 | Medium |  |

# Block 5: Volume Phase 2

## Chest / Tris:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Cable Cross Over | 3 | 12 | 90 | Medium |  |
| Flat Bench Press | 4 | 8 | 120 | Medium |  |
| Incline Bench Press | 4 | 8 | 120 | Medium |  |
| Hammer Grip Incline Bench Press | 2 | 12 | 90 | Medium |  |
| Wide Grip Decline Bench Press | 4 | 8 | 120 | Medium |  |
| Decline DB Fly’s | 2 | 12 | 120 | Medium |  |
| Reverse Grip Triceps Pushdown | 3 | 12 | 90 | Medium |  |
| DB Kickback | 3 | 10 | 90 | Medium |  |

## Back / Bis:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Wide-Grip Lat Pulldown | 4 | 10 | 90 | Medium |  |
| Bent Over BB Rows | 4 | 8 | 90 | Medium |  |
| T-Bar Rows | 4 | 8 | 90 | Medium |  |
| Close-Grip Front Lat Pulldown | 4 | 12 | 90 | Medium |  |
| DB Pullovers | 3 | 12 | 90 | Medium |  |
| BB Curl | 3 | 10 | 90 | Medium |
| Alternate Hammer Curl | 4 | 10 | 90 | Medium |  |
| BB Shrug | 5 | 10 | 90 | Medium |  |

## Quads / Hams:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | 10 | 45 | Medium |  |
|  | | | | | | |
| Work Out | Leg Extensions | 4 | 12 | 90 | Medium |  |
| Lying Leg Curl | 4 | 12 | 90 | Medium |  |
| Leg Press (wide feet) | 3 | 10 | 180 | Medium |  |
| Back Squat | 4 | 6 | 180 | Medium |  |
| Front Squat | 4 | 12 | 90 | Medium |  |
| DB Lunges | 3 | 10 – 10 | 180 | Medium |  |
| BB Stiff Leg Deadlift | 3 | 8 | 180 | Medium |  |

## Delts / Traps:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Seated DB Side Raises | 4 | 12 | 90 | Medium |  |
| Side DB Raises | 3 | 10 | 90 | Medium |  |
| Alternate Seated DB Hammer Front Raises | 4 | 12 | 90 | Medium |  |
| Cable Front Raises | 3 | 10 | 90 | Medium |  |
| Smith Machine Military Press | 4 | 12 | 90 | Medium |  |
| BB Shrug | 4 | 10 | 90 | Medium |  |
| DB Shrug | 4 | 10 | 90 | 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 | Standing Biceps Curl | 4 | 10 – 12 | 90 | Medium |  |
| DB Alternate Bicep Curl | 5 | 10 – 12 | 90 | Medium |  |
| Rope Hammer Curls | 4 | 10 – 12 | 90 | Medium |  |
| V-Bar Triceps Pushdown | 4 | 10 – 12 | 90 | Medium |  |

# Block 6: Muscle Gainer

## Quads / Hams:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | Lying Leg Curl | 4 | 10 | 90 | Medium |  |
| Leg Extensions | 4 | 10 | 90 | Medium |  |
| Back Squat | 3 | 8 | 90 | Medium |  |
| Leg Press (narrow stance) | 4 | 8 | 90 | Medium |  |
| Hip Adductor | 3 | 15 | 90 | Medium |  |
| Hip Abductor | 3 | 15 | 90 | Medium |  |
| BB Stiff Leg Deadlift | 3 | 8 | 180 | Medium |  |
| DB Lunges | 3 | 8 | 180 | Medium |  |

## Chest:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Peck Deck | 5 | 10 | 90 | Medium |  |
| DB incline Press | 4 | 8 | 90 | Medium |  |
| Incline DB Fly | 3 | 10 | 90 | Medium |  |
| Chest Press (machine) | 4 | 8 | 90 | Medium |  |
| Decline DB Fly’s | 3 | 10 | 90 | 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 | 10 | 45 | Medium |  |
|  |  |  |  |  |  |  |
| Work Out | Cable Row | 3 | 10 | 90 | Medium |  |
| T-Bar Row | 3 | 8 | 120 | Medium |  |
| One-Arm DB Row | 3 | 10 | 90 | Medium |  |
| BB Row | 3 | 8 | 120 | Medium |  |
| DB Pull Over | 3 | 10 | 90 | Medium |  |
| Pull Ups | 4 | 8 | 120 | Medium |  |

## Arms:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Exercise:** | **Sets:** | **Reps:** | **Rest:** | **Tempo:** | **Weight:** |
| Pre-Work Out | Lying Leg Raise | 4 | 10 | 60 | Medium |  |
| Hanging Leg 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 | Straight-Bar Triceps Pushdown | 3 | 8 | 90 | Medium |  |
| Alternate Hammer Curl | 3 | 8 | 90 | Medium |  |
| BB Skull Crushers | 3 | 10 | 90 | Medium |  |
| DB Bicep Curl | 3 | 10 | 90 | Medium |  |
| Dips | 3 | 8 | 90 | Medium |  |
| EZ Bar Curls | 3 | 8 | 90 | Medium |  |

## Delts / Traps:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 | DB Rear Delt Raise | 4 | 10 | 90 | Medium |  |
| Reverse Peck Deck | 4 | 10 | 90 | Medium |  |
| Cable Side Lateral Raises | 4 | 10 | 90 | Medium |  |
| DB Lateral Raise | 4 | 10 | 90 | Medium |  |
| Upright Row | 4 | 10 | 90 | Medium |  |
| Arnold DB Press | 4 | 10 | 90 | Medium |  |