

5th June 2023	TUESDAY	REST AND AEROBIC CAPACITY O
Resce Adams	WEDNESDAY	WHOLE BODY B
Almog Filter	THURSDAY	REST AND AEROBIC CAPACITY O
Stick to the Tempo to the "T"	FRIDAY	WHOLE BODY C
od weights are exactly that just projections as a guide for you	SATURDAY	REST AND AEROBIC CAPACITY (
504 To view the video library, click here 200	SUNDAY	REST
of weights are exactly that just projections as a guide for you	SATURDAY	REST AND AEROBIC CAPACI

Day 1	WHOLE BODY A					DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Wesk 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL except Squats)
M1	Stick Dislocates	10	-1	Controlled							
M2	Roll feet with ball	60s each side	-1	Controlled							
MS	Foam roll - Quada, Hamstrings, Calves	60s each side	4	Controlled							
884	Wall foot arch holds - 5 holds for 20s each (create an arch, midway calf raise, then bridge up - foot should start shaking and feel foot muscles working)	5	2	20s hold							
	Goblet squat (Counter balance) Heel elevation YELLOW plate Sa down 2s pause (\$ bottom and 5s up (focus on brace and finding your centre of gravity	3	1	5250	30	10,10	10,10	-			
8	BB Squat - Full squat - Heel elevation - YELLOW plate - 4s DOWN	See beside		4010	120 to 180	97.576,6,6,6,6,10076	105"5,5,5,5,5	110*4,4,4, 112,5*4	105 (5,5) 107.5 (5,	11014,4, 112.514, 4	120 (3,3,3)
с	Seated Leg curts; Doral flexed - D and M	2°8 to 10 1°12 to 15	3	3020	90 to 120	94 (10) 80 (12)	98.5*10, 8, 84.5*12	103°8, (6+2x), 91.5°(10+2x)	103(°9+1x), (7+2x), 91.5°(10+3x)	1031(5+2x), 98.517, 84.5113	105.5 (4) 87 (12)
D	Seated row, Namow Neutral Grip - Keep it smooth and continuous	10 to 12	3	3020	90	62*12, 72*12,	72*12, 74*12, 76*12	80*12, 82*12, 84*12	84*12, 86*12, 88*(11+1x)	86*12, 90*12, 92*12	92"12, 94"12
E	CB weighted Single Leg Calif raises on wall.	15 to 25 each side	3	Smooth	60 to 90	5'20,20	5*25, 6*25, 7*25			(unweighted allow) 15,15,15	15, 20 Keep it unweighted and slow and only range where you dont roll out too much 15-16 reps

Day 2	AEROBIC CAPACITY CARDIO - REST DAYS ONLY	DURATION	HEART RATE TARGET	DAYIDATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	266	roo walk in nature	
Week 5	Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm	3/7	roo walk in nature	
Week 6	Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm	197	roo walk	

DAY 3	WHOLE BODY B					DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL except Bench and Hip thrust)
M1	Stick Dislocates	10	-1	Controlled							
M2	Roll feet with ball	60s each side	-1	Controlled							
MS	Foam roll - Quada, Hamstrings, Calves	60s each side	1	Controlled							
M4	Wall foot arch holds - 5 holds for 20s each (create an arch, midway calf raise, then bridge up - foot should start shaking and feel foot muscles working)	5	2	20s hold							
	Flat BB Bench Press	See Beside		3010	120 to 180	85'6,6,6, 87.5'6,6,6	92.5"5,5, 95"5,5,	97.574, 4, 10074,4	95"0,5,5,5,5	97.514, 1001	102.5"3, 105"3, 3
	Bill Deadths - Reast each rep Build femion in your body than in the bar to pull for "slade" from it than III - Keep lechnique. TIGHT no jerking - Record each set to maximise your technique. Shoulder above and past bar Con way down straight neces then bend them forward past the lower. Ear finishes mid foot. Leep press (1) then high thrust (2) for up movement. Earlies and the contract of the co	6	3	3110	120 to 180	107.5%, 6,6	110°6,6,6	112576,6,6	11576,6,6	117.5%, 6, 6	120°6,8
c	Smith machine 60 Deg Incline 88 Press to just below chin- focus on keeping tension in delts or Machine Shoulder Press Reduce weight by 15% for the higher reps	2'8 to 10 1'12 to 15	3	3010	90	machine 54*10, 61*10, 54*15 (Reece recs:40 (10) 32.5 (15))		61*10, 68*10, 54x	68*10, 10, 54*13	75°10, 10, 61°(10+1x)	75"12, 61"13
D	Contra leg 20 Den Cotte obta medias kirkinsti - 2s up and 2s down wills pause @ Contraction	10 to 15	3	2021	60 to 90	3*12,12,12	3*12,4*12,12	4*12,12,12	4"12,12,12	4114, 14, 15	4115,15
E	Seated Single leg Titistis raises with cable	15 to 25 each side	3	Smooth	60 to 90	2*15, 3*15, 2*	3*15,15, 15	3*15, 4*12, 3*18	3°20,20, 18+2x	3°20, 20, 20	3°22, 23

Day 4	AEROBIC CAPACITY CARDIO - REST DAYS ONLY	DURATION	HEART RATE TARGET	DAYIDATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	286	eliptical	130+, 30 mins
Week 5	Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm	47	eliptical	130+, 30km
Week 6	Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm	12/7	alistical	130± 30 mins

DAY 5	WHOLE BODY C					DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Roll feet with ball	60s each side	-1	Controlled			done			done	
MS	Foam roll - Quads, Hamstrings, Calves	60s each side	1	Controlled			done			done	
M4	Wall foot arch holds - 5 holds for 20s each (create an arch, midway calf raise, then bridge up - foot should start shaking and feel foot muscles working)	5	2	20s hold						done	
	BB or Glute Drive Hip thrust - 2s pause @ top	See Beside		3012	120 to 180	25576, 6, 26076,6,6,6	272.5°5,5, 280°5,5,5	290'4,4,4,4	277.5°5, 280°5, 5, 4	29014, 4, 4, 3	3 reps of 305 to 310 x 3 sets
B1 - Practice	Coblet squat (Counter balance) Heal elevation YELLOW plate to down 2s pause @ bottom and to up flocus on brace and finding your centre of gravity	3	1	5250	30	10,10	10, 10	(leg extensions coz ankle) 79°12,	1073,3	10'3	
82	Use 60% of weight you use in Whole Body A - BB Squat - Full squat - Heel elevation - YELLOW plate - 4s DOWN	5	2	5210	90	front SSkg"5, back S0kg"5 - SLOWER	50*5,5	67.5kg - Focus on 1 rep at a time and executing with BRILLIANCE :)	5575,5	60°5,5	
c	Single Arm Lat Pulldown 1s Pause @ confraction	8 to 12 each side	3	3021	90	32*12, 12, 12	32°12, 12, 12	32°12, 12, 12	32°12, 13, 13	32"13, 14, 14	
ь	Standing Cable Face Pulls to Double rope if access 2s Pause © contraction	12 to 15	3	2012	60 to 90	39*15, 15, 15	39(5)*15, 7*15	7*15,15,15	7"15, 8"15,	8"15, 15, 9"15	
E	DB weighted Single Leg Calf raises on wall.	15 to 25 each side	3	Smooth	60 to 90	5°25, 25, 25	7*30, 30,			15, 15, 15 - Keep it unweighted and slow and only range where you dont roll out too much 15 reps	Keep it unweighted and slow and only range where you dont roll out too much 15-16 repr

AEROBIC CAPACITY CARDIO - REST DAYS ONLY	DURATION	HEART RATE TARGET	DAY/DATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	30/6/23		
Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm	57	eliptical 130+, 30 mins	
Cross Trainer - Still wear Fitbit whilst doing it	30 mins	130-150 bpm			
	Cross Trainer or Treadmil or Bike or Walk outside in nature Cross Trainer or Treadmil or Bike or Walk outside in nature Cross Trainer or Treadmil or Bike or Walk outside in nature Cross Trainer or Treadmil or Bike or Walk outside in nature Cross Trainer or Treadmil or Bike or Walk outside in nature Cross Trainer - Still wear Fibbit whilst doing it	One Trainer or Treatment or Stee or Walk outside in relative 30 mins Const Trainer or Treatment or Stee or Walk outside in relative 30 mins Const Trainer or Treatment or Stee or Walk outside in relative 30 mins Const Trainer or Treatment or Stee or Walk outside in relative 30 mins Const Trainer or Treatment or Stee Or Walk outside in relative 30 mins Treatment or Tre	Does haven or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House or headed or Blas or Wash Audels in nature Size House Size Size House Size House Size Size House Size Size Size Size Size Size Size Siz	Dear Transer - Transerto of Biller or Mills Abbiller in Asian   37 miles   37 miles	Done   Teamer or Teamer of the central california and central centra

PROGRAM TEN

PHASE OPTIMAL MOG - POSTURE UPPER BACK FOCUS

DATE 24th April 2023

BY Resca Adams
FOR Almog Fitter
NOTES Stick to the Tempo to the "T"

DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	RESTAND AEROBIC CARACITY CARDID
WEDNESDAY	WHOLE BODY B
THURSDAY	RESTAND AEROBIC CARACITY CARDID
FRIDAY	WHOLE BODY C
SATURDAY	RESTAND AEROBIC CARACITY CARDID
SUNDAY	REST



Day 1	WHOLE BODY A					DAY/DATE;	DANIDATE;	DAYIDATE;	DAY/DATE;	DAY/DATE;	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Wesk 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30a 15a 15a 15a	1	Controlled							
M3	Side lying Clama	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20,20		20,20	20,20		
A1 - Practice	Gobiet squat without heel elevation 5s down 2s pause @ bottom and 5s up (focus on brace and finding your centre of gravity	3	2	5250	30	10,10	10,10	10, 10	10,10	10,10	10,10
A2 - Practice	55 Front Squats without heel elevation 3s down w/2s pause @ bottom	5	2	3210	90	50°3,3	55 (5,5)	50"5,55"5	50 (5) 55 (5)	55 (5,5)	55 (5,5)
8	SS Squat - Full squat - Slight heel elevation - green plate - 4s DOWN	216 to 8 1110 to 12	3	4010	120 to 180	90 (6,6) 75 (10)	90 (8,8) 75 (12)	92.5'8,8, 77.5 (10)	951(6,8) 77.5 (12+)	97.5"8, 8 80 (10+)	100 (8) 105 (8)
с	Seated Leg curts; Dorsi flexed - D and M	215 to 8 1110 to 12	3	3020	90 to 120	(lying at mine) 6814, 6416, 50112	PRORAW 82 (8) 87 (8) 77 (12)	64*6,7,50*12	PRORAW 91.5 (10) 98.5 (6), 84.5(12)	98.5*8, 9, 87*12	10318, 91.5112
D	QB Powell raise lying on Flat Bench HOLD TENSION. THROUGHOUT: 3s Down and 2s up - SMOOTH	10 to 12 each side	3	3020	90	7"10, 6"12	6*12,7*12,12	7*12, 12, 12	7x*12, 6*12, 12	6*12, 14, 7*	7"12, 8"8
	Single Len Colf raises on wall - Goal is to work toward 30 rans	24 to 30 each side	- 3	Smooth	60 to 90	25 25 25	26.26	27 27 27	27 28 28	29 29 29	29 to 30

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY/DATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	sub innoun 262		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	Walk in nature 15/5		
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm			

DAY 3	WHOLE BODY B					DAY/DATE; DAY/DATE; D		DAY/DATE; DAY/DATE;		DAY/DATE;	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M3	Side lying Clams	25 each side	-1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20, 20			
A	Flat ISB Bench Press	216 to 8 1110 to 12	3	3010	120 to 180	80 (6) 70 (12)	82.5'8, 8, 72.5'12	82.518, 8518, 751	85'8, 87.5'8, 77.5'12	90°8, 8x, 80°12	92.5"8, 82.5"12
В	BB or Glute Drive Hip thrust - 2s pause @ top	216 to 8 1110 to 12	3	3012	120 to 180	210 (8,8) 180 (12)	21018,8, 217.518	22518,8, 192,5112	235"8,8,200"12	245'8, 8, 207.5"12	255*10, 215*12
с	60 Deg Incline DB Shoulder Press	10 to 12	3	3010	90	17.5 (12) 20 (12, 12)	20*12, 22.5*12, 25*12	25*12, 11, 9	25"11, 12, 12	25°12, 12, 27.5°7h	27.5*10,10
l 0	Seated Adductor machine - Inner thigh not glutes - important to include these for overall hip health - 2s up and 2s down SMDOTH - 2s pause for 10-12 reps not for high reps yet	2"10 to 12 1"15 to 20	3	2022/2020	90	(PRORAW) 82*12, 96*12, 82*20	63 (12) 54 (20)	67.5*12, 12, 58.5*20	72"12, 12, 63"20	72*12,12,16	72'20, 20
	Single Leg Calf raises on wall - Goal is to work toward 30 reps	24 to 30 each side	3	Smooth	60 to 90	25	26, 26, 26	27,27,27	28, 28, 28	28 to 29	30, 30

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY/DATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	auth in nature 202		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	65, 6.7kmh walkirun		
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm	26 elptical 130+		

DAY 5	WHOLE BODY C						DAY/DATE; 25/3	DAY/DATE;31/3	DAY/DATE;5/4	DAY/DATE;154	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6 (2 sets ALL)
861	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20, 20	20,20		20, 20	20,20	
	SID Describts - Reset each rep - Build bension in your body than in the bar to put he "slack" from a fitter limit - Keep bedwingse TROHT in perking - Record each set to macrimise your exchange. Schooler shows and past bar. On way down straight knees then band them forewed past the lines. Ear finishes mid foot. Leg press (1) then if the think of the press (2) the finishes mid foot. Leg press (3) then if the finishes mid foot. Leg resets (1) then in the finishes mid foot. Leg resets (1) then in the finishes mid foot. Leg resets (1) then in the finishes mid foot. Leg resets (1) then in the finishes mid foot from these contracts of the finishes mid foot.	8 to 10	3	3110	120 to 180	60°10, 10, 70°10 My assumption would be somewhere around 60 to 70kg	70*10, 75*10, 80*10	80 (10) 85 (10) 90 (10)	50*10, 95*10, 100*100	100*10, 105*10, 107.5*10	110*10,
B1 - Practice	Gobiet squat without heel elevation 5s down 2s pause @ bottom and 5s up (focus on brace and finding your centre of gravity	3	2	5250	30	10*1, 3	1073,3	10 (3,3)	1073,3	10'3,3	1073, 3
82	BB Front Squata without heel elevation Je down w/2s pause @ boltom	5	2	3210	90	5073, 5	90'5,5	55 (5) 60 (3)	60°5x, 60°5h	50'5,5	5575, 5
c	Cyclist Leg curt; Doral flexed - Alternating legs each rep 5 to 5 reps atternating legs each rep then reduce weight by 20% for 10 to 12 reps double leg	216 to 8 1110 to 12	3	3020	90	27'8,8, 45'12	2718, 10, 50112	30*10, 32*10, 55,5*12	27*10, 32*10, 50*12	32"10, 36"8, 54"12	3678, 8
	Lat Pulldown Mid Neutral Grip	8 to 12	3	3020	90	68°12, 77°10, 7x (8)h	77*10, 9, 10	80*10, 84*9, 7	77*10,10,86*	86"8,9,10	86*10,
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	24 to 30 each side	3	Smooth	60 to 90	25, 25, 25	26,26,27	27, 27, 27	28, 28, 28	29, 29, 29	30,

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY/DATE;	ACTIVITY CHOSEN	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	30/4 cross trainer		
Week 2	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	55, waking 6.5km/h		
Week 3	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm	145,		
Week 4	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 5	Cross Trainer or Treadmill or Bike or Walk outside in nature	30 mins	130-150 bpm			
Week 6	Cross Trainer or Treadmill or Bike or Walk outside in nature	15 mins	130-150 bpm			

Day 7 REST/RECOVER/GROW

Squat 1RM = 130kg	_	105kg x 8 reps 29th Ma	
75%	6		6
80%	5		5
85%	4	110 to 112.5	4
80%	5	105 to 107.5	5
85%	4	110 to 112.5	4
90%	3	117.5 to 120	3
85%	4	110 to 112.5	4
90%	3	117.5 to 120	3
95%	2	122.5 to 125	2
90%	3	117.5 to 120	4
95%		122.5 to 125	3
100%	2 10 3		2
100/0	2	130	2
Danish Duana 1014 115	l	02.50	
Bench Press 1RM = 115	кg	92.5 x 8 reps	
	_		_
75%	6		6
80%		92.5 to 95	5
85%	4	97.5 to 100	4
80%	5	92.5 to 95	5
85%	4	97.5 to 100	4
90%	3	102.5 to 105	3
85%	4	97.5 to 100	4
90%	3	102.5 to 105	3
95%	2	107.5 to 110	2
90%	3	102.5 to 105	4
95%		107.5 to 110	3
100%	2 10 3		2
10070	_	112.5 to 115	_
11: tht 1DN4 2401		255 10	
Hip thurst 1RM = 340kg		255 x 10 reps	
750/	_	255 . 262	_
75%		255 to 260	6
80%		272.5 to 277.5	5
85%	4	287.5 to 292.5	4
80%	5		5
85%	4	287.5 to 292.5	4
90%	3	305 to 310	3
85%	4	287.5 to 292.5	4
90%	3	305 to 310	3
95%	2	320 to 325	2
90%	3	305 to 310	4
95%	2 to 3		3
100%	2 10 3		2
100%	2	JJJ 10 J40	2

Squat 1RM = 130kg 105kg x 8 reps 29th May 2023

PROGRAM NIN

PHASE OPTIMAL MOG - POSTURE/UPPER BACK FOCUS

DATE 13th March 2023
BY Reece Adams
EVR March Sides

Projected weights are exactly that just projections as a guide for you

DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST

Aerobic capacity work

Week 1 - 30 mins x 3

Week 2 - 30 mins x 3

Week 3 - 30 mins x 3

Week 4 - 30 mins x 3

Week 5 - 30 mins x 3

Week 6 - 35 mins x 3



Day 1	WHOLE BODY A					DAY/DATE; 13/3	DAY/DATE; 20/3	DAY/DATE;27/3	DAY/DATE;	DAY/DATE; 12/4	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	-1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20,20	20, 20, 20	20,20	
A1 - Practice	Coblet squat without heel elevation 10s down 1s pause @ bottom and 10s up (focus on brace)	1	2	101100	45	10kg	10kg	10kg	10kg	10	10
A2 - Practice	BB Front Squats without heel elevation 5s down w/2s pause g bottom - Potentially front squats	3	2	5210	90	45kg	45kg	45kg (3,3)	50 (3,3)	50°3,3	50 3,3
В	BB Squat - Full squat - Slight heel elevation - green plate - 4s DOWN	2°5 1°8 to 10	3	4010	120 to 180	87.5 (5,5) 72.5 (10)	90 (5,5) 75 (10)	92.5 (5,5) 77.5 (12)	95 (5,5) 80 (10)	97.515,5, 82.5110	97.5 (5) 100 (5)
c	Seated Leg curis; Dorsi flexed - D and M	2°8 to 10 1°12 to 15	3	3020	90 to 120	59*10, 63.5*10, 50	66 (10,11)	70.5 (10) 75 (10) 66 (14)	80 (10,12) 68*17	(lying@mine)59*10, 10, 45*12	84.5 (13) 75 (18)
D	Single Arm Cable Iliac Lat row bench supported 2s hold @ contraction - Use wrist wraps if needed	10 to 12 each side	3	3012	90	15 (12) 20 (12), 25*12	25*12, 30*12, 35*12	35*12, 40*12,12	40°12, 45°12, 50°12h	(mine) 46*12, 12,12	50*12, 55*12
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	21 to 25 each side	3	Smooth	60 to 90	21	21-22	22	23, 23, 23	23, 24, 24	25, 25, 25

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY/DATE;	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	13/3	30+ mins walk in park	
Week 2	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	20/3	30+ mins walk in park	
Week 3	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	27/3	Yarra River walk and dip	
Week 4	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mina	120-140 bom			

DAY 3	WHOLE BODY B					DAY/DATE;	DAY/DATE; 22/3	DAY/DATE;	DAY/DATE;	DAY/DATE;14/4	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	- 1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled							
^	30 Deg Incline Bench Press (22 on cage)	8 to 10	3	4010	120 to 180	50110, 55110, 60110, 65110	70110, 10, 10	72.5*10, 9, 10	72.5*10, 10, 10	75*10, 9, 10	77.5*10,10
В	BB or Glute Drive Hip thrust - 1 1/4 @ top	2°8 to 10 1°12 to 15	3	3011	120 to 180	180*10, 8, 150*12	190*10, 10, 155*12	200*10,10,160*12	210*10, 10, 167.5*12	220*10, 10, 175*12	
C1	Standing DB Lateral raises - 2s up and 2s down - Smooth	10 to 15	3	2020	90	7*13, 12, 13	7*15,15,15	8*15, 15, 9*12	8115, 9115,14	9"15, 15, 10"(11+2)	10*15, 15
C2	Seated Adductor machine - Inner thigh not glutes - important to include these for overall hip health - 2s up and 2s down SMOOTH	12 to 15	3	2020	90	36115, 40.5115, 45115	45*15, 50*15,15	(super wide)54*15, 58.5*15, 15	58.5*15, 63*15, 15	63*15,	63*15, 67.5*20
D	Single Leg Call raises on wall - Goal is to work toward 30 reps	21 to 25 each side	3	Smooth	60 to 90	21,21,21	22, 22, 22	22	23, 23, 23	24	25,25,26

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAY/DATE;	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm		30min, 130+	
Week 2	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	22/3	30 mins walk Fawkner park	
Week 3	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	29/3	walk around chapel	
Week 4	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mina	120-140 bpm			

DAY 5	WHOLE BODY C					DAY/DATE;	DAY/DATE; 25/3	DAY/DATE;31/3	DAY/DATE;5/4	DAY/DATE;15/4	DAY/DATE;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (3 sets ALL)	Week 3 (3 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled				Р			
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20,20,20	20,20		20, 20	20,20	20,20
A1 - Practice	Coblet squat without heel elevation 10s down 1s pause @ bottom and 10s up (focus on brace)	1	2	101100	30	10	10, 10		10, 10	10,10	10,10
A2 - Practice	88 Squats without heef elevation 5s down w/2s pause @ bottom - Potentially front squats	3	2	5210	90	45'3, 3	5073,3		55*	50"3	55*3,3
в	BB Squat - Full squat - Slight heel elevation - green plate - 4s DOWN- 80% of weight used on WHOLE BODY A DAY	5	3	4010	120 to 180	70°5,5,5	72.5"5	75'5, 5, 5	77.5"5,5,5	80°5,5,5	82.5*5,5
c	tying Leg curt, Donal flaxed - 2s up and 3s down	2°8 to 10 1°12 to 15	3	3020	90	50*10,10, 41*12	50110,54110,46112	54110,10,46112	54111, 59710, 45713	59110, 10, 45115	64*10, 50*15
D	Seated flow Wide Phonated grip - w2s Pause & contraction - Focus upper back and near delts - Use straps if needed and lighten the weight if needed	10 to 12	3	3012	90	41*12, 12, 12	41*12,12,50*12	50112, 12, 59112	59*12,12,12	59112, 13,14	59*13,15
E	Single Leg Calf naises on wall - Goal is to work toward 30 reps	21 to 25 each side	3	Smooth	60 to 90	21	22,22,22	21,21,22	23,23,23	24, 24, 25	25, 25

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	DAYIDATE;	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		30min, 130+	
Week 2	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	26/3	a day on road bike	
Week 3	Cross Trainer or Treadmill or Bike	30 mina	120-140 bpm	1/4	walk around with Maddie	
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm			
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm			

Day 7 REST/RECOVER/GROW



Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	effections	26 miss. 190a

DAY 3	WHOLE BODY B					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets ALL)	Week 4 (3 sets ALL)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M3	Side lying Clams	25 each side	-1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled			20,20	20,20		20,20,20	20,20,20
A1	Flat Machine Press - w/1s pause @ bottom - Keep tereion in pecs though	10 to 12	3 to 4	3110	120 to 180				(80° press machine) 75°12, (flat smith) 80°2+		70112, 72.5112
	to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2*7 to 9 1-2*12 to 15 each side	3 to 4	3012	120 to 180	140 (9,9) 120 (15) (hard AF)	150°9, 9, 110°12, 12 (super hardfl)	110*9, 115*10, 92.5*15, 15		115*12, 120*12, 95*15	125*12, 100*
B1	Smith machine 60 Deg Incline BB Press to just below chin - focus on keeping tension in delts or Machine Shoulder Press	10 to 12	3 to 4	3010	90	40 (12) 35 (12,12)	40*12, 12,	40*12, 12, 42.5*12, 45*10		45*12,12,	47.5*12,12
B2	Leg extensions	10 to 12	3 to 4	30X0	90					43*12, 52*12, 61*12	61*12,
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 20, (18+2)		20,20,20	20, 20,22

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	25 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 60rpm, 130+
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmitt or Bike	15 mins	120-140 bpm		

DAY 5	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M3	Side lying Clams	25 each side	-1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20,20	30, 30, 30		
A1 - Practice	Coblet squat without heel elevation 10s down 1s pause @ bottom and 10s up (focus on brace)	1	2	101100	90			1,1,1	Done	Done	Done
A2 - Practice	BB Squats without heel elevation 5s down w/2s pause @ bottom - Potentially front squats	3	2	5210	90			40kg	40kg (3,3)	40 (3,3)	3,3) 8 out of 10 (ankle mobility limite
В	BB Squat - Full squat - Slight heel elevation - green plate - To improve depth we will be doing a 2s pause @ bottom	6 to 8	3 to 4	3210	120 to 180	7016, 6,	70°8x, 72.5°8x, 8x, 8	75 (8,8,8,8)	80 (8,8,8,9)	85 (8,8,8)	90 (8) 92.5 (7)
с	Seated Leg curt or lying is fine if you don't have a seated one is down and 2a up	10 to 12	3	3020	90					54 (12) 58.5 (12,9)	58.5 (12,12)
l n	DB Powell raise bying on floor HOLD TENSION.  THROUGHOUT: Stop just above floor 2s up and 2s down - SMOOTH	12 to 15 each side	3 to 4	2020	90	5*15,15,15	6*15, 12, 12	5*15, 15, 6*15	6*15, 15, 12, 11	ear delt Machine) 33*15,38*15, 40*	40 (15,15)
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 18+2, 16+4	90 sec rest) 20, 20, (120secs+) 20		

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	35 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	eliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmitt or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmitt or Bike	15 mins	120-140 bpm		

Day 7 REST/RECOVER/GROW

DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST



Day 1	WHOLE BODY A	1				Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets ALL)	Week 4 (4 sets ALL)	Week 5 (4 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled		20,20		20,20			
A1	Bit Deadriffs - Reset each rep - Build tension in your body then in the bat out but the 'slack' from it then lift - Resp bachnique TIGHT no jerking - Record each set to maximise your schoringue; Shoulder above set page to the way down straight knees then bend them forward past the New your firsthase mid Sort Leg press; if them high thrust (2) for up moverient.  To reces then reduce weight by 20% for 8 to 10 ness	2°5 1-2°8 to 10	3 to 4	3110	120	127.5 (5,5) 102.5 (10)	130 (5,5) 105 (10,10)	132.5°5, 5, 107.5	135 110	137.5 112.5	140 x 2 sets or 1 and 1 of 115
A2	Cyclist Leg curt; Dorsi flexed - Alternating legs each rep 5 reps then reduce weight by 20% for 8 to 10 reps	2°5 1-2°8 to 10 each side	3 to 4	4010	120 to 180	32°5, 36°5, 27°10	39 (5,5) 30 (9,	36*5, 5, 27*10, 10			
B1	Seated Row; Mid Neutral grip w/1s pause @ contraction where you feel it most	10 to 12	3 to 4	3011	90	(24/7) 59*12, 12, 12	(PRORAW) 60*8x, 55*12,	59*12, 12, 15, 15			
82	Seated Abduction machine w/3s pause @ contraction or Single leg 30 deg glute shduction kickbacks w/1s pause @ contraction	12 to 15	3 to 4	2013	90	31.5*15, 40.5*15, 15	(PRORAW) 45*15, 49.5*14, 54*	54*15h, 49.5*15, 15,			
Ε	Single Leg Calf raises on wall - Goal is to work toward 30	20 each side	3	Smooth	60 to 90						

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

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DAY 3	WHOLE BODY B					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets ALL)	Week 4 (4 sets ALL)	Week 5 (4 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30a 15a 15a 15a	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled			20,20	20,20			
A1	Plat DB Press 7 to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2°7 to 9 1-2°12 to 15	3 to 4	3010	120 to 180	30 (9,12) 25 (15)	32.519, 9, 27.513,15	3519, 9, 30114,	37.5 30-32.5	40 32.5-35	40/42.5 x 2 sets or 1 set heavy 1 light
A2	B-stance BB Hip Thrust on Glute drive w/2s hold @ top - 7 to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2"7 to 9 1-2"12 to 15 each side	3 to 4	3012	120 to 180	140 (9,9) 120 (15) (hard AF)	150°9, 9, 110°12, 12 (super hardfl)	11079, 115*10, 92.5*15, 15			
	Smith machine 60 Deg Incline BB Press to just below chin - focus on keeping tension in delts or Machine Shoulder Press	10 to 12	3 to 4	3010	90	40 (12) 35 (12,12)	40*12, 12,	40*12,12,42.5*12,45*10			
B2	Reverse DB Lunge with Band around hips - Controlled down and Drive up with power to get hips firing - Alternate legs each rep	8 to 12 each side	3 to 4	3000	90	10 (12,8,8) orange band	10*10, 10,	10*12, 12, 12, 12	Do leg ext	Leg ext	Leg ext
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 20, (18+2)			

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	25 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 60rpm, 130+
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

	WHO! F RODY C	ı									L
DAY 5	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (4 sets)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30a 15a 15a 15a	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Single leg balance with iron edge ball throws	20 each side	2	Controlled				20,20	30, 30, 30		
	Goblet squat without heel elevation 10s down 1s pause @ bottom and 10s up (focus on brace)	1	2	101100	30			1,1,1	Done		
A2 - Practice	BB Squats without heel elevation 5s down w/2s pause @ bottom - Potentially front squats	3	2	5210	90			40kg	40kg (3,3)		
В	BB Squat - Full squat - Slight heel elevation - green plate - To improve depth we will be doing a 2s pause @ bottom	6 to 8	3 to 4	3210	120 to 180	7016, 6,	70°8x, 72.5°8x, 8x, 8	75 (8,8,8,8)	80 (8,8,8,9)		
С	BB Deadliths - use 80% of weight you used on Day 1 for 5 inps this is for skill acquisition so if it feels easy your doing in grid - boosa your defor into optimizing your technique. Pull the stacks with ARMS but the push with LEGS. It tips lower than shoulder. Every set - thops (lower, light (gistback), pull labels), push (with legs till tip throat). Make sure weight is bearened on 3 periors of feet.	5	3	3110	120	102.5	105	107.5*5,5,5	110"5,5,5	112.5	115
D	DB Powell raise hing on floor HOLD TENSION. THROUGHOUT: Stop just above floor 2s up and 2s down -	12 to 15 each side	3 to 4	2020	90	5*15,15,15	6*15, 12, 12	5*15, 15, 6*15	6*15, 15, 12, 11		
E	Single Leg Calf raises on wall - Goal is to work toward 30 reps	20 each side	3	Smooth	60 to 90			20, 18+2, 16+4	90 sec rest) 20, 20, (120secs+) 20		

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	35 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

PROGRAM EIGHT

PHASE OPTIMAL MOG - POSTURE/UPPER BACK FOCUS

DATE 30th January 2023
BY Reece Adams
FOR Almog Fitter

DAY	TRAINING SESSION
MONDAY	WHOLE BODY A
TUESDAY	REST AND AEROBIC CAPACITY CARDIO
WEDNESDAY	WHOLE BODY B
THURSDAY	REST AND AEROBIC CAPACITY CARDIO
FRIDAY	WHOLE BODY C
SATURDAY	REST AND AEROBIC CAPACITY CARDIO
SUNDAY	REST



ojected weights are exactly that just projections as a guide f

Day 1	WHOLE BODY A					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets ALL)	Week 4 (4 sets ALL)	Week 5 (4 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M3	Side lying Clams	25 each side	-1	Controlled							
M4	Facedown Glute kick back	15 each side	-1	Controlled							
A1	SB Desaiths - Reset each ray - Build tension in your body then in the Ear to guilt the "slace" from it then IET. Reset betchings TIGHT no jerking - Record each set to maximise your technique. Shoulder above set grapt last bar. On way down straight threat then ben't them forward past the kine. But produce the strain of the pression (1) then the threat (2) for up missing the pression (1) then the threat (2) for up missing the pression (1) then the threat (2) for up missing the pression (1) then the threat (2) for up missing the pression (1) then the threat (2) for up missing the pression (1) the threat (2) for the threat (2) for up missing the pression (1) the threat (2) for the threat (2) for up missing the pression (2) for the threat (2) for up the pression (2) for up the threat (2) for up the threat (2) for up the threat (2) for up the threat (2) for up the threat (2) for up the threat (2) for up the threat (2) for up the threat (2) for up threat (2) for up the threat (2) for up threat (2) for up the threat (2) for up threat	2°5 1-2°8 to 10	3 to 4	3110	120	127.5 (5.5) 102.5 (10)	130 (5,5) 105 (10,10)	132.5 107.5	135 110	137.5 112.5	140 x 2 sets or 1 and 1 of 115
A2	Cyclist Leg curt, Doral flexed - Alternating legs each rep 5 reps then reduce weight by 20% for 8 to 10 reps	2°5 1-2°8 to 10 each side	3 to 4	4010	120 to 180	3215, 3815, 27110	29 (5,5) 30 (9,				
B1	Seated Row, Mid Neutral grip w/1s pause @ contraction where you feel it most	10 to 12	3 to 4	3011	90	(24/7) 59*12, 12, 12	(PRORAW) 60°8x, 55°12,				
B2	Seated Abduction machine w/3s pause @ contraction or Single leg 30 deg glute abduction kickbacks w/1s pause @ contraction	12 to 15	3 to 4	2013	90	31.5*15, 40.5*15, 15	(PROBAW) 45*15, 49.5*14, 54*				
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Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 3	WHOLE BODY B					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets ALL)	Week 4 (4 sets ALL)	Week 5 (4 sets ALL)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	- 1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30a 15a 15a 15a	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Facedown Glute kick back	15 each side	1	Controlled							
A1	Flat DB Press 7 to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2°7 to 9 1-2°12 to 15	3 to 4	3010	120 to 180	30 (9,12) 25 (15)	32.5 27.5	35 30	37.5 30-32.5	40 32.5-35	40/42.5 x 2 sets or 1 set heavy 1 light
A2	B-stance BB Hip Thrust on Glute drive w/2s hold @ top - 7 to 9 reps then reduce weight by 15-20% for 12 to 15 reps	2*7 to 9 1-2*12 to 15 each side	3 to 4	3012	120 to 180	140 (9,9) 120 (15)					
B1	Smith machine 60 Deg Incline BB Press to just below chin - focus on keeping tension in delts or Machine Shoulder Press		3 to 4	3010	90	40 (12) 35 (12,12)					
B2	Reverse DB Lunge with Band around hips - Controlled down and Drive up with power to get hips firing - Alternate legs each rep	8 to 12 each side	3 to 4	30X0	90	10 (12,8,8) orange band	10 reps	12 reps			

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	eliptical	25 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	eliptical	30 mins, 130+
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 5	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets ALL)	Week 2 (4/3 sets )	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (4 sets)	Week 6 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M3	Side lying Clams	25 each side	1	Controlled							
M4	Facedown Glute kick back	15 each side	1	Controlled							
A1	SIT BACK DB Single Leg Deadlift w/25s pause @ bottom- back leg as you get more confident can start to extend it a bit more, tripod foot brace and hinge	2 each side	3 to 4	10-12510	90	5h (24), 5h (24), 5 (counting, no timer)	5*2, 2, 2, 2				
	BB Squat - Full squat - Slight heel elevation - green plate - To improve depth we will be doing a 2s pause @ bottom	6 to 8	3 to 4	3210	120 to 180	70°6, 6,	70°8x, 72.5°8x, 8x, 8				
в	BB Deadlifts - use 80% of weight you used on Day 1 for 5 reps.—this is for skill acquisition so if it feels easy your dony in figit - focus your affort into optimizing your technique. Pull this stack with ARMS but this push with LEGS. I higo lover than shoulder. Every set - floop (lover), (girt (distribute), pull sacks), just (nells legs till high through Make sure weight is patiented on 5 portra of feed.	5	3	3110	120	102.5	105	107.5	110	112.5	115
с	DB Powell raise lying on floor; Stop just above floor 2s up and 2s down - SMOOTH	12 to 15 each side	3 to 4	2020	90	5*15,15,15	6*15,				

Day 6	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	elliptical	35 mins, 130+
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 3	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 6	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

Day 7 REST/RECOVER/GROW

Notes.

Keep to revisit grips for now until inner elicox recover.

2

 PROGRAM
 EIGHT

 PHASE
 OPTIMAL MOG - POSTUREJUPPER BAC

 DATE
 28th December 2022

 BY
 Rescue Adams

NOTES Stick to the Tempo to the "T"

Stack to the Tempo to the "T" and weights are exectly that just projections as a guide for you

DAY	TRAINING SESSION	
MONDAY	WHOLE BODY A	Aerobic capacity work
TUESDAY	REST AND AEROBIC CAPACITY CARDIO	Week 1 - 25 mins x 2
WEDNESDAY	WHOLE BODY B	Week 2 - 30 mins x 2
THURSDAY	REST AND AEROBIC CAPACITY CARDIO	Week 3 - 35 mins x 2
FRIDAY	WHOLE BODY C	Week 4 - 40 mins x 2
SATURDAY	REST	Week 5 - 15 mins x 2
SUNDAY	REST	



Day 1	WHOLE BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	1	Controlled						
MS	(pronated) ISO METRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	Si Deadriffs - Reset each rep - Build tension in your boy have in the bar buy pull the "black" from then lift Keep fachnique TiGHT no jerking - Record each set to materials your schringue, Shoulder above and past bar. On way down straight linear them bend them forward past the Janua Ear finishes and floot. Lag prises (17) has hip timus (2) for up movement. Si regist them seduce weight by 20% for 8 to 10 reps.	2°5 2°8 to 10	4	3110	120	115°5, 5x, 92.5°10, 10	117.515, 5, 95110,	120 (5,5) 97.5 (10,10)	122.5 (5,5) 100 (10,	125°5, 5
**	Leg curl; Dorsi flexed - 5 reps then reduce weight by 20% for 8 to 10 reps	2*5 2*8 to 10	4	4010	120	5416, 5916, 45111, 50110	64*5, 5, 50*10, 10	67 (6) 69.5 (7) 55.5 (10,12)	PR 74 (5) 76.5 (6) 60*10, 62.5*10	Mine 5915, 6415
	OB Bulgarian Split Squats - Hip focused - 2s pause @ bottom	6 to 8 each side	3 to 4	3210	90	10*10, 8, 8	10*10, 8, 8	10*8, 8, 9, 9	12.5*6, 6,	15*6,
82	60 deg Incline DB Shoulder Press - Semi Pronated Grip	8 to 10	3 to 4	3020	90	20*10, 25*10, 27.5*10		27.5*10, 30*10, 10,12	30*10,10,10,	32.5°

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm	level 12, stride 26 elliptical	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	level 12, stride 26 elliptical	
Week 3	Cross Trainer or Treadmitt or Bike	35 mins	120-140 bpm	level 12, stride 26 elliptical	
Week 4	Cross Trainer or Treadmitt or Bike	40 mins	120-140 bpm	level 10, stride 26 elliptical	
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 3	WHOLE BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	1	Controlled						
MS	DB Forearm Flexion (supinated) and Extension (pronated) ISO METRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	Mid Crip Flat BB Bench Press (thumb from edge of breading) - <u>Sees lats light all the way, squeeze glotes</u> . TIGHT ALL THE WAY! 5 reps then reduce weight by 20% for 8 to 10 reps	2°5 2°8 to 10	4	4010	120 to 180	92.5 (5,5) 75 (10,10)	95°5, 5, 77.5°10, 10	97.515, 5,80110,	97.515, 10015, 82.5110, 85110	102.5 (4) 87.5 (9)
A2	BS Hip Thrust on bench w/3s hold @ top - 5 reps then reduce weight by 20% for 8 to 10 reps	2"5 2"8 to 10	4	2013	120 to 180	170 (5) 180 (5) 145 (10,10)	18515, 19515, 155110, 10	200°5, 210°5, 170°10,10	22015, 23015, 185110,10	240 (5) 250 (5)
81	Single Arm DB Row or Cable - Let me check first	8 to 10 each side	3 to 4	3010	90	22.5*10, 27.5*10, 10	27.5*10, 30*10, 32.5*10	32.5*10, 10, 35*10,10	of machine coz elbow) 53*10, 10, 1	30 (10)
82	Cable Gute Kick backs on bench	10 to 12 each side	3 to 4	3011	90	15*10, 17.5*10 ,21.25*10	33*10.10	33*10.40*10.10.10	40*10, 12, 12, 46*10	10 (10,12)

Day 4	AEROBIC CAPACITY CARDIO	AEROBIC CAPACITY CARDIO DURATION F		MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm	level 16 elliptical (PRORAW)	
Week 2	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm	level 16 elliptical (PRORAW)	
Week 3	Cross Trainer or Treadmill or Bike	35 mins	120-140 bpm	level 16 elliptical (PRORAW)	
Week 4	Cross Trainer or Treadmill or Bike	40 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

		_								
DAY 5	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	1	Controlled						
MS	DB Forearm Flexion (supinated) and Extension. (pronated) ISO NETRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	SIT BACK DB Single Leg Deadlift wi20s pause @ bottom- back leg as you get more confident can start to extend it a bit more, tripod foot brace and hinge	1 each side	4	22010	90	8, 8, 8, 8	4,4,4,4 better posture	4,44,4	5, 5, 5, 5	5, 5 (hard)
A2	BB Squat - Full squat - Slight heel elevation - I think it was a green	2°5 2°8 to 10	4	4010	120 to 180	8015,5, 65110,	82.5 (5) 85 (5) 67.5 (10) 70 (10)	87.515, 9015, 72.5110, 10	92.5*5, 95*5, 75*10, 10	97.515, 10015
в	BBD headlifts - use 80% of weight you used on Day 1 for 6 rapsthis is for skill acquisition so if it feets assay your often it right - fous your effort into optimizing your technique. Put the slack with ARMs but then push with LEGS. Hips lower than shoulder. Every set - food oower, Sight just block, put (slack), push (with legs 18 in your weight is blacknowd or of lack or the set of the set of the set of feet.	5	3	3110	120	92.5 (5)	95 (5, 5, 5)	97.5 (5, 5, 5)	100 (5, 5, 5)	102.5 (5)
с	OB Kelso Shruga on 30 deg incline Bench - 3e hold @ top - Pronated to neutral as you raise	8 to 10	3 to 4	2013	90	15*10, 20*10, 25*10	25*10, 27:5*10, 10	27.5*10, 30*	25*10, 27.5*	

Day 6 REST/RECOVER/GROW

Day 7 REST/RECOVER/GROW

Notes.

Deadlin Senio Squale Sin up

dia apa

Exercise Bench press	Weight 102.5	Reps 4	Date 23rd Jan 23	Weight 87.5	Reps 9	Date 23rd Jan 23
Glute drive	250	5	23rd Jan 23			
HB BB Squat Heels elevated w/knee sleeves	95	5	23rd Jan 23			
Deadlifts						
Squat heel ele 10kg green	100kg	5	17th Apr 23	105kg	8	29th May 23

		_
DAY	TRAINING SESSION	
MONDAY	WHOLE BODY A	Aerobic capacity work
TUESDAY	REST AND AEROBIC CAPACITY CARDIO	Week 1 - 15 mins x 2
WEDNESDAY	WHOLE BODY B	Week 2 - 20 mins x 2
THURSDAY	REST AND AEROBIC CAPACITY CARDIO	Week 3 - 25 mins x 2
FRIDAY	WHOLE BODY C	Week 4 - 30 mins x 2
SATURDAY	REST	Week 5 - 15 mins x 2
SUNDAY	REST	



Day 1	WHOLE BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3/4 (arms) sets)	Week 3 (4/5 sets)	Week 4 (4/6 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	-1	Controlled						
MS	(pronated) ISO METRIC HOLDS	1*15 to 20 each 1*30 to 60s each	2	Controlled						
A1	BB Deadliths - Reset each rep - Build tension in your body then in the bar to put the "stack" from it then it - Keep bachnique TIGHT no jerking - Record each set to maximize your selonique. Shoulder above and past bar. On way down straight kness then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.		4	3110	90	102.5'8, 8, 8,	105*8,8,8,	107.5*8, 8,	110	112.5 (8, 8, 8)
	Use a weight you can get 8 reps with but only do 6 reps then reduce weight by 15% for 8 to 10 reps									
A2	Mid Grip Flat BB Bench Press (thumb from edge of knearling) - keep lats tight all the way, squeeze glutes. TIGHT ALL THE WAY!	8	4	4010	120	80°8, 8, 8,	82.5*8,8	82.5*8,85*6,82.5*7,	85 to 87.5	87.518, 9018, 92.517
B1	DB Split Squats Front foot elevated - Concentrate on opening up your hips with these	8 to 10 each side	3 to 4	3010	75	6*10, 10, 10	7*10, 8*10, 10	8*10, 10, 10,		27.5*12,
B2	30 deg Indine Fly press - Upper pec focus - 3s down and 2s up elbows toward eachother to increase pec recruitment START - wide press END - meet in middle	10 to 12	3 to 4	3020	90	y non press oops) 15x*8x, 10*12,	22.5*10, 25*12,	25*12, 27.5*12, 12,		27.5*12

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	Treadmill	7% incline/6.5kmph
Week 2	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Elliptical	M12, strd 25
Week 3	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 3	WHOLE BODY B	i .				Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (3/4 sets)	Week 4 (3/4 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	1	Controlled						
M5	DB Forearm Flexion (supinated) and Extension (pronated) ISO METRIC HOLDS	1*15 to 20 each 1*30 to 60s each	2	Controlled						
A1	Single leg Lying leg curt; Dorsi flexed	8 each side	4	4010	90	27*6, 8, 9, 10			32*8,8,8,8h	32*7, 8, 8
	DO LAT PULLDOWN FOR NOW - NARROW NEUTRAL		_				27*10, 11, 32*8, 7	sitting) 27.5*10, 32.5*10, 37.5*10, 10		
A2	GRIP	8	4	4010	120	018, -2318, 10, 8	(neutral) -23*10, 9, 9, 7	5418, 6118, 6718, 8	5918, 6818, 9, 10	68*10, 77*9, 10
	Assisted chin up machine; Narrow neutral or semi									
B1	BB Hip Thrust on bench - 1 1/4 @ top	8 to 10	3 to 4	3011	75	120"8, 140"10, 10	140*10.150*10.160*11	nding slute press) 150*10, 160*12, 12	150*10, 10, 160*10	165*10, 170*
B2	Seated Row; Wide pronated grip - upper back focus 1s pause @ contraction	10 to 12	3 to 4	3011	90	68*10, 12,12	68*12. 13. 127/157	utral) 68*11. 12 (wide pro) 61*12. 68	68*12, 15, 77*	77*10, 12

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	15 mina	120-140 bpm	Treadmill	10% incline/7kmph
Week 2	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Elliptical	M11, strd 25
Week 3	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 5	WHOLE BODY C	1				Date:	Date:	Date:	Date:	Date:
DATE	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3/4 sets)	Week 3 (3/5 sets)	Week 4 (3/6 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
M4	Facedown Glute kick back	15 each side	1	Controlled						
MS	DS Forearm Flexion (supinated) and Extension (pronated) ISO METRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	DB Single Leg Deadlift wi15s pause @ bottom- back leg as you get more confident can start to extend it a bit more, tripod foot brace and hinge	2 each side	4	21510	60	5*2, 2, 2, 2	7*2,2,2,2	7 (2) 8 (2.2.2)	8*2, 2,2,2	8 (2.2.2)
A2	Squat - Full squat - Slight heel elevation - I think it was a green	8	4	4010	120	4018, 5018, 5518, 6018	(full range) 40*8	45 (5) 50 (5) 55 (5) 60 (5)	6018, 8, 6518, 7018	70 (8,8) 75 (8)
В	BB Deadliths - use 80% of weight you used on Day 1 for it ways - This is for shill not pushed to the state seasy your doing It right - floux or without into openinging your inchringue. Pull the stack with APMS but then push with LEGS. Hips lower than shoulder. Every set - hope (lower), Epit (latiblack), pull (stack), push (with legs till hip thrust). Make sure weight is balanced on 3 points of feet.	8	3	3110	120	82.5*8,8,	85*8, 8, 8	87.5*8, 8, 8	9018, 8, 8	92.5 (8) x 2 sets
с	Single Arm Leaning away DB lateral raises 3s down and 2s up	10 to 12 each side	3	3020	60	7.5*12, 10*12,	12.5*12, 12, 12	12.5*12, 14, 15	15*10,10,12	2 sets



4 4010 120 3104 3010 75 3104 3000 90 9 3106 3000 00 00

Day 2	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	Treadmit	7% inclne/6.5kmph
Week 2	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Eliptical	W12, strd 25
Week 3	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
Wook 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		

DAY 3	WHOLE BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (3/4 sets)	Week 4 (3/4 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30a 15a 15a 15a	1	Controlled						
M3	Side lying Clams	25 each side	1	Controlled						
164	Facedown Glute kick back	15 each side	- 1	Controlled						
MS	OS Forearm Flexion (aupinated) and Extension (pronated) ISO METRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	Single leg Lying leg curt; Dorsi flexed	8 each side	4	4010	90	27'6, 8, 9, 10	27*10, 11, 32*8, 7	hitting) 27.5°10, 32.5°10, 37.5°10, 10	32°8,8, 8, 8h	32*7, 8, 8
A2	DO LAT PULLDOWN FOR NOW - NARROW NEUTRAL GRIP Assisted chin up machine; Narrow neutral or semi	8	4	4010	120	018, -2318, 10, 8	(neutral) -23*10, 9, 9, 7	5418, 6118, 6718, 8	5918, 6818, 9, 10	68110, 7719, 10
81	BB Hip Thrust on bench - 1 1/4 @ top	8 to 10	3 to 4	3011	75	12018, 140110, 10	140*10, 150*10, 160*11	nding glute press) 150*10, 160*12, 12	150*10, 10, 160*10	165*10, 170*
82	Seated Row; Wide pronated grip - upper back focus 1s pause @ contraction	10 to 12	3 to 4	3011	90	68*10, 12,12	68*12, 13, 127/157	utral) 68*11, 12 (wide pro) 61*12, 68	68*12, 15, 77*	77*10, 12
C1	Cable Rear delt flys - Focus is to get a juicy pump in rear delts	10 to 15	3 to 4	2020	60	11710,	11*11, 6.5, 7 (+6.5*8)	9"15, 14,		2 sets
C2	Seated Call raise machine or Standing with bent knees - 2s pause @ bottom then squeeze it up	10 to 12	3 to 4	2210	60	40°10,	45*12 11 11	if leg press) 110°18, 130°15, 140°1	14.	2 sets

Day 4	AEROBIC CAPACITY CARDIO	DURATION	HEART RATE TARGET	MACHINE USED	LEVEL/SPEED
Week 1	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm	Treadmill	10% incline/7kmph
Week 2	Cross Trainer or Treadmill or Bike	20 mins	120-140 bpm	Eliptical	Ivi11, strd 25
Week 3	Cross Trainer or Treadmill or Bike	25 mins	120-140 bpm		
Week 4	Cross Trainer or Treadmill or Bike	30 mins	120-140 bpm		
Week 5	Cross Trainer or Treadmill or Bike	15 mins	120-140 bpm		

DAY 5	WHOLE BODY C					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3/4 sets)	Week 3 (3/5 sets)	Week 4 (3/5 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M3	Side lying Clama	25 each side	1	Controlled						
164	Facedown Glute kick back	15 each side	1	Controlled						
MS	DS Forearm Flexion (supinated) and Extension. (propated) ISO METRIC HOLDS	1°15 to 20 each 1°30 to 60s each	2	Controlled						
A1	OB Single Leg Deadlift w15s pause @ bottom-back leg as you get more confident can start to extend it a bit more, bipod foot brace and hinge	2 each side	4	21510	60	5"2, 2, 2, 2	72222	7 (2) 8 (2.2.2)	812, 2,2,2	8 (2,2,2)
A2	Squat - Full squat - Slight heel elevation - I think it was a green	8	4	4010	120	4018, 5018, 5518, 6018	(full range) 40°8	45 (5) 50 (5) 55 (5) 60 (5)	6018, 8, 6518, 7018	70 (8,8) 75 (8)
В	BB Deadths - use 80% of weight you used on Day 1 for doing not his is for skill acquisition so if it feels easy your for doing right - foour your effort into planning your facharicage. Put the slack, with ARMS but then push with LEGS. Hips bower than shoulder. Every self-hops (lower, 1)st plan your flow in Souther. Every self-hops (lower, 1)st plan your flow in Souther. Every self-hops (lower, 1)st plan your flow in Souther. Every self-hops (lower, 1)st plan your weight to balanced on 3 points of feet.	8	3	3110	120	82.578,8,	85"8, 8, 8	87.578, 8, 8	90°8, 8, 8	92.5 (8) x 2 sets
с	Single Arm Leaning away DS lateral raises 3s down and 2s up	10 to 12 each side	3	3020	60	7.5*12, 10*12,	12.5*12, 12, 12	12.5"12, 14, 15	15*10,10,12	2 sets
D1	Sented DB Zere Harmer Curb - Pazse like in the video at half way but atternate arms each rep - eg one 1 will be holding at half way while the other arm does a rep	8 to 12	3 to 6	3020	60		12.5x18, 8, 10*10,	10*11, 11, 9, 10, 5 sets	6 sets	2 aets
02	Overhead Cable Tricep extension whops	10 to 15	3 to 6	2020	60		21.25°12, 25°13, 28.75°12,	28.75*12, 13, 9, 10,	6 sets	2 sets

Day 7 REST/RECOVER/GROW

Single Arm DB Powell raises

PROGRAM SEVEN

PHASE OPTIMAL MOG - POSTUREJUPPER BACK FOCU

DATE 19th September 2022
BY Resca Adams
FOR Almog Filter
NOTES Stick to the Tempo to the

Places Admins

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SATURDAY





Day 1	LOWER BODY A	1				Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets)
Mis	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	- 1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
MS	Facedown Glute kick back	15 each side	1	Controlled						
A1	SID Deadths - Reset each rep - Suid Sersion in your body hen in the base to pull the "lack" from them if - Reap schröges 15cH to jesting - Record each set to materiase down stargift knees them band from forward past the forward starting through the schröning that have, fair finishes mid bod. Leg press (1) then hip thrust (2) for up movement.  Lise a veright you can golf sign with but only do 6 regs. them reduce wealth by 15% for 6 to 10 min.		4	3110	90	10576, 6, 6, 90710	110'6, 6, 6, 92.5'10	110'6, 112.5'6, 115'6, 95'10	115'6, 6, 6, 97.5'10	120 (6,6) 1*100
A2	Lying Leg curt; Dons flexed  Use a weight you can get 8 reps with but only do 6 reps then reduce weight by 15% for 8 to 10 reps	316 118 to 10	4	4010	120	iting) 57.5'8, 67.5'8, 72.5'8, 67.5	(seated) 72.5*6, 77.5*6, , 67.5*10	50%, 6, 54%, 45*10	54%, 59%, 64%, 54*20	60 (10) 70 (8) 74 (7)
D1	DB Split Squats Front foot elevated - Concentrate on opening up your hips with these	8 to 10 each side	3 to 4	3010	75	8*10, 10*10, 10	10"10, 10,	10*10, 10, 10	10*10, 10, 12, 12	(proper for ioi) 6°10,
82	Glute Drive machine - w/Ds pause @ top	10 to 12	3 to 4	2013	90	Bing deep leg press) 120°8, 8, 130	g glute press machine) 120b*12, 12,	100°12, 12, 105°12	105*12, 110*12, 115*12, 12	120*12
01	Stir the pot on swiss ball - If too easy put feet on a block or bench to elevate your body	30 to 60s	3	Controlled	60	60, 60, 60	60s 60s, Ion step) 60s	(on stee) 50s, 60s.		2 nets
62	Standard Californias Marchine will a nause #8 hotion	10 to 12	3	2110	60					9671717

DAY 2	A YOUR STREET	i				Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest	Wook 1 (3 sets)	Week 2 (3/4 sets)	Week 3 (415 sets)	Week 4 (4% sets)	Week 5 (3/2 sets)
Mi	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Seec Hold @ top	S each side	1	Controlled						
M3	Standing Single arm cable external rotations: Elbow by aide	15 each side	1	Controlled						
A	CB Powell Raises on Flat bench 3s down 2s up - Longer, gange should allow you to get a good shetch between your shoulder blades	10 to 12	3	3020	60					7.5*10, 12
B1	Mid Grip Flat BB Bench Press (thumb from edge of knearing) - Bego late Sight all the way, assueze plutes. TIGHT ALL THE WAY!  When a weight you can get 8 reps with but only do 6 reps then reduce weight by 15% for 8 to 10 reps.	316 118 to 10	4	4010	90	3'85 1'72.5	3'87.5 to 90 1'75	3190 to 92.5 1177.5	87.5%, 90%, 92.5%, 80°9	95%, 97.5%, 92.5°10
82	Lat Pulldown; Mid Neutral Grip 4s Down  Use a weight you can get 6 reps with but only do 6 reps then reduce weight by 15% for 6 to 10 reps	316 118 to 10	4	4010	120				77%, 8, 10, 68°12	7915, 8615, 73110
C1	60 deg Incline DB Press wits pause @ bottom - keep rest short - more pump		3 to 4	3110	30				25'8, 8, 7,6	25'0, 30'0
C2	Standing DB Lateral raises - 2s up and 2s down - keep it smooth and keep tension in side delts	10 to 12	3 to 4	2020	120				7.5°12, 12, 8°9, 7°10x(9)	8*12, 10*12
D1	Mid only Dr. har Preacher Curis - Each week sets increase, by 5 set 1 - Let me know how your recovery is each week, pith the additional set	8 to 12	3 to 6	3020	60				E2+25'10, 20'12, 12, 12, 12	E2+25*12,
D2	Standing Cable Tricep Pushdowns: Straight or Ez bar - Let me know how your recovery is each week with the	10 to 12	3 to 6	3020	60				60*12,67*12,81*12,88*	86"10,

DAY 3	LOWER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	5 each side	1	Controlled						
M3	Facedown Glute kick back	10 each side	1	Controlled						
A1	CEI Single Leg Deadlift will be pause @ bottom-back leg 90 deg bent, tripod foot brace and hinge	3 each side	4	21010	60	8 (3,3,3,3)	8°3, 3, 10°3x, 8°3	8 (2) 9 (2.2)	973, 3, 3, 3	10"3, 3, 3
A2	Squat to Box - Small box plus plus JUST A GPSEN if not there yet stick at 1 blue plate and we will do the 316 and 118 to 10 reps.  use a weight you can get 10 reps with but only do ill reps.		4	4010	120	60 (8,8) 65 (8) 70 (8)	7018, 7518, 8, 8018	80 (8.8) 85 (8.8	85'8, 8, 87.5'8,8	67.578, 9078, 92.578
	SEI Deadfills - use 85% of weight you used on Day 1 for dis- waps - this is for skill acquisition so it it feels easy your doing it right - focus your effort into optimising your technique. Puil the stack with APMS but then push with LEGS. Hips lower than shoulder. Every set - hope (lower, Sight) jateback), pull (stack), push (with legs till hip thrust). Make sare weight his balanced on Ja points of feet.	6	3	3110	120	90 (6, 6, 6)	95'6, 100'6, 6	100 (6, 6, 6)	105°6, 6, 6	105%, 110%
0	Lying leg curl plantar flexed	8 to 10	3 to 4	4010	75	48.5'8, 51'8, 10.	(sexted) 52.5*10, 57.5*10, 10	51*10, 53*9, 8, 7	4519, 41110, 8, 8	45"12,57"
D1	Cable Rope Crunches on Swiss hall w/2s pause @ bottom	10 to 15	3	2210	60	17.5°12, 21.25°12		25*12, 12, 12	40*12, 47*8, 40*12	2 nets
D2	Single leg Tibialis raises - Progress to Kill or Cable  Kill - hitos ilveva youtube comivatch?v=GeSb1fts?Litic  Cable - hitos ilveva youtube comivatch?v=GSD8051.HiD	15 to 20 each side	з	2020	60			8730,20.	10720, 20, 20	2 sets

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3/4 sets)	Week 3 (4/5 sets)	Week 4 (4% sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Seec Hold @ top	S each side	1	Controlled						
M3	Standing Single arm cable external rotations: Elbow by side	15 each side	1	Controlled						
	CB Powell Raises on Flat bench 3s down 2s up - Longer, tange should allow you to get a good shetch between your, shoulder blades	10 to 12	3	3020	60		5"12,6"12, 12		7°10, 12, 9h	7.5*10,12
B1	30 Deg Incline DB Press 4s down  Use a weight you can get 8 regs with but only do 6 reps then reduce weight by 55% for 8 to 10 reps	316 118 to 10	4	4010	90		27.5%, 6, 30%, 25%		30°6, 32.5°6, 35°6h, 27.5°10	30'8, 35'6, 30'
82	Lat Pulldown Mid Pronated Grip 4s Down  Use a weight you can get 8 reps with but only do 6 reps then reduce weight by 15% for 8 to 10 reps	316 118 to 10	4	4010	120		6116, 6, 6016, 50.5110		6816, 8, 10, 5915	(CM) 70°10, 80°10, 70°12
01	Seated Row; Mid supinated mag Grip w/1s pause @ bottom - short rest more pump		3 to 4	3011	30		5478, 6118, 6818		6818, 9, 10, 10	70*10, 80*10
C2	Standing Cable Pullovers straight bar or Rope 2s down and 2s up to keep tension constant in lats	10 to 12	3 to 4	2020	90		55°10, 12, 10		45"12,60"10,10,81	60°12, 100°8
D1	Standing DB Curls on Wall to stop any swinging 3s down and 2s up - keeping tension in biceps	8 to 12	3 to 6	3020	60		12.5°10, 15°10, 10,		15*10, 11, 11	15*11,
D2	Single Arm Standing Dverhead Cable Triosp Extensions 2s up and 2s down - Some good education for you in the video	10 to 15 each side	3 to 6	2020	60		23"12, 27"12, 12, 32"		2012, 3312, 15	35*12, 40*12

PROGRAM SIX

PHASE OPTIMAL MOG - POSTURE/UPPER BACK FOCU

BY Reece Adams
POR Almog Filter

FOR Almog Filter
NOTES Stick to the Tempo to the "T"

jected weights are exactly just that projections as a guide for you sees To view the video library, click here 222

DAY	TRAINING SESSION
MONDAY	LOWER BODYA
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FROAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A	l				Outs;	Date;	Date;	Date;	Oate;
Order	Exercise	Rops	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Wook 2 (4 sets)	Wook 4 (4 sets)	Week 5 (3/2 sets)
MH	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Bill Describts - Reset each ray - Build sension in your body here in the bas 'out bill har 'stack' hom it then lift. Heap each right in the stack' home it has lift in the proper software that the producter above and great bas Christop down shappit kness then bend them forward past the kness of the thinker and foot. Lag press (1) has hip threat (2) for up the control of the control of the control of the control of the Lag reset (1) has hip the control of the control of the control of the Lag as weight you can get 10 reps. with but only do 8 reps.		4	3110	90	92.578, 8, 8, 8	100°10x, 95°8, 8, 97.5°8	97.5°8, 8, 8,100°8x	10018, 8, 8, 8	135°8x, 8x, 8
A2	Single Leg Lying Leg curt Dons flexed Use a weight you have 2 reps left in tank with - one at a	8 to 10 each side	4	4010	120	18*10, 23*8, 10, 10	27*8, 8, 8, 8	27*8, 10, (27*2+82*6), 32*8, 67	27710, 3278,8,8	32*8, 8, 8
81	DB Squats; Heels elevated w/2s Pause @ bottom	8 to 10	3 to 4	3210	75	15*8 10.10	17.5*10, 20*10, 10	20*10.22.5*10.10.	22.5*10.25*10.	25*10.27.5*10.30*10
02	Glute Drive machine - w2x pause @ top	12 to 15	3 to 4	3012	90	100*12, 15, 15	100*15, 110*15,15	110"15, 120"15, 15	120*12, 15,15	120*15, 130*15, 135*15
1	Leg Extensions; 2s up and 2s down - Focus on juicy pump	12 to 15	3	2020	30	43*12.15.15	43*15.	43*13, 15,15	43*15, 15, 52*15	52*15, 61*15
C2	Single leg Standing Call raises on floor - Can hold bar for	10 to 15 each side	3	2020	60				(one hand) 5°15, 15,	7*15, 15

DAY 2	UPPER BODY A					Outs;	Date;	Date;	Date;	Outs;
Order	Exercise	Rops	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Week 2 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	-1	Controlled						
M2	Bird Dogs with Sec Hold @ top	S each side	1	Controlled						
МЭ	Standing Single arm cable external rotations; Dibow by side <u>https://drive.coople.</u> com/fined-15-profes-Surries-Unit-Cooles-4-sudiff-DEFivis-	15 each side	1	Controlled						
	Single Arm Powell raises on floor - Stop just before the floor https://www.youtube.com/sestch?yre/STSUSDISUStre Ida	12 to 15 each side	з	2020	60	3*15,4*12,15		6*15, 15, 15	6°15, 7°12, 15	715, 15
81	Mid Grip Flat SIE Bench Press (thumb from edge of knaming) - keep late tight all the way, squeeze glutes. TIGHT ALL THE WAY! Increase weight by \$kg each time reas decrease.	12 10 8 8	4	4010	90	7012,7510,606,	70-72.5 75-77.5 80-82.5	72.5"12, 77.5"10 ,82.5"8, 85'8	77.5°12, 80°10, 85°8,	80*12, 85*10, 90*8
02	Lat Pulldover, Mid Supinated Grip 4s Down - Increase weight by Skg each time reps decrease Make sure you leave couple reps in the tank	12 10 8 8	4	4010	120	Bw Pullup*5, 5, 5,		58*12, 12, 68*10, 77*7(84)	58*15, 68*11, 12, 77*8	58*15, 68*12, 77*8
C1	45 Deg Incline DB Press 1s Pause @ bottom	8 to 10	3 to 4	3110	75	17.5*10, 20*10, 22.5*10		22.5*10.25*10.27.5*10.10	27.5'8, 10, 10, 10	27.5*10, 30*93, 10
C2	Single Arm DB Row 1s Pause @ contraction	8 to 12 each side	3 to 4	3011	90	(cable row) 23°10, 12, 32°8		(cable row) 32°10,10,12,12	17.5°12, 20°12, 22.5°10, 25°12	27.5*10, 30*10, 10
D1	Commerford DB Biosp curis - Seated Upright with no back support  https://www.voutube.com/watch?y=binEE/00/248	10 to 12	з	3020	75	15°12, 10, 12.5°12(ez)		15*12,12,12	15*12, 12, 12	15'12, 17.5'12
					_		1			

DAY 3	LOWER BODY B					Outs;	Date;	Date;	Date;	Outs;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 nots)	Wook 3 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	S each side	1	Controlled						
MO	Facedown Glute kick back	10 each side	1	Controlled						
A1	CG Single Leg Deadlift wills pause @ bottom-back leg 90 deg bent, tripod foot brace and hinge	4 each side	4	2810	60	5'4, 4, 4, 4	514, 4, 4, 4	5 (4,4,4,4)	6 (4,4,4,4)	6 (4)
~	Squat to Box - Small box plus plus JUST A BLUE: ) use a weight you can get 10 reps with but only do 8 reps		4	4010	120	50'8, 55'8, 60'8, 8	6018, 6518, 8, 8	70 (0,0,0,0)	75 (0,0) 80 (0) 85 (0)	85 (8) 90 (8,8)
	Bill Deaddiths - use 80% of weight you used on Duy 1 - this for skill acquisition so it is feets easy your doing it right - focus your either lato optimising your technique. Pull the stack with APAIS but then push with LEGS. High lower has shoulder. Every set - hops (lower, light (lastback), pull (stack), push (with legs till hip thrust). Make sure-weight to halancod on 3 points of feet.	10	3	3110	120	80°10, 10, 10	82.5*10, 10, 10	85*10,10,10	90 (8, 8, 8)	SS (B.B. B)
C1	CRI Bulgarian Spit squats - 2s pause @ bottom - Focus on alting into hips https://www.voutube.com/shorts/vCD/Wo4Ysb78	8 to 10 each side	3 to 4	3210	75		,	(reg bulg) 5°8, 8,	518, 10, 718, 8	7*10, 10, 10
C2	Sevens Churcher - Progress to Internediate or Advanced - FOCUS on Quality of Wile QUANTITY SLOW OCCUPATION OF THE PROPERTY OF	6 to 12+	3104	4010			12x, 6 (slow), 6s	10.10.	ed down first not hips) 10, 10, 10,	10.10.10
	Single leg Tiblalis raises - Progress to Kill or Cable  Kill - <u>hitser (hence you have com/natch?) ~ GeSb/Yes?(URC</u> Cable - hitser (hone you have hit com/natch?) ~ GeSb/Yes?(URC	12 to 15 each side	з	2020	60		4*15.0*15	10*15 0*15 15	10*15 9*15 15	10°13, 12, 10x

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Oate;
Order	Exercise	Rops	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Wook 2 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets)
MH	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Sec Hold @ top	S each side	1	Controlled						
МЭ	Standing Single arm cable external rotations; Elbow by side  https://drive.coomle. com/limid/1FaveWrShatWhitCOOlem_deutife(ISFivie, W	15 each side	1	Controlled						
A	Single Arm Powell raises on Soor - Stop just before the Soor https://www.vouhube.com/watch?v=45TSUKDIEU80=14s	12 to 15 each side	3	2020	60	4"15, 5"15,15	5*15, 15, 15	5,6,6*15	6*15, 15, 15	7*15, 7.5*15
	Seated DB Shoulder Press back supported - Increase weight by 2.5kg each time reps decrease	12 10 8 8	4	4010	90	15*12, 17.5*10, 20*8, 8	17.5°12, 20°10, 22.5°	20*12, 22.5*10, 25*8, 8	22.5*12, 25*10, 27.5*8,	25°12, 27.5°9, 9
02	Seated Row; Mid Promated Grig 4s Down - increase weight by Skg each time reps decrease  Make sure you leave couple reps in the tank	12 10 8 8	4	4010	120	59*12, 68*10, 10, 10	59*12, 68*10, 10,	59*12, 68*10, 12,	59*14, 68*10, 12, 12	59*15, 68*12, 77*10
	Flat DB Press wills Pause @ bottom	8 to 10	3 to 4	3110	75	25*10, 27.5*10, 30*10	30*10, 32.5*10, 10	32.5*10,10, 10, 10	32.5"10, 35"9, 9, 9	35"10, 10, 37.5"8
CZ	Angled Lat Pulldown; Narrow neutral gdp 1s Pause @ bottom Lean back at 45 deg angle and stay there - Pull to Lower sternum - think of it as a row	8 to 12	3 to 4	3011	90	59*10, 68*10, 10	68*10, 10, 10	68*10,10, 12, 12	68°12, 12, 12, 12	68*12, 12, 77*10
D1	Standing on block Cable Hammer Rope curls so you can get full stretch without the plates hitting the stack each rep - 2s up and 2s down - Focus on getting a Juicy pump	12 to 15	3	2020	60	39*15, 15, 15	39"15, 45"	32"15, 46"15,	46*15, 53*12,	53*15, 60*
02	Single Arm Cable Tricep pushdowns 2s up and 2s down - Focus on getting a Julcy pump	12 to 15 each side	3	2020	60	32*12h, 25*15, 18	32"12, 39"15	39"15, 15, 15	39"15, 46"	46"15, 53"

Wants arms to grow - inparticular biceps

ROGRAM FIVE
MASE OPTIMAL MOG - POSTURE UPPER BACK

PRIASE OPTIMAL MOG - POST
DATE 18th July 2022
BY Reace Adams
FOR Almog Filter
NOTES Stick to the Tempo to th

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A					Outs;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (S sets)	Week 2 (6 sets)	Week 3 (7 sets)	Week 4 (7 sets)
501	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
MO	Facedown Glute kick back	15 each side	1	Controlled					
A1	Sin Deadfills - Reset each rep Build femals in your body here in the bir to put the "halch" from I then 18 - Rega- plachnique TIGHT no jerking - Record each set to maximise your bechnique. Shoulder above and past bar. On way down straight knose then bend them forward past to he knose. Bar finishes mid foot Les preset (1) then hip thoust (2) for up movement.	s		3110	90	96 (5,5,5,5)	100 (5, 5, 5, 5)	105°5x, 5x, 5x, 5.	110'5, 5, 5, 5
A2	Double Leg Lying Leg curl; Dorsi flexed Use a weight you can get 8 reps with but only do 5 reps	5	4	4010	120	53 (5) 60 (5) 62.5 (5,5)	45*5, 5, 5	45*5, 5, 50*5, 6	50*5, 5, 5, 54*5
81	Oil Split Squate Front foot elevated - Use a block or step https://www.youtube.com/watch?y=87_TsUUbE	8 to 10	3	3010	75	5 (10, 10,10)	5 (10, 10), 6*10	6*10, 10, 7*10	6*10, 8*10, 10
82	Glute Drive machine - Normal 1 1/4 reps @ top = 1 rep	10 to 12	3	3010	90	130 (12, 12, 12)	130 (12, 12,	130*10, 140*10, 10	140*10, 150*10,
c	FST-7 Leg Extensions: Be sensible with the weight you chose due to the ceat periods being short - Keep tension in quads wold momentum 2st Up and 2s Down - Set 1 Feet outward then Set 2 feet neutral - Alternating each set - Keep rest period short and should get progressively harder each set	8 to 12	5 to 7	2020	30 to 40	28.5	27*12.34*12	34*12.12.12.10.10.10.12	
ь	Sealed Banded Tibialis raises - can do single leg if you prefer I just did double leg to make it more time efficient	20 to 30	3	2020	60				

DAY 2	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (Seets)	Week 2 (6 sets)	Week 3 (7 sets)	Week 4 (7 sets)
M1	Stick Dislocates	10	-1	Controlled					
M2	Bird Dogs with Seec Hold @ top	5 each side	- 1	Controlled					
мэ	Standing Single arm cable external rotations; Elbow by side https://dries.google, com/file/d/15segW-SustWaltrCOOker_AnutiBCBE/vis	15 each side	1	Controlled					
	Single Arm DB Trap 3 raises w/4s pause @ top https: littles popula. com/lie/of/W/7k/ZaAe/Flot/DW06DvGk656Wbcyw/view	6 to 8	3	2014	60	410, 510, 0		cass	4"10, 5"8, 10
81	Mid Grip Flat BB Bench Press (thumb from edge of knessting) - ksep late tight all the way, squeeze plutes. TIGHT ALL THE WAY!	5	4	4010	90	85'5, 5, 87.5'5,		87.5'5, 90'5, 5, 5	90'5, 5, 92.5'5, 5
82	Lat Pulldown; Mid Pronated Grip 4s Down	6 to 8	4	4010	120	5910, 0, 7, 0		5978, 12, 6978, 8	68'8, 8, 10, 10
c	Seated Row, Namow neutral grip w/1 1/4 @ contraction to strengthen upper back	8 to 10	3	3011	90	5018, 10, 10		50*10, 59*8,	5979,9,9
D1	Mid grip Ez bar Spider curls on Incline Bench; 2s up and down.	8 to 12	3	2020	60	Ez+10*10, 12.5*10, 12		6-8710 IO IO	Ez+20°10, 10, 10
02	Standing Cable Tricep Rope pushdowns; 2s up and down	10 to 15	3	2020	60	60°15, 15, 15		60*15-67*12-12	67°12,14,
	FST-7 Standing DB Lateral raises - 2s up and down tile sensible with the weight you choose due to the rest periods halon short	8 to 10	5 to 7	2020	30 to 40	6*10, 10, 10, 9, 8, 8, 8			6"10, 10, 7"8, 6"10, 7"8, 6"10,

DAY 3	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Wook 1 (S sets)	Wook 2 (6 sets)	Week 3 (7 sets)	Week 4 (7 sets)
M1	Rolling Plank Front, Side, Front, Side	10	-1	Controlled					
M2	Side lying Clams	5 each side	-1	Controlled					
MS	Facedown Glute kick back	10 each side	-1	Controlled					
A1	OB Single Leg Deadlift wSs pause @ bottom-back leg 90 deg bent, tripod foot brace and hinge	6	4	2510	60	216, 6, 316,6	3 (6,6,6,6)	3(6) 5 (6.6.6)	5 (5,6,6) 7 (6)
AZ	Squat to Box - Small box plus plus blue and green plate s- use a weight you can get 10 reps with but only do 8 reps		4	4010	120	75'0, 0, 0, 0	80 (8,8,8,8)	85 (8,8,8,8)	90 (8,8,8) 95'8
	\$30 Deadfills - use \$25% of weight you used on Day 1 - this for skill acquisition so if it feels easy your doing it right focus your effort into optimising your technique. Pull the stack with ARMS but then push with LEGS. High lower than shoulder. Every set - hope (lower), Spit (lostback), pull plack), push (with legs till hip thrust). Make sure weight is balanced on 3 points of feet.		3	4010	120	75°6, 80°8, 8	85 (8,0,0)	90'the die fin	90'8,8,8
c	FST-7 Lying leg curl Donit fered; Be sensible with the weight you choose due to the rest periods being short— Keep tension in harmines audic fromentum 2s Up and 2s Down - Set 1 Feet neutral then Set 2 feet outward - Alternating each set - Keep rest period short and should not progressively harder each set	8 to 12	5 to 7	3010	30 to 40	23'0,0, 10'0, 0, 0, 0, 0	20'6, 6, 6, 6, 6, 6, 6	22.5'8, 0, 0, 0, 0, 0, 0	22.5'0, 0, 25'8, 0, 0, 27.5'8, 0
	Kneeling Cable crunches whope - Every 5th rep 5s hold	10 to 15	3	Smooth	60	40"15,60"15,74"15	32.5"	22.57	
	Seated Banded Tibialis raises - can do single leg if you prefer I just did double leg to make it more time efficient	20 to 30	3	2020	60				

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Wook 1 (S sets)	Wook 2 (6 sets)	Week 3 (7 sets)	Wook 4 (7 sets)
M1	Stick Dislocates	10	-1	Controlled					
M2	Bird Dogs with Seec Hold @ top	5 each side	-1	Controlled					
	Standing Single arm cable external rotations; Elbow by side								
	https://drive.google. com/file/d/s/EuraWeSuraWeSUrCOOSm_Acustis/UBFlv/se	15 each side	1	Controlled					
	Single Arm DB Trap 3 raises w/4s pause @ top https: litrius popole, com/file/d1Wy7RZaAs/FlosC0X09EDvGkSSWbcvwVview	6 to 8	3	2014	60	510, 419,9	418, 10,10	4"8,9, 10	4"10, 10, 10
81	Mid grip 30 Deg Incline IBB Press - Thumb width from edge of knearling - 4s DOWIN Make sure you leave couple mos in the tank	6 to 8	4	4010	90	60'0, 0, 65'0, 0	70'8, 10, 72.5'8, 8	72.5°8, 75°8, 7h, 6	75'8, 8, 77.5'7, 6
02	Seated Row; Mid Supinated Grip 4s Down Make sure you leave couple reps in the tank	6 to 8	4	4010	120	5918, 8, 10, 10	68*10, 10, 10, 10	68*10, 10, 10, 10	68°10, 10, 12, 12
l °	Single Arm DB Shoulder Press; Stay neutral grip - 1s Pause @ bottom	8 to 10	3	3110	90	15"10, 10, 10	17.5°10, 20°8,	2018, 8, 8	2018, 9, 10
ь .	PST-7 Lat Pulldown; Wide Pronated Grip - 2s up and down - Be sensible with the weight you choose due to the rest periods being short	8 to 12	5 to 7	2020	30 to 40	32°12, 41°12, 12, 10, 10, 10h, 10h	41*10, 10, 10, 10, 10,	41*10, 10, 10, 10, 10, 10, 12	50*10, 10, 10, 10, 8, 8, 7
E1	Seated DB Curis; Alternating arms each rep	8 to 10	3	3010	60	15"10, 10, 12	17.578,10,	17.5%	17.5'9, 10, 9

Give trap 3 raises 6 reps with 6s pauses

DB Single Leg Deadlift w/10s pause @ bottom- back leg 90 deg bent, tripod foot brace and hinge

3 reps

PHASE OPTIMAL MOG - POSTURE/UPPER BACK FOCU MATE 13th June 2022

DATE 13th June 2022

BY Resce Adams

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Day 1	LOWER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (S sets)	Week 2 (5 sets)	Week 3 (7 sets)	Week 4 (7 sets)	Week 5 (3/2 sets)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	- 1	Controlled						
A1	Si Desediffs: Reset each rep Build fermion in your body here in the bar to put the "hatch" from it then lift - Keep sachnique TriCHT no jetting: - Record each set to maximise your before, Sizolated shows and past bar. Do way down straight invess then bend then forward past he keen. Bar faitheis mid foot, Leep press (1) then bip from the common that the common that the property of the bip from the common that the common that the common that the year a wealth you can pat it maps with had only do 5, reps.	s	4	3110	90	95'5, 5, 5	95 (5,3,5,5)	105	110	115
A2	Double Leg Lying Leg curt; Doni Resed  Use a weight you can get 8 reps with but only do 5 reps	5	4	4010	120	50"5,45"5, 50"5, 5	53 (5) 60 (5) 62.5 (5,5)			
81	OB Split Squats Front foot elevated - Use a block or step  https://www.youtube.com/watch?v=87_TzUUb6	8 to 10	3	3010	75	4*10, 10, 5*10	5 (10, 10,			
D2	Glute Drive machine - Normal 1 1/4 reps @ top = 1 rep	10 to 12	3	3010	90	120*10, 130*12, 12	130 (12, 12, 12)			
c	FST-7 Leg Extensions; Be sensible with the weight you choose due to the nest periods being short - Keep tension in quads avoid momentum 2st Up and 2s Down - Set 1 Feet outward then Set 2 feet neutral - Alternating each set - Keep nest period short and should get progressively harder each set	8 to 12	5 to 7	2020	30 to 40	36*12-10.8-8-27*8-8-12	28.5			
	Seated Banded Tibials raises - can do single leg if you prefer I just did double leg to make it more time efficient	20 to 30	3	2020	60					

DAY 2	UPPER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (Seets)	Wook 2 (5 sets)	Week 3 (7 sets)	Week 4 (7 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Seec Hold @ top	5 each side	1	Controlled						
мз	Standing Single arm cable esternal rotations; Elbow by side  https://doi.org/10.000/10.0000/10.00000/10.000000/10.00000000	15 each side	1	Controlled						
	Single Arm DB Trap 3 raises w/4s pause @ top https:  drive.goods. conflicted !Wx78ZaAstFlotC0006DyG65SeWboyeVew	6 to 8	3	2014	60	3*12,4*8,8	410,0,0	678.5788		
D1	Mid Grip Flat III Bench Press (frumb from edge of knearing) - ksep lats light all the way, squeeze glutes. TIGHT ALL THE WAY!	5	4	4010	90	8075, 8575, 5, 5	85°5, 5, 5, 5	85'5, 87.5'5, 5, 5		
02	Lat Pulidown, Mid Pronated Grip 4s Down	6 to 8	4	4010	120	6818, 5918, 8, 8	6118h, 5418,5618, 7	54*8.8.56*8.8		
c	Seated Row, Namow neutral grip w/1 1/4 @ contraction to strengthen upper back	8 to 10	3	3011	90	50'8, 8, 10	4319, 4619, 4819	48*8,50*8,8		
	Mid grip Ez bar Spider curls on Incline Bench; 2s up and down	8 to 12	3	2020	60	Ez+10*10, 10, 10	(sealed DB curl) 17.5°8, 9, 10	bested 08 curl 17 5*10, 10, 10		
D2	Standing Cable Tricep Rope pushdowns; 2s up and down	10 to 15	3	2020	60	45"15, 53"15, 60"15	45'15, 15, 15	45*15.49.5*15.55*15		
	FST-7 Standing DB Lateral raises - 2s up and down Be sensible with the weight you choose due to the rest regions halon short	8 to 10	5 to 7	2020	30 to 40	5	5",6	6710 10 10 10 10 77106		

DAY 3	LOWER BODY B					Date	Date;	Date;	Date;	Date;
Order	Exercise	Rops	Sets	Tempo	Rest	Week 1 (S sets)	Wook 2 (6 sets)	Week 3 (7 sets)	Week 4 (7 sets)	Week 5 (3/2 sets)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	5 each side	1	Controlled						
MS	Facedown Glute kick back	10 each side	1	Controlled						
A1	DB Single Leg Deadlift wSs pause @ bottom- back leg 90 deg bent, tripod foot brace and hinge		4	2510	60	2*6,6,8,6	2 (6) 4 (6,6,6)	416,6h, 316		
AZ	Squat to Box - Small box plus plus blue and green plate s- use a weight you can get 10 reps with but only do 8 reps		4	4010	120	4018, 8, 5018, 6016	60 (8,8) 65 (8) 70 (8)	80'8,8, 8, 8		
	BB Deadlifts - use 85% of weight you used on Day 1 - this is for skill acquisition so if it feels easy your doing it right - focus your effort into optimizing your technique. Put the stack with ARMS but then push with LEGS. Hips lower than shoulder. Every set - hops (lower), sight (bitsback), goal (stack), push (with legs 18 hip thrust).		3	4010	120	8278,8,8	8018, 8518, 8	85'8, 90'8,8		
· c	FST-7 Lying leg curi Donil flexed; tile sensible with the weight you choose due to the next periods being short - Keep tension in hammiss suid momentum 2s Up and 2s Down - Set 1 Feet neutral then Set 2 feet outward - Morrasting each set - Keep rest period short and should jet progressively hander each set.	8 to 12	5 to 7	3010	30 to 40	17.5%,22.5%,20%,8,8,8,8	2018, 8, 8, 8, 22.518, 8, 8	sessa) 7018, 8,6018, 8,4012, 501	2, 12	
	Kneeling Cable crunches whope - Every 5th rep 5s hold	10 to 15	3	Smooth	60	v	28.75"15,32.5"15, 36.25"	30°15, 35°15, 15		
	Seated Banded Tibialis raises - can do single leg if you prefer i just did double leg to make it more time efficient https://www.youtube.com/watch?y=4ouPPatcillaA	20 to 30	3	2020	60	v				

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (S sets)	Wook 2 (6 sets)	Week 3 (7 sets)	Week 4 (7 sets)	Week 5 (3/2 sets)
M1	Stick Dislocates	10	-1	Controlled						
M2	Bird Dogs with Sec Hold @ top	5 each side	-1	Controlled						
МЗ	Standing Single arm cable esternal rotations; Elbow by side https://drespoorie. com/fileid/15/regW-Sup/Web/COOkin_4-sup/#00F/vie	15 each side	1	Controlled						
	Single Arm DB Trap 3 raises w/4s pause @ top									

POUR

AME OPTIMAL MOG - POSTURBIUPPER BACK FOO

UTE 9th May 2022

Filedon Adlette



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Day 1	LOWER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Wook 2 (4 sets)	Week 4 (4 sets)	Week 5 (3/2 sets )
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
AS	No Describts - Reset each reg - Maid tension in your body have in the bar to pull the "truck" from it hen tilt "- Keep suchnique Trück" no jenking - Record each set to maximise your benchape. Shoulde above and past bar. On way down straight kneep their bench them forward past for the kneep. Bar faithers and foot it be press (1) then the thorough the provision of the press (1) then the thorough the provision of the press (1) then the thorough the provision of the press (1) then the them as well the upon an entity of most with but only do it most.		4	3110	90	90*8, 0, 8, 0	65%, 0, 0, 0	95'8, 97.5'8, 100'8, 8	100'8, 8, 8, 100'8	105*8,8.
A2	Single leg Lying Leg cur; Dons feeed (Keep hips stable) - ALTERNATIE LEGG EACH REP Use a weight you can get 10 reps with but only do 8 reps.		4	4010	120	2318, 7, 7, 8	22'8, 6, 6, 6	23*8, 8, 9, 31	23*8, 9, 9, 22	2010.0
81	CR Bulgarian Spit Squate - Hip focus	8 to 10	3 to 4	3010	75	10*10, 7.5*8, 8	78.1.71	79,0,09,0		778.8
82	Glute Drive machine - whitple contraction method - full rep and 2 114 reps @ top = 1 rep https://www.voukube.com/watch?v=2ABbuAchuf-U	8 to 10	3 to 4	3010	90	7016, 9016,	90'6, 6,	90*8, 100*8, 110*8, 8		11019, 12019
c	Bigde crunch on face - Focus on controlling the movement and making sure your avoiding momentum and making your also do all the work - let me know if these get too easy ************************************	10 to 25 each side	з	2020	60	2.2.1		10.00.02		
0	Seated Banded Tibialis raises - can do single leg if you prefer i just did double leg to make it more time efficient	15 to 25	а	2020	60	i grised tibialis on bandi 20.15.12	80. RE (single leaf 20			20,30,20

DAYS	A YOUR GROOM									
						Date;			Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Work 4	Week 5 (3/2 sets )
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with Seec Hold @ top	S each side	1	Controlled						
	Standing Single arm cable external rotations; Elbow by side									
M3	pomiliarid i Favolini si sud Most Colon, describbili Fare	15 each side	1	Controlled						
As	Swiss Sall Chin Tucks on Wall 10s Holds https://www.youtube.com/walch?y=ffwill-iDm/Yg	6	а	10s Hold	15	Stun (6,6,6)		Stue (5,6,6)	6,6,6	0,0,0
A2	Single Arm DG Trap 3 raises w/Ss pause 2 top https: lithing popule. ppmfile:10*1W278/ZaAuFEoC0006ED-GASSAWbouwkiew	10 to 12	3	2012	15	2 (12,12,12)		3 (12,12,12)	3*12,4*12x,12x	3*12,4*12, 12
A2	Seated Rear delt fly machine 2s up and 2s down w/1s Pause @ contraction OR if no access do; 30 Deg Indine DB Rear del fly Intra: planta poodle, ton file or 7 or 65 of Dels Frit. BES DESIGN DUTY OF THE PROPERTY OF THE P	10 to 12	а	2021	90	19 (12,12,12		26 (12,12,15)	27*15, 32*15, 15	32*15, 38*15, 41*15
	Mid Grip Flat ISB Bench Press (thumb from edge of cnearing) - keep late tight all the way, squeeze glutes. TIGHT ALL THE WAY!		4	4010	90	65 (0, 0, 0, 0)		70 (8,8,8,8)	7010, 72.510, 7510,	75'9, 80'9, 85'8
	Lat Pulidown; Mid Neutral Grip		-4	4010	120	52.5 (8, 8), 55*(8, 8)		5519, 6019,8, 62,518	5919, 0, 6018, 0	6819, 8, 7719
c	30 deg Incline DB Prone Chest supported rows; wits Pause @ top - Pull toward hips	8 to 10	а	3011	90	15'8, 8, 17.5'8		17.5 (10, 10, 10)	17.518, 10, 20110	2018, 22.5110
	Star Javan voutube com/watch?y=vmX58YYHQ-682=3g		$\vdash$		_					
D1	incline DB Curls; 2s up and 2s down SMDOTH - should be a solid pump	8 to 12	а	2020	60	17.5°12, 20°12, 12		20*12, 8,	2018, 17.510, 12	2018,
02	Lying Flat DB Triosp Extensions; 2s up and 2s down SMOOTH - should be a solid pump	8 to 12	3	2020	60	(Rar)+35°12, 12,		17.9*12,	17.5*12, 20*12,	20*

DAY 3	LOWER BODY B					Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (2 sets)	Week 2 (3 sets)	Wook 2 (4 sets)	Week 4 (4 nots)	Week 5 (3/2 sets )
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	5 each side	1	Controlled						
M3	Facedown Glute kick back	10 each side	1	Controlled						
	Squat to Box: Lower box height - use a weight you can get 10 reps with but only do 8 reps		4	4010	90	7016, 7516, 8016,8	80 (8) 85 (8) 90 (8,8)	90'8, 92.5'8, 95'8, 8	95 (8,0) 97.5 (8,0)	97.5 (8) 100 (8,8)
A2	Lying Legicurt, Plantar flexed (Keep hips stable) - ALTERNATE LEGS EACH REP Like a weight you can get 10 regs with but only do ill regs.		4	4010	120	5419, 5019, 0, 0	17.5 (8) 20 (7.8.8)	1878-10-10-9	225 0.0 25 0.0	22.5 (0) 25 (0,0)
	SR Deadifie - use 65% of weight you used on Day 1 - this is for skill acquisition so if it feels easy your doing it sight - loous your effort into optimising your technique. Pull the stack with ARMS but then push with LEGS. Hips lower than shoulder. Every set - hops (lower), sight (lats back), soul (stack), south with less 1th lot thrust?		3	3110	90	75°8, 0, 0	80 (8,8,8)	8018, 8018,	85'0, 0, 0	90 (8,8,5-2)
	All Single Leg Deadlift wheal press support its down and be up wits pause @ bottom.  2. OW BOTH LIP AND DOWN. Hings short range till just before lower back sounds - no equat.	6 to 8	3 to 4	3130	75	5°8x, 2°8, 5°8	5 (0, 0, 0)	0°0x, 0, 0, 0	618, 8, 718,	618,618,
	Leg Extensions	10 to 12	3 to 4	3010	90	52*10, 61*12, 10	61*12, 10, 66*10	61*12, 70*10, 10	70*10.10.10.73*10	72*10.12
D	Seated Sanded Tibialis raises - can do single leg if you prefer i just did double leg to make it more time efficient https://www.voutube.com/watch?v=4ouPPa@GkvA	15 to 25	3	2020	60			M-1721-211-21	Orange * Milest, and * M3, M3h	

DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Date;	П
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Work 4	Week 5 (3/2 sets )	1
M1	Stick Dislocates	10	1	Controlled							1
M2	Bird Dags with Seec Hold @ top	5 each side	1	Controlled							1
M3	Standing Single arm cable external rotations; Elbow by side	15 each side	,	Controlled							1
-	ComPlaid I Fergin Studies COOM, Anatom B Five										ı
A1	Swiss Ball Chin Tucks on Wall 10s Holds		2	10s Hold	15	6.6		666	444		1
	Mos Person voulube com/eatch?v=0fe6-40e/1g										ı
	Single Ann DB Trap 3 raises w/2s pause 2 top	10 to 12		2012	- 15						1
A2	Miles (Miles coorde) constitute (Maria Sana Front Mode Dy Gald Salah complete	10 to 12	3	2012	15	2*12,2.5*12, 12		3*12, 12, 12	3*12, 12, 12		ı
	Seated Rear delt fly machine wi2s up and down and no pauses - constant smooth movement										1
A2	OR if no access do; 30 Deg Indine DB Rear delt fly	12 to 15	а	2020	90	30" - 5"12, 12, 12		27*12, 32*12, 15	32*15, 15, 15		ı
	STANDARD COOK CONTRACT TO SEE COUNTY										ı
81	Seated DB Shoulder Press; Back Supported - use a weight you can get 10 reps with but only do 8 reps		4	4010	90	15'0, 17.5'0,0,0		17.518, 2018, 8, 22.518	22.5'8, 25'8, 10, 10	25'8, 10, 27.5'7	1
	Lat Pulldown: Mid Supinated Grip: use a weight you can										1
82	Lat Pulldown; Mid Supinated Grip; use a weight you can get 10 reps with but only do 8 reps		4	4010	120	1218, 8, 8, 1518		5018, 5918, 6818h, 591	5918, 10, 10, 68110	59*10, 68*10, 77*	1
c	Seated Row; Nanow neutral grip 3s Pause @ contraction	B to 10	3	2013	8	15'8,0		5918h, 5018, 8	5919, 10, 6919	68*10x, 6x	1
D1	Standing Ez Bar Curis Mid grip 2s up and 2s down SMOOTH - should be a solid pump	8 to 12	а	2020	60	(08) 17.5°12, 12,		Ez+30%, 8,	Ez+30°8, 32.5	Ez +32.5°10, 9	1
02	30 Deg Indine Close Grip 99 Press (Shoulder width) 2s up and 2s down SMOOTH - should be a solid pump	8 to 12	а	2020	60	(machine) 11*12, 12, 14*11H		6017, 5018,		60*12, 11	1

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PROGRAM THREE SHRIDDING MOG

NATE 4th April 2022

IY Reece Adams

FOR Almog Filter

NOTES Sick to the Tempo to the "T"

DAY TRANNING SESSION
MINNEY LONER BODY A
TRESSAY LIPPER BODY A
WISDRESSAY REST
THINGSIANY LONER BODY B
FRICAY LIPPER BODY B
SATURDAY REST
SENDAY REST



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Day 1	LOWER BODY A						Date;	Date;	Oute;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week S (3 sets ALL)
MH	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BID Deadlifts - Caset each rep - Build tereion in your body hen in the bar to pull the "stack" from it then lift - Keep technique TVGHT no jerking - Record each set to maximise your technique. Shoulder above and past bar. Cn vay down straight knees then bend them floward past the knee. Bur finishes mid foot. Leg press (1) then hip throat (2) for up movement.	4 to 6	4	3110	90	15 mins	9576, 6, 6, 6	100	105 (6,6,6,6)	97.5 (6, 8, 8, 8)	
A2"	Lying Leg curl; Dorsi flexed (Keep hips stable)	6 to 8	4	4010	120	15 mins	8, 9x, 10°6xx (drop weight next ti	me)	55.5 (10,10,10) (10/6/4)	45*8,8,8,8	
81	DB Step Up - Medium Step	8 to 10	3 to 4	2010	75	10 mins	12.5*10, 17.5*10, 20*10		17.5*10, 20*10, 10, 10	17.5*8.20*8.8.8	
	Glute Drive machine - 3s Pause @ top	10 to 12	3 to 4	2013	90	10 mins	160*10, 11, 12		160*10, 170*8, 9, 8	100*10, 120*8, 130*8, 140*8	
c	Eaptains chair or Hanging knee raises - Can put DB or Medicine ball between legs - Make sure you initiate with Abs and not just railing it up https://www.woukubs.com/watch?y=XCZMEE*U_JU	8 to 15	3	2020	60	10 mins	7.5*10, 10, 10		8*12, 12, 12	7.5*12, 12, 12	
	RAISED Tibials raises on wall - all the way downl (no partial range if fired, slop) - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion - leave 3 reps in tank	15 to 25	3	2010	8	10 mins			15 (207),	20,20,	

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 nets)	Week 4 (4 sets)	Week 5 (3 nots ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Sect Hold @ top	5 each side	1	Controlled							
MO	Banded Lat Activation	10 each side	- 1	Controlled							
A1	Flat BB Bench Press - keep late tight all the way. squeeze glutes. TIGHT ALL THE WAY!	4 to 6	4	4010	90	15 mins	85'6, 6, 6, 6	90%, 6, 6, 6	90°, 92.5°6, 95°6x, 6	9514, 4, 10014,	10014, 102.514, 10514
A2	Chin Ups; Supirated Grip; Initiate with Back - Pull to max contraction in late and stop there	4 to 6	4	4010	120	15 mins	Sx (4), 6, 6, 6	5, 6, 5, 46	6,5,6, 6	4, 5, 5, 5	4, 4, 2004
81	30 Deg Incline DB Wide Press; Pec Focus 1s Pause @ bottom and avoid resting at top https://www.voulube.com/wstch?v=u.lARdx MMvA	6 to 10	3 to 4	3110	75	10 mins	35*10, 8, 9	35'9, 9, 10	35'8, 9, 8, 7	17.5'8, 20'8, 22.5'8, 25'8.	25'8, 27.5'8,
82	Seated Row: Wide Pronated Grip: Think upper back and year delts. Elbows at 45 deg angle from body wills pause	8 to 10	3 to 4	3011	90	10 mins	50*12, 59*12, 68*10	68"10, 10,11	68*11, 77*10, 10, 12	6818, 8,8, 7718	6818, 7718x, 5018
C*	Seated Pec fly machine - Last set is drop set	10 to 12	3	2021	60	10 mins	50*12,	50*12, 59*	77"12, 11, (68"10,59"8,45"10)	77"8, 8, 8, 10	7718, 6218, 8618
D1	Seated DB Letteral mises to bench like in the video them deep the weight slighty and go including lateral riskes. The bench will force you to keep it skircl and its surprisingly hard so be annable with the weight you after with - Keep it contribiled and make the side deliver indicate the necessarial way for the seater of	8 to 10/8 to 10	3	2021	8	10 mins	(7°10k),(8°10,7°9), (8°10,7°8)	(8"10,10],(8"10,8),(8"10,7"10)	*10,7*103,[8*(8+2),8*6,7*2),[8*6,7*	e e	(816,718), (816,718), (916,818)
02	DB Hang and Swings for Rear deltx 30 deg incline	20 to 30	3	Smooth	60	10 mins	10'30, 25, 22	10'30, 12.5'30, 30	12.5°35, 45,		12.5"35, 40,15"40

	LOWER BODY B										
DAY 3	LOWER BODY B						Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 nets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
801	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
M3	Facedown Glute kick back	10 each side	- 1	Controlled							
A1	Squat to Box; Paralell - green plate	8 to 10	4	4210	90	15 mins	80 (10) 90 (10,12) 100 (12)	100*10, 12, 110*10, 10	110*10, 115*10, 10, 117.5*12	115 (0.0.0.0)	115'8, 117.5'8, 120'8
A2	Lying Leg curl; Planter flexed (Keep hips stable)	8 to 10	4	4010	120	15 mins	39 (10,10) 44 (10) 45 (3)	27°10x, 10, 32°10, 36°10	32*10, 10, 36*10, 41*10h	45 (8,0) 40.5 (8) 51 (8)	45'8, 50'8, 8
81	Leg extensions - alternating legs - 2s Up and down	8 to 10	3 to 4	2020	75	10 mins	31 (10,10) 33 (12)	34*10, 10, 10	34*10, 43*10, 10, 10	40 (8), 42,578, 4578, 47	4318, 5218, 8
82	Shiple Log Deadth from box - 2x Up and down - Dit on side of loose leg, only the range can do stable - 1 hand on hip for proprioception. Work aim is to use a box in the range you can stay in control then over time increase the range by using a lover box interaction under the control of the control of the control of the control of the control of the control of the control of the control of the control of control of cont	10 to 12	3 to 4	2020	90	10 mins	10 (12,12,12)	(to flat bench) 10*12, 12,12	9°10, (row machine) 9°10x, 10x, hi	10710,10,	10*10, 10, 10
	Kneeling Cable Crunches wiRope	15 to 20	3	2010	60	10 mins	25'20, 35.25'20, 40	54"15, 60"20, (60"20,54"20)	61*20, 68*20, (75*, 68*)	35.25'20, 40'20,40	68'20
D	RAISED Tibials raises on wall - all the way down! (no partial range if fired, slop) - if any discomfort just skip it - stand on edge of plate or block to increase range of motion - leave 3 reps in tank	15 to 25	3	2010	60	10 mins	20, 15, 12		18.12.12	20.18.15	

DAY 4	UPPER BODY B						Date:	Date:	Date:	Date:	Date:
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Wook 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 nots ALL)
MH	Stick Dislocates	10	- 1	Controlled							
M2	Bird Dogs with Sec Hold @ top	5 each side	1	Controlled							
MS	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing DB Amie Press; Alternating arms	4 to 6	4	4010	90	15 mins			22.576, 2576, 6, 6	25'4, 4, 27.5'4, 4	25 (4,4,4)
A2		4 to 6	4	3011	120	15 mins			6, 6, 6, 5	5, 5, 5,	4,4,4
81	Flat DB Press - 45 deg elbow	8 to 10	3 to 4	3010	75	10 mins			32.5110, 35110, 37.518, 7	35'8, 8, 8, 37.5'8	35 (8) 30 (8) 35 (8)
82	Seated Row; Mid Supinated Grip 1s Pause @ contraction	8 to 10	3 to 4	3011	90	10 mins			77"10, 10, 10, 10	77'8, 8, 8, 8	35 (5,6,6)
c.	Single arm Bench Supported Cable Lat row hins illnow youtube com/seatch?v=BMSPartyPNie	10 to 12	3	2021	60	10 mins			32*12, 39*10,	32*10, 39*10, 10	12.5 (12) 17.5 (10, 10)
	Seated DB Hammer curis	8 to 10	3	2020	60	10 mins			17.5*10, 20*10, 10	2018, 22.517h	2018, 8, 22.518
D2°	Lving Flat Ez Bar skull crushers	8 to 10	3	2020	60	10 mins			35"12, 37.5"10, (40", 37.5", 35")	40%	35' 8. 8. 8

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PROGRAM THREE - QUARANTINE HOME EDITION
PHASE SHREEDING MOG

PHASE SHREDDING II

DATE 4th April 2022

BY Reece Adams

FOR Almog Filter

Stick to the Tempo to the "T"





Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	-1	Controlled							
M2	Side lying Clams	25 each side	-1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	Lying Banded Dorsi Gironda Leg curis w2s pause 優 top	6 to 8	4	2012	60	15 mins	Orange*8, o&y*8, 7, 6				
A2	DB Romanian Deadlits	8 to 10	4	4010	120	15 mins	29*10, 38*10, 10,				
	DB Step Up - Medium Step	8 to 10	3	2010	60	10 mins	20*10, 10,				
c	Single Leg Deadlift from box - 2x Up and down - DB on side of loose leg, only the range can do stable - 1 hand on hip for propriopoption. Work aim is to use a box in the range you can stay in control then over time increase the range by using a lower box. <a href="https://propriopolish.com/watch/wsdowLC-PDO">https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch/wsdowLC-PDO"&gt;https://propriopolish.com/watch</a>	10 to 12	3	2020	60	10 mins	11*10, 9*12,				
	Captains chair or Hanging knee raises - Can put DB or Medicine ball between legs - Make sure you initiate with Abs and not just swing to use https://www.youtube.com/seatch?v=XZ7MEF.9U_3U_	8 to 15	3	2020	60	10 mins					
1	RAISED Tibialis raises on wall - all the way down! (no partial range if fred, stop) - if any discomfort just skip it - Stand on edge of plate or block to increase range of notion - leave 3 reps in tank	15 to 25	3	2010	60	10 mins					

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Bird Dogs with Seec Hold @ top	5 each side	-1	Controlled							
MS	Banded Lat Activation	10 each side	-1	Controlled							
A1	30 Deg Incline Wide Press - keep late tight all the way. scureze chutes. TIGHT ALL THE WAY!	8 to 10	4	4010	90	15 mins	32*10, 34*10, 38*9, 8				
A2	Chin Ups; Supinated Grip; Initiate with Back - Pull to max contraction in late and stop there	4 to 6	4	4010	120	15 mins	6, 6, 6x, 5				
81	Flat DB Wide Press; Pec Focus is Pause @ bottom and avoid resting at top https://www.youtube.com/eatch?ywu.IAGds_MM/sA	8 to 10	3	3110	75	10 mins	3819, 34110, 10				
82	Single Arm DB Row	8 to 10	3	3011	90	10 mins	34*10, 10, 10				
c-	30 Deg Incline DB Fly Neutral Grip wits Pause @ bottom https://www.voutube.com/watch?vvool/Pm SekQY	10 to 12	3	2120	60	10 mins	10°12, 12°12, 13°15				
ы	Seated DB Lateral raises to bench like in the video them drop the weight lightly and go in shanding lateral raises. The bench will force you to keep it strict and is supprisingly had no be serable with the weight you start with - Keep it concluded and make the side did in intals the movement and the plantion them thoughout the plantion them thoughout between you washing commended through the lateral washing to the commendation of the lateral washing to the commendation of the lateral washing to the commendation of the lateral washing to the lateral washing to the lateral washing to be the lateral washing to the lateral washing the the lateral washing the the the lateral washing the the lateral washing the the the lateral washing the the the the the the the the	8 to 10/8 to 10	3	2021	80	10 mins	arysores,				
02	DB Hang and Swings for Rear delts	20 to 30	3	Smooth	60	10 mins	8735,				

\*Drop sets decrease weight by roughly 20% each drop

DAY 3	LOWER BODY B						Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	-1	Controlled							
M2	Side lying Clams	5 each side	-1	Controlled							
MS	Facedown Glute kick back	10 each side	-1	Controlled							
A1	DB Bulgarian Split squat - hip focus	8 to 10	4	4010	90	15 mins					
A2	Lying Banded Plantar Gironda Leg curis w/2s pause @ top	8 to 10	4	4010	120	15 mins					
B1	DB Squats to Box depth your comfortable with - Avoid locking out at top to keep tension on legs	8 to 10	3	2020	75	10 mins					
82	Single Leg Deadlift from box - 2x Up and down - DB on side of loose leg, only the range can do stable - 1 hand on hip for proprioposition. Work win its to use a box in the range you can stay in control then over time increase the tange by using a loser box <a href="https://www.noutube.com/earth/v-6dobuct_PDM">https://www.noutube.com/earth/v-6dobuct_PDM</a>	10 to 12	3	2020	90	10 mins					
c	Bicycle crunches - Controlled	12 to 20 each side	3	2020	60	10 mins					
	RAISED Tibials raises on wall - all the way down! (no partial range if find, stop) - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion - leave 3 reps in tank	15 to 25	3	2010	60	10 mins					

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Bird Dogs with Seec Hold @ top	5 each side	-1	Controlled							
MS	Banded Lat Activation	10 each side	-1	Controlled							
A1	Standing DB Amie Press; Alternating arms	4 to 6	4	4010	90	15 mins					
A2	Chin Ups; Namow Neutral Grip or Supinated again if dont have a neutral grip; Initiate with Back - Pull to max contraction in late and stop there	4 to 6	4	4010	120	15 mins					
81	Standing DB Lateral raises	8 to 10	3	3010	75	10 mins					
82	Chest supported Prone DB Row wPause @ top https://www.youtube.com/eatch?veum/SB1YKCL-8	8 to 10	3	3011	90	10 mins					
c-	Flat DS Lat Pullover w Pause @ bottom	10 to 12	3	2120	60	10 mins					
D1	Sealed DB Hammer curls	8 to 10	3	2020	60	10 mins					
D2*	Lying DB Tricep Extensions	8 to 12	3	2020	60	10 mins					



Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Rops	Sets	Tempo	Rest		Week 1 (2 sets)	Week 2 (3 sets)	Week 2 (4 sets)	Wook 6 (6 sets)	Week 5 (2 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	-1	Controlled							
A1	Sill Deadths - Reset each rep - Suid tension in your body been in the bar in pull the "stack" from it fine lift - Keep schnique TrGHT no jerking - Record each set to maximise your schnique. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Ear finishes mid boot, Leg press (1) then hip throat (2) for prevenent.	B to 10	4	3110	90	15 mins	80*10, 10, 10, 10	80 to 85	85*10, 10, 90*10, 10	90*10, 10, 95*10x, 10x (stay tight)	95*10, 100*10, 10
A2	Single leg - Lying Leg curt; Dorsi flexed (Keep hips stable)	8 to 10	4	3010	120	15 mins	3*10, 4*10, 10, 10	30 (10,10 bit unstable left side) 27	4*10, 10, 9, 10	4*30, 11, 11,	4712, 12, 578
81	Bulgarian Spilt squat - hip focus	8 to 10	3 to 4	3010	75	10 mins	5°10x, 2°12, 4°12	4 (20, 12, 10)	4*10,10, 12	6710.10.10	612.712.81
82*	Seated Leg curt, Donal Rexed - D and L	2'8 to 12 1-2"(8/8/8)	3104	3010	90	10 mins	7*12,8*12,12	52 (12) 54*12 (61/61/54)*(12/8/8)	7*12, 8*11, 11, 12	8°10x, 7°12, 8°12	8*14, 14, 9/8
c	Kneeling Ab wheel or SB Rollouts - Only go out as far as you can keep your torso hollowed out - like you've been punched in gut	8 to 12	3	3020	60	10 mins	12.12.12	12.12.12	12.12.18		12, 16,
D	Fibilita tables on wall - all the way down (no partial range if fine), atop   - Tany disconfine) put stop in - Stand on edge of plate or block to increase range of motion - leave 3 reps to tank.  Kept these in cause looks like they are steadily improving once you can get 25 reps all sets we will look to moorates it.	15 to 25	3	2010	60	10 mins	18.14.12	16.	15, 12, 12		20, 14, 9

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (2 sets)	Week 2 (3 sets)	Week 2 (4 sets)	Wook 6 (4 nots)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with Seet Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	-1	Controlled							
A1	Flat ESS Elerch Phase - keep late Sight all the way, scureeze of stee. TIGHT ALL THE WAY!	8 to 10	4	4010	90	15 mins	70 (10,10,10,10)	75°10,10, 10, 12	80 (10,10,10,8)	80*10, 82.5*10, 85*10, 10	85*10, 90*10, 9
A2	Lat Pulldown Mid Pronated Grip - find max contraction in late and don't go past M Elbows in line with body and don't go past it.	B to 10	4	4010	120	15 mins	50 (8-10)	50*10, 59*10, 10, 10	50 (10,10) 55 (10,10)	50*10, 59*10, 10, 12*	59*12, 68*9,8
81	Seated Back Supported DB Shoulder Press	8 to 12	3 to 4	3010	75	10 mins	17.5*12, 20*12, 22.5*12	22.5°12, 12, 12	22.5*11,12,25*10,12	25°10, 10, (short stop) 8,	25*10, 10, 9
82	Seated Row; Mid Neutral Grip; - elbows back, shoulder plades together	10 to 12	3104	3011	90	10 mins	70°12, 74°11, 12	60°12, 11, 13	70 (11) 72*12, 76.6*10, 72.2*14	66*12,77*10,10,9	77*10x, 10, 8
C1*	Gingle Arm DS Lean away (ateral raises (to vertical) - Leaf set drop set https://www.soutube.com/sets/th/e-Ds/bet/Advic	2*10 to 12 1*(10/10/10)	3	2021	60	10 mins	9*12, 10*12, 12.5*12	112, 12512, (125,10,7)(10101	12.5*12, 12, (12.5*10/8)*(10*10*10)	12.5% aut set dropset	2.5*12,15*10, Last set dropset
C2		10 to 12	3	3011	60	10 mins	125*12, 15*15, 21.5*12	32*12, 39*12, 46*12	25°12,12, 28.75°10	46*12, 53*12, 60*12	60*12, 12, 12
D	Seated Machine or Standing Cable Rear delt flys - not past the body	2°12 to 15 1°12-15+RP	3	2021	60	10 mins	45°12, 52°12, 59°12 XXX	54*12, 59*12, (12,5)	(not past body) 45°12, 12, 50°11		45°15, 15, (12,9,7).

DAY 3	LOWER BODY B						Date	Date;	Oute;	Duta;	Date;
Order	Exercise	Rops	Sets	Tempo	Rest		Week 1 (2 sets)	Week 2 (3 sets)	Week 2 (4 sets)	Wook 6 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	-1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
M3	Facedown Glute kick back	10 each side	-1	Controlled							
A1	Bill High threat on bencht. Each reg touch ground or if ground is too love of pisters under each end of the bar so is in a snage you can do safely and Sir Hold (if top - Top position is the Anderder position on we are going to be holding there with quality to give your glates no choice but to work - the smart with your weight choice - pick is weight you can hold with quality for duration allocated: hitten hower would be compliant hy works.	8 to 10	4	2013	45	12.5 mins	(to ground) 120°9, 9, 9, 8	, 125°3, 130°10 (4s pause), 130°9	lute drive 100°10, 120°10, 125°0,	125'10, 0, 9, 9	125°10, 10, 130°9
A2	Leg curt, Plantar Sexed (keep hips stable)	8 to 10	4	4010	45	12.5 mins	4"12, 5"10, 10, 9	5*12,6*12, 11, 12	6*12, 7*8x, 8x (6), 8x(5)	712.12.00x.714	7*12,12,13
A3	Leg extensions	8 to 10	3 to 4	3010	45	12.5 mins	89*10, 10, 10, 9	89*10, 98*10, 98*9	98*10, 10, 9, 9	98*10, 10, 9, 10	98*10, 107*9,6
A4	Single Leg Deadlit - DB on side of loose leg, only the range can do stable - 1 hand on hip for proprioception	10 to 12	3 to 4	3010	120	12.5 mins	5°12x, 2°12x, bw°12, 12	5*12, 6*12, 7*12	7*12, 6*12, 7*12, 12	7*12, 12, 8*12, 12	8*12, 12, 12
	JC Abdominal Pelvic tilts - Sent to you via messenger	Max reps each side	3	Smooth	60	10 mins	15c, (12/10),(12/12)				(2019),(1515),(1212)
٥	Totals raises on wall - all the way down (no partial range if lines, stop) - I any discontine just skip it - Sand on edge of plant or total to the plant or total or some and plant or total or lines or lines or total or total or lines or	15 to 25	3	2010	60	10 mins	(sained) 13, 11, 11				40 12 14

DAY 4	UPPER BODY B	1					Date:	Date:	Date:	Date:	Date:
			_		_						
Order	Exercise	Rops	Sets	Tempo	Rest		Week 1 (2 sets)	Week 2 (2 sets)	Week 2 (4 sets)	Wook 6 (4 nots)	Week 5 (2 sets ALL)
M1	Stick Dislocates	10	-1	Controlled							
M2	Bird Dogs with Seet Hold @ top	5 each side	-1	Controlled							
MO	Banded Lat Activation	10 each side	1	Controlled							
A1	30 Deg Indine DRI Press - elbows at 45 (more cheet less shoulder), weight touches a little bit above nipple (to keep shows los), imagine both pace moving towards each other for pump. Only push up to 95% complete.	8 to 10	4	4010	45	12.5 mins	35*10, 10, 27.5*7,7	35'10, 10, 10, 10	27.5 (10) 32.5 (10) 35 (9, 0)	30 (10) 32.5 (10) 35 (10,10)	
A2	bant Over T-Bar Row, Chest Supported if access otherwise just regular ones. Set up-using position when standing - last down - before bending over. No need for mirror instead of thirting of pulling (which focuses on handler/instehouster) thirting of handler/instehoustery thirting of handler lasted southing.	810 10	4	3011	45	12.5 mins	5010,5510,10,	50*10; 50*9, 10	50 (10) 55 (10) 60 (10,	60 (10,10) 62.5 (10, 10)	
A3*	serving Calles Feet Tryl. Bestable Faegle of Locus and Local and publisher men starged. But forms, gifting and the publisher men starged and the Calles of publisher that the publisher faegle publishers. WINCO publishers for large faegle faegle publishers. WINCO the common faegle faegle faegle faegle faegle faegle faegle and the common faegle faegle faegle faegle faegle faegle faegle faegle and and publishers on the publishers faegle	2'810 12 1-2'(888)	3104	3010	45	12.5 mins	18°12, 20°10, (20°12, 18°8, 12°10	25*12,22*12,(320518)()(888)	, do chest press (scross body not	15 (10,12) 20 (10) 25 (11)	
	Standing Cable Pullovers; <u>Focus INTNATING</u> , using and seeing sees to in late: Feet hip wide apart, knees a little best and bend at hip. Pull sating the last - doesn't have to meet the leg, just keep late right all way through.	2'8 to 12 12'(888)	310-4	3010	120	12.5 mins	52°12, 60°12, (60.53.46)°(8/86)xx	60*12, 12, (605346)*(8888)	50 (12) 55 (12) 60(12, 12")	55 (11,12,12,12)	
	Single Arm List Pull-ins - Check your facebook messenger for the video - These are about pump and isolation more so than just using a stack of load - aim is to finish the last of with these - think smooth and controlled - initiate with ast and allow then lean like she does in video should feel a GREAT contraction.	10 to 12	3	2021	60	10 mins	18*12, 25*12, 32*12	32*12,12,12	25°12,12,12H	25°12, 12, 12	
C1**	Standing Cable Curls; Ez bar or straight bar - 2s up and down creating as much pump as possible	2°10 to 15 1°10-15+RP	3	2020	60	10 mins	29*15, 15, (15109)	49"15, 54"15, (15,0,4)	5"15, 32.5"11, (28.75"(12,4), 21.2	28.75*15, 31*13, 25*(15,7,3)	
C2**	Standing Cable Overhead Tricep Extensions = Rope - 2s up and down creating as much ourse as possible	2°10 to 15 1°10-15+RP	3	2020	60	10 mins	46"15, 60"15, (67"13,2H, 0H)	61*15, 67*13, 61*(15,8,4)	32.5*15, 36.25*13, 28.75*(15,6,3)	32.5°15, 15, (13, 5,2)	

 PROGRAM
 ONE

 PHASE
 SHREDDING MOG

 DATE
 22nd January 2022

 BY
 Recec Adams

 FOR
 Almog Filter

 NOTES
 Slick to the Tempo to the "T"

DAY TRAINING SESSION
MONDAY LOWER BODY A
TUSDAY UPPER BODY A
WEDNESDAY REST
THURSDAY LOWER BODY B
FRIDAY UPPER BODY B
SATURDAY REST
SUNDAY REST



<<< To view the video library, click here >>>

Day 1	LOWER BODY A					Date:	Date:	Date:	Date:	Date:
Day 1	LOWER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	IBB Deadlifts - Reset each rep - Build tension in your body then in the bar to pull the "stack" from it then lift - Keep technique TIGHT no jerking - Record each set to maximise your technique. Shoulder above and past bar. On way down straight knees then bend them floward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.	5	5	3110	120	85 (5,5,5,5,5)	90 (5,5,5,5,5)	95 (5,5) 100 (5,	100 (5, 5, 5) 105 (5,)	105*5, 5, 5
A2	Lying Leg curl; Dorsi flexed 1 1/4 @ top (keep hips stable)	5	5	3010	120	46 (5,5) 51 (6) 55 (6) 60 (7)	55 (5) 60 (5) 62.5 (5) 65 (5,5)	62.5 (5) 67 (5,6) 69.5 (6,8)	(sitting)5*15, 7*6, 7x (6), 7, 7x (6)	(sitting) 7*(7+RP1), 8*5, 5
B1*	Leg Extensions; Keep tension in quads - hips locked (torque)	2*6 to 8 1-2*(6/6/6)	3 to 4	3020	90	68*8, 70.5*8, 73*8	73*8,8, (73,59,45)*6	75*8, 77.5*8, (82/68/54)*(6/6/6)*2	79*8, 8, 11, (89, 79,70)*(6/6/6)	89*10, 98*9, (107,98,79)*(6,4,4)
B2	45 Deg Back extensions w/5s Hold @ top	6 to 8	3 to 4	2015	90	35*8, 8, 40*	42.5*8, 45*8, 8	47.5*8, 8, 8,8	(90°) 40*8, 8, 42.5*8, 8	42.5*8, 47.5*8, 50*
С	Captains chair or Hanging bent knee raises - Stay above 90 deg and keep toes turned inward to minimise hip flexor involvement. Lats slightly on and control from abs on way down to avoid swing. Chalk hands.	8 to 15	3	2020	60	10,8, 10	10, 10, 10	12, 12, 15	12,12, 11	12, 13, 15
D	Tibialis raises on wall - all the way down! (no partial range if tired, stop) - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion - leave 3-5 reps in tank	15 to 25	3	2010	60	15, (long pause) 18, 18	20,157,12	18, 14, 11	16, 14, 12	19, 16, 12

\*Drop sets decrease weight by roughly 20% each drop

DAY 2	UPPER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Bench Press	5	5	4010	120	90*5, 5, 5, 92.5*5, 5H	90*5, 5, 92.5*5, 95*5, 97.5*5	95*5, 97.5*5, 5, 5, 100*4	100*5, 5, 5, 3, 3	100*5, 102.5*4, 5
A2	Chin Ups; Mid Supinated Grip - initiate from lats always	3 to 5	5	4010	120	5, 5, 5, 5, 5 (pronated)	5, 5, 5, 5, 5 (pronated)	5,5,5, 6,7 (pronated)	(supinated) 6, 6, 6, 6,	6,6,7
B1	30 Deg Incline DB Press	6 to 8	3 to 4	3010	90	30*8, 32.5*8, 35*8H	32.5*8, 35*8, 8	35*8, 8, 6, 6	35*8, 8, 7, 7	37.5*8, 8, 7
B2*	Angled Lat Pulldown Narrow neutral grip; Squeeze @ body	2*6 to 8 1-2*(6/6/6)	3 to 4	3011	90	77*7,68*8, (50,41,59) *8	68*8, 11, (59,50,41)*8	68*10, 10, 10, 10	68*10, 77*8, (77,59,50)*(5/6/6)*2	77*8, 8, (77/68/59)*(6/6/6)
C1	Seated DB L to extend lateral raises; Keep elbows inline with shoulders as you extend out Half hammer curl, lat raise, straighten arm, down https://www.youtube.com/watch?y=Xz0Hm1UePRg	10 to 12	3	2021	60	7*12, 12, 7.5*12(h?)	7*12, 8*12, 9*12(h)	8*12, 9*12, 12	9*12, 10*12,	10*13, 12, 12 (shoulder raises)
	Seated Row; Wide pronated Grip 2s Hold w/Elbows @ 45 deg angle from body	10 to 12	3	2012	60	41*12, 12, 15	41*15, 50*12, 12.	50*12, 59*12x (11),12x (11)	(1s hold) 59*12, 12, (2s) 50*12	50*12, 12, 12
D	Single arm Seated on Preacher bench or standing incline DB External rotations - Keep shoulder stable throughout 2nd hole seat height, <u>armpit to leather</u> , 45° to 135°, keep tension.  https://www.youtube.com/watch?v=h4XTP6rrMRM	10 to 15	3	2121	60	5*?	4*15, 15, 15	4*15,5*15,6*11	o fast), 6*8x (armpit off at end), 5*1	10 (strict)

\*Drop sets decrease weight by roughly 20% each drop

										1
DAY 3	LOWER BODY B					Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled						
M2	Side lying Clams	5 each side	1	Controlled						
M3	Facedown Glute kick back	10 each side	1	Controlled						
A1	BB High thrust on bencht. Each rep louch ground or if ground is to low put plates under each end of the bar so its in a range you can do safely and 5s Hold @ top - Top position is the hardest positions on we are going to be indding there with quality to give your glutes no choice but to work. Be sarried with your can hold with quality for characteristic content of the work of the safely one can hold with quality for characteristic and can be safely so that the safely well as the safely s	6	4	2015	15	120*6, 6, 6,	120*6, 140*6, 6, 6	140*8. 150*6. 6. 6	140°6. 150°6. 6. 155°	150*6, 155*6, 160*6
A2	Sumo KB or OB Straddle lift for adductors/glutes w/1s Pause @ bottom - focus on pushing knees out and rotating heels in before pressing back up - Think of it like your screwing your feet into the ground from your hips. Stand on plates to increase range. Maybe hold barbell sideways to increase range.	10 to 12	3 to 4	3110	120	16*12, 20*12, 24*12^	30*8, 40*8, 50*8	ed 25kg plates) 35*8, 40*10, 10, 4		47.5*12, 50*12, 12
B1	Leg curl; Plantar flexed 1 1/4 @ top (keep hips stable)	6	4	4010	15	6*6,6,6,6x(4)	6*6, 6, 6, 7	5*6, 6*4, 5*6x(5), 5*7(or 8)	5*8, 9, 7, 5	5*10, 6*7, 7
B2	90 Deg Back Extensions - 2s hold as of week 3	10 to 12	3 to 4	3012	120	45*12x, 12, 12	47.5*12, 50*12 mm	(2s pause) 40*12, 12, 45*10, a	(2s pause) 42.5*10, 10, 45*	45*12, 50*12, 15
C*	Kneeling cable crunches w/Rope; Use abs to initiate AND DO THE WHOLE movement (not arms) all the	2*12 to 15 1*12-15+RP	3	2011	60	47*12, 68*12	68*15(x?), 75*15, 12x (+10x)	68*15, 74*15, (15,10,7)	74* 15, 15, 74 (15,9,7)	74*15, 81*15,(15/10,8)
D	Tibialis raises on wall - all the way down! - if any discomfort just skip it - Stand on edge of plate or block to increase range of motion	15 to 25	3	2010	60	18, 18x, 15	17, 17, 18	17, 20, 18	20,19,	18, 17, 16

"Week 1 and 2 RP = Do 12 to 15 reps then rest 15 secs keeping same weight youll likely get 30% less reps 8 to 10+ reps

"Week 3 and 4 RP = Do 12 to 15 reps then rest 15 secs keeping same weight youll likely get 30% less reps 8 to 10+ reps then rest 15s and do a final as many reps as possible like 30% less again 5 to 7+ reps

		i e								
DAY 4	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Seated Military Press Smith Machine or Machine Shoulder Press whichever you feel more (4.1.1) https://www.youtube.com/watch?v=H8uwYw23550	6	4	4010	15	54*6 (machine), 61*6, 6, 6	68*6, 75*6, 8, 82*6	(3rd hole) 75*6, 82*4, 75*5, 68*6h	(3rd) 68*8, 9, 8, 7	68*10, 75*7, 7H
A2*	Standing DB Lateral raises	3*10 to 12 1*10-12+RP	3 to 4	3010	120	9*12, 10*12, 12	10*12x(11),12x(11), 10	10*12,12, 12h, (12,5,3)	10*12, 12.5*8, 10*16, 10(12,7x(6),3	10*15, 14, (12,
B1	Lat Pulldown Mid Pronated Grip	6	4	4010	15	68*6, 7x(6), 6, 7x(6)	68*8, 77*6, 6, 5	77*8, 8, 6, 6	77*8, 8, 7, 5	77*9, 8, 6
B2*	Bent over Low Pulley Cable Row whope. Try lowering weight so you can bend down and even reach forward. Much shorter range if upright.	3*10 to 12 1*10-12+RP	3 to 4	3010	120	53*12, 12^, 60*12	60*12, 67*12, 74*12??	39*15, 53*15, 60*12, RRP	60*12, 67*12, 12, (12/7/6)	67*12, 74*12, (12,7,4)
С	Seated Single Arm Semi Pronated Row - Think upper back/rear delts. Elbow at 45 deg from body. Centre your arm with the pulley. Rear delt focus - no need to pull all way to body or lower shoulder! <a href="https://www.youlube.">https://www.youlube.</a>	10 to 12	3	3011	60	23*12,12, 32*12	32*12, 12, 12	r) 23*12, (cable machine) 32*12, 3	cable machine) 46*12, 53*12, 60*1:	60*12, 12, 67*10
D1	Standing Ez Bar curls	2*8 to 12 1*(8/8/8)	3	3010	60	Bar+25*12,	Bar+25*12, 27.5*12, (8,6,3,2)	+27.5*12, 12, (+25/22.5/20)*(8/8/12	0*12, 32.5*12, (30,27.5,25)*(8/8/8	5*12, 35*12, (32.5/30/27.5)*(8/8
D2	Standing Cable Tricep pushdowns; Straight bar or Ez bar	2*8 to 12 1*(8/8/8)	3	3010	60	86*12,	95*12, 12,	102*8, 8, (88/74/60)*(8/10/12)	102*8, 95*14, (95/81/74)*(8/11/9)	02*10, 12, (102/88/81)*(10/10/1

PROGRAM ONE - V2 PHASE RETURN TO GYM DATE 6 December 2021 Reece Adams Almog Flitter NOTES Stick to the Tempo to the "T"

TRAINING SESSION LOWER BODY A UPPER BODY A WEDNESDAY LOWER BODY B UPPER BODY B SATURDAY REST

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Hip thrust on bench; Deadstop @ bottom with 5s Hold @ top - Top position is the hardest position so we are going to be holding there with quality to give your glutes no choice but to work - Be smart with your weight choice - pick a weight you can hold with quality for duration allocated	6 to 8	4	2015	90	12.5 mins	95*8, 8, 8, 8	100*8, 8, 8, 8	105*8, 8, 8, 8	110*6, 7, 7, 8	hip thrust) 90°8, 100°8, 8, 110°8
A2	Lying Leg curl; Dorsi flexed (2,4,4)	6 to 8	4	3010	120	12.5 mins	52.5*8, 55*8, 65*8, 70*8	70*7, 65*8, 67.5*8, 8	(BB stiffies) 85*8, 8, 90*8, 8	8*10, 9*9, 9x(8), 8x (6)	8*7, 7*6, 6*9, 9
B1	Leg Extensions	8 to 10	3 to 4	3010	75	10 mins	5*8, 8, 8*8	6*8, 8,7*8	6*8, 7*8,8, 8*8	7*8, 8*8,8, 9*8	61*10, 70*11, 79*11, 11
B2	45 Deg Back extensions w/3s Hold @ top	8 to 10	3 to 4	2013	90	10 mins	30*10, 10, 32*10	32*10,34*10,36*10	35*10, 10, 10, 10	35*10, 37.5*10, 40*10,	40*10, 42.5*10, 45*10
С	Copenhagen side plank on bench for adductors - Start with bent knees and holding position	15 to 60s	3	HOLD	60	10 mins	30.30.30	30, 40, 40		40.40.40	
D	Tibialis raises on wall - all the way down! - if any discomfort just skip it	15 to 25	3	22X0	60	10 mins	(smith) 60*18 / 22,	(smith)	sitting) 35*15, 40*15, 45*13 / 25,24, 1	, , ,	25, 20, 15

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Bench Press	6 to 8	4	4010	90	12.5 mins		80*8, 8, 8,	80*10, 85*8, 8, 5	80*8, 82.5*8, 8, 8H	82.5*8, 85*8, 87.5*8H
A2	Chin Ups; Mid Pronated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins		6, 6, 6, 6	6, 6, 6x, 6x	6, 6, 6x (5),	7, 8, ,6
B1	Dips; Keep tension and control	8 to 10	3 to 4	3010	75	10 mins		10, 10, 10	10, 10, 10	10, 10, 10, 10	10*10, 15*10,
B2	Seated Row; Mid neutral grip; Squeeze @ body	8 to 10	3 to 4	3011	90	10 mins		60*10, 75*10, 80*10	68*10, 77*10, 10	68*10, 77*10, 10, 10	77*10, 86*6, 77*10
C1	Standing DB Lateral raises - 2s Up focus on using side delts to lift and avoiding momentum	2*8 to 10 1*(8/8/8)	3	3020	60	10 mins		10*12, (12*6+10*4),(8,7x,5)*8	10*12, 12, (8,7,5)*8	10*12, 10H, (8,7,5)*8	10*12x, 9*12, (8,7,6)*8
C2	Rear delt machine or Cable rear delts - straight back!	2*12 to 15 1*(12/12)	3	2021	60	10 mins		5*10, 6*9, (4.2*12,3.7*11)	achine) 45*12, 55*12x, (45*12,40*	45*12, 12, (32,23)*12	45*12, 50*15, (41,
D	Standing Single Arm Cable Elbow by side external rotations - 45 degrees in and 45 degrees out and try to lock elbow down lat down	10 to 15	3	2121	60	10 mins			12*15,	12*15x, 19*12x, 5*12	5*15

DAY 3	LOWER BODY B						Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
М3	Facedown Glute kick back	10 each side	1	Controlled							
A1	BB Deadfilts - Reset each rep - Build tension in your body then in the bar to pull the "slack" from it then lift - Focus on technique go light even if its 40-60kg then slowly increase only if technique remains BEAUTIFUL. Please send video each week when you do these. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hip thrust (2) for up movement.	6 to 8	4	3110	90	12.5 mins		60*8, 8, 8, 65*8		70 (8.8) 75 (8.8)	80 (8,8,8)
A2	Lying leg curls plantar flexed - SEATED: tense glutes and push down with hands to anchor yourself in, and then curl and on all the range. Don't just throw. LYING: It's better to lift the knees than to lift the hips. Keep the hips down and set with hips pushing into the mat. And think like a bicep curl On the way down	6 to 8	4	4010	120	12.5 mins		67.5*8, 8, 8, 70*7x		39 (8.6)	32 (8) 39 (8) 44 (8)
B1	BB Hip thrust on Bench or Glute drive machine 1 1/4 @ top	8 to 10	3 to 4	3011	75	10 mins		120*15, 140*10, 150*10		Machine 120 (10,10, 10	Machine 125 (10) 130*10,135*
B2	DB Squats; Heels elevated - calfs and thighs touch but No REST at bottom (straight up), initiate with knees (not hips) for a straight line descent. feet shoulder width apart not too close knees drive a bit outward at the bottom brace hard and hip neutral go straight down hamstring covers calves and continuous movement no resting at bottom don't be shy about creating lactic acid it's supposed to be hard	10 to 12	3 to 4	3010	90	10 mins		20*12, 22*12, 24*12	22.5	(12,12) 17.5 (Changed technique)*	17.5 (12) 20*12,
С	Copenhagen side plank on bench for adductors - Start with bent knees and holding position  https://www.youtube.com/watch?v=HRYTyez2e4k	15 to 60s	3	HOLD	60	10 mins		40,40, 40		40, 40,40	40,40,40
D	Seated Calf raises and Tibialis raises on wall	12 to 15/15 to 25	3	2121	60	10 mins				(etanding machine) 1302	130*

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
М3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing DB Arnie Press; be sensible with the weight because by alternating arms each rep makes it alot harder	4 to 6	4	4010	90	12.5 mins	20*6, 6, 22*8,			22.5*8, 8, 8, 8	25*6, 27.5*4, 5
A2	Chin Ups; Supinated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins	6, 6, 8, 8			(to chest!) 7, 7, 6, 5	7, 6,,6
B1	15 Deg Incline DB Wide Neutral press - focus pecs - only go down as much as the body so elbow doesn't go past the body on the way down	8 to 10	3 to 4	3010	75	10 mins	26*10, 28*10, 32*10H			27.5*10, 10, 10, 30*10	30*10, 32.5*10, 10
B2	Seated Row; Mid pronated grip w/pause @ body	8 to 10	3 to 4	3011	90	10 mins	45*12, 55*12, 65*12			59*12, 68*10, 10, 77*10	77*10, 10, 10
С	Single Arm DB Trap 3 raises	10 to 12	3	4010	60	10 mins	3*12, 4*12, 5*12			(3rd) 5*12x, 4*12, 12	4*12, 12, 5*12
D1*	Incline DB Curls	2*10 to 15 1*10-15+RP	3	3011	60	10 mins	18*10, 10, 12*(15,5,5,5)			17.5*12, 12, 12,5*(15,5,4,4)	17.5*15, 15, 15*(15,4,2, 2,2
D2*	Lying Flat Tricep extensions	2*10 to 15 1*10-15+RP	3	3020	60	10 mins	18*15, 15, 14*(15,5,5,5)			20*15, 15,	22.5*11, 15, 17.5*(15, 5,3)

<sup>\*</sup>RP = Do 10 to 15 reps then rest 10s then do 3 to 5 more rest 10s then 3 to 5 more rest 10s final 3 to 5 reps.

 PROGRAM
 ONE

 PHASE
 RETURN TO GYM

 DATE
 6 December 2021

 BY
 Recoe Adams

 FOR
 Almog Filter

 NOTES
 Slick to the Tempo to the "T"

 DAY
 TRAINING SESSION

 MONDAY
 LOWER BODY A

 TUESDAY
 UPPER BODY A

 WEDNESDAY
 REST

 THURSDAY
 LOWER BODY B

 FRIDAY
 UPPER BODY B

 SATURDAY
 REST

 SUNDAY
 REST

<<< To view the video library, click here >>>

WER BODY A								
PPER BODY A		RE			=11	\IE	=_	1
REST								•
WER BODY B		F	т	Ν		S	S	
PPER BODY B	7							
REST								

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
М3	Facedown Glute kick back	15 each side	1	Controlled							
	BB Squats; to box - keep to the weight numbers - can do more reps if able but always leave at least 2 reps in the tank to ensure quality is high	6 to 8	4	Smooth	90	12.5 mins	95*8, 8, 8, 8	100*8, 8, 8, 8	105*8, 8, 8, 8	110*6, 7, 7, 8	115
A2	Lying Leg curl; Dorsi flexed (2,4,4)	6 to 8	4	3010	120	12.5 mins	52.5*8, 55*8, 65*8, 70*8	70*7, 65*8, 67.5*8, 8	(BB stiffies) 85*8, 8, 90*8, 8	8*10, 9*9, 9x(8), 8x (6)	
B1	DB Reverse Lunges; Same leg - let me know how these use with your ankle - watch the whole vid youll get alot from it - I want you to match your shin angle with your forso to grow both quads and glutes	8 to 10	3 to 4	3010	75	10 mins	5*8, 8, 8*8				
B2	nttps://www.youtube.com/watch?v=dtGrD3NujEk 45 Deg Back extensions w/3s Hold @ top	8 to 10	3 to 4	2013	90	10 mins	30*10, 10, 32*10	6*8, 8,7*8 32*10,34*10,36*10	6*8, 7*8,8, 8*8 35*10, 10, 10, 10	7*8, 8*8,8, 9*8 35*10, 37.5*10, 40*10,	
<u> </u>	Copenhagen side plank on bench for adductors - Start	0.0.10	0104	2010		10 1111110	00 10, 10, 02 10	02 10,04 10,00 10	55 15, 15, 15, 15	00 10, 01.0 10, 40 10,	
С	with bent knees and holding position https://www.youtube.com/watch?y=HRYTyez2e4k	15 to 60s	3	HOLD	60	10 mins	30.30.30	30, 40, 40		40.40.40	
D	Standing Calf raises and Tibialis raises on wall - all the way down!	10 to 12/15 to 25	3	22X0	60	10 mins	(smith) 60*18 / 22,	(smith)	sitting) 35*15, 40*15, 45*13 / 25,24, 1	7.7	

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
М3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Bench Press	6 to 8	4	4010	90	12.5 mins		80*8, 8, 8,	80*10, 85*8, 8, 5	80*8, 82.5*8, 8, 8H	82.5*8, 85*8, 87.5*8H
A2	Chin Ups; Mid Pronated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins		6, 6, 6, 6	6, 6, 6x, 6x	6, 6, 6x (5),	7, 8, ,6
B1	Dips; Keep tension and control	8 to 10	3 to 4	3010	75	10 mins		10, 10, 10	10, 10, 10	10, 10, 10, 10	10*10, 15*10,
B2	Seated Row; Mid neutral grip; Squeeze @ body	8 to 10	3 to 4	3011	90	10 mins		60*10, 75*10, 80*10	68*10, 77*10, 10	68*10, 77*10, 10, 10	77*10, 86*6, 77*10
C1	Standing DB Lateral raises - 2s Up focus on using side delts to lift and avoiding momentum	2*8 to 10 1*(8/8/8)	3	3020	60	10 mins		10*12, (12*6+10*4),(8,7x,5)*8	10*12, 12, (8,7,5)*8	10*12, 10H, (8,7,5)*8	10*12x, 9*12, (8,7,6)*8
C2	Rear delt machine or Cable rear delts - straight back!	2*12 to 15 1*(12/12)	3	2021	60	10 mins		5*10, 6*9, (4.2*12,3.7*11)	achine) 45*12, 55*12x, (45*12,40*	45*12, 12, (32,23)*12	45*12, 50*15, (41,
D	Standing Single Arm Cable Elbow by side external rotations - 45 degrees in and 45 degrees out and try to lock elbow down lat down	10 to 15	3	2121	60	10 mins			12*15,	12*15x, 19*12x, 5*12	

DAY 3	LOWER BODY B						Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
М3	Facedown Glute kick back	10 each side	1	Controlled							
A1	BB Deadlifts - Reset each rep - Build tension in your body then in the bar to pull the "slack" from it then lift - Focus on technique go light even if its 40-80kg then slowly increase only if technique remains BEAUTIFUL. Please send video each week when you do these. Shoulder above and past bar. On way down straight knees then bend them forward past the knee. Bar finishes mid foot. Leg press (1) then hig thrust (2) for up movement.	6 to 8	4	3110	90	12.5 mins		60*8, 8, 8, 65*8		70 (8.8) 75 (8.8)	80 (8,8,8)
A2	Lying leg curls plantar flexed - SEATED: tense glutes and push down with hands to anchor yourself in, and then curl and on all the range. Don't just throw. LYING: It's better to lift the knees than to lift the hips. Keep the hips down and set with hips pushing into the mat. And think like a bicep curl On the way down	6 to 8	4	4010	120	12.5 mins		67.5*8, 8, 8, 70*7x		39 (8.6)	32 (8) 39 (8) 44 (8)
B1	BB Hip thrust on Bench or Glute drive machine 1 1/4 @ top	8 to 10	3 to 4	3011	75	10 mins		120*15, 140*10, 150*10		Machine 120 (10,10, 10	Machine 125 (10) 130*10,135*
B2	DB Squats; Heels elevated - calfs and thighs touch but No REST at bottom (straight up), initiate with knees (not hips) for a straight line descent. feet shoulder width apart not boc close knees drive a bit outward at the bottom brace hard and hip neutral go straight down hamstring covers calves and continuous movement no resting at bottom don't be shy about creating lactic acid it's supposed to be hard	10 to 12	3 to 4	3010	90	10 mins		20*12, 22*12, 24*12	22.5	(12,12) 17.5 (Changed technique)*	17.5 (12) 20*12,
С	Copenhagen side plank on bench for adductors - Start with bent knees and holding position  https://www.youtube.com/watch?v=HRYTyez2e4k	15 to 60s	3	HOLD	60	10 mins		40,40, 40		40, 40,40	40,40,40
D	Seated Calf raises and Tibialis raises on wall	12 to 15/15 to 25	3	2121	60	10 mins				(standing machine) 130?	130*

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DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
М3	Banded Lat Activation	10 each side	1	Controlled							
	Standing DB Amie Press; be sensible with the weight because by alternating arms each rep makes it alot harder	4 to 6	4	4010	90	12.5 mins	20*6, 6, 22*8,			22.5*8, 8, 8, 8	
A2	Chin Ups; Supinated Grip - initiate from lats always	4 to 8	4	4010	120	12.5 mins	6, 6, 8, 8			(to chest!) 7, 7, 6, 5	
B1	15 Deg Incline DB Wide Neutral press - focus pecs - only go down as much as the body so elbow doesn't go past the body on the way down	8 to 10	3 to 4	3010	75	10 mins	26*10, 28*10, 32*10H			27.5*10, 10, 10, 30*10	
B2	Seated Row; Mid pronated grip w/pause @ body	8 to 10	3 to 4	3011	90	10 mins	45*12, 55*12, 65*12			59*12, 68*10, 10, 77*10	
С	Single Arm DB Trap 3 raises	10 to 12	3	4010	60	10 mins	3*12, 4*12, 5*12			(3rd) 5*12x, 4*12, 12	
D1*	Incline DB Curls	2*10 to 15 1*10-15+RP	3	3011	60	10 mins	18*10, 10, 12*(15,5,5,5)			17.5*12, 12, 12,5*(15,5,4,4)	
D2*	Lying Flat Tricep extensions	2*10 to 15 1*10-15+RP	3	3020	60	10 mins	18*15, 15, 14*(15,5,5,5)			20*15, 15,	

<sup>\*</sup>RP = Do 10 to 15 reps then rest 10s then do 3 to 5 more rest 10s then 3 to 5 more rest 10s final 3 to 5 reps.

PROGRAM FIVE (HOME EDITION)

PHASE CONTINUING TO OPTIMISE MR MOG

DATE 19th July 2021
BY Reece Adams
FOR Almog Flitter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
М3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins				PNF, 60s, 60s
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins				15*4, 4, 18*4
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins				29*10, 8, 8, 9,
B2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins				8 reps
С	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins				40*10, 10, 10
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins				40*15, 15, 15

DAY 2	UPPER BODY A						Date:	Date:	Date:	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	34*12, 36*10, 38*8,8			34*12, 36*10, 38*8, 7
A2	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	6,7,6,6			7, 8, 8, 6
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	36*10, 10, 38*9			36*10, 10, 38*7H
B2	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	34*10, 36*12, 38*12			32*10, 34*10, 36*10
	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	20*10, 10, 10			18*10, 20*10, 10
C2	Seated DB Overhead Tricep extentions (bottom behind bench)	10 to 15	3	3010	75	10 mins	20*10,10,22*			18*15, 20*12, 12

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins			PNF. 60s. 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins			15*4, 4, 4	
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins			32*8,	
B2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins			8 reps	10 reps
С	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins			40*10,	
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins				

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DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins				23.5*12, 26*10, 27*8, 8
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins				8,8,8,8
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec- focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins				36*10, 10,
B2	DB 30 Deg Incline Chest Supported Double arm DB row; 1s Pause @ top	8 to 10	3	3011	75	10 mins				20*12, 27*12,
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins				15*8x, 8x
C2	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins				9*45, 45

QUARANTINE PHASE DATE 4th December 2021 Reece Adams

FOR

Almog Flitter NOTES Stick to the Tempo to the "T"

<<< To view the video library, click here >>>

DAY	TRAINING SESSION
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



Day 1	LOWER BODY						Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Workout 1	Workout 3
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled				
M2	Side lying Clams	25 each side	1	Controlled				
М3	Facedown Glute kick back	15 each side	1	Controlled				
A	DB Lunges	10 to 15	4	3010	90	12.5 mins		
В	Towell or Sock hamstring curls	10 to 15	4	3010	90	12.5 mins		
С	DB Squats; Heels elevated	10 to 15	4	3010	75	10 mins		
D	DB Romanian Deadlifts	10 to 15	4	3010	75	10 mins		
E	Jacknifes on floor	10 to 20	3	Smooth	60	10 mins		
F	DB Standing Calf raises on floor and Tibilalis raises leaning	20 to 30/15 to 25	3	Smooth	60	10 mins		

DAY 2	UPPER BODY						Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Workout 2	Workout 4
M1	Stick Dislocates or Arm circles	10	1	Controlled				
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled				
МЗ	Andrew Lock big 3 for shoulders https://drive.google. com/file/d/1GkFbWaJqcg_7Z0HFEksuM3DE6IDBHSHN/v lew	15 each postion	1	Controlled				
Α	Standing DB Shoulder Press or Handstand Push up	10 to 15	4	3010	90	12.5 mins		
В	Bent Over DB Row; Semi pronated grip - Elbow out to side touching just under chest	10 to 15	4	3010	90	12.5 mins		
С	Flat DB Semi Pronated Wide Press on floor - initiate movement with pec; Add 1s pause @ bottom if too easy	10 to 15	4	3010	75	10 mins		
D	Single Arm DB Row; 1s Squeeze @ top	10 to 15	4	3011	75	10 mins		
E	Seated DB Curls	10 to 15	3	3010	60	10 mins		
F	Lying Flat on ground DB Tricep Extentions	10 to 15	3	3010	60	10 mins		

DAY 3	REPEAT
DAIS	REFERI

PROGRAM ONE
PHASE RETURN TO GYM 30th October 2021 Reece Adams DATE Almog Flitter Stick to the Tempo to the "T"

TRAINING SESSION

LOWER BODY A DAY UPPER BODY A

REST

LOWER BODY B FRIDAY UPPER BODY B



# <<< To view the video library, click here >>>

Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
М3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squats; to box	8 to 10	4	Smooth	90	12.5 mins	60 (10,10) 70 (10) 75 (10)	70 (10) 75 (10) 80 (10) 85 (12)	80 (10) 85 (10) 90 (10,12)	85 (10) 90 (10) 95 (10) 100	95 100 105 (10)
A2	Lying Leg curl; Dorsi flexed	8 to 10	4	3010	90	12.5 mins	32 (10) 39 (10) 44 (10) 46 (10)	39 (10) 46 (10) 53 (10) 55.5 (11)	53 (10) 58 (10) 60 (8,8)	58 (10) 62 (10) 65 (8,10)	62 (10) 67 (9,9)
B1	DB Goblet Bulgarian Split squats	8 to 12	3 to 4	3010	75	10 mins	12.5 (12) 15 (12,12)	15 (12,12) 17.5 (10)	15*12, 17.5* 12, 12, 11	2 dumbbells - 9*12, 10*12,12, 12	10 (12,12
B2	45 Deg Back extensions 1s Pause @ top	8 to 15	3 to 4	3011	75	10 mins	25 (12) 30 (12, 12)	30 (15) 32.5 (15) 35	35* 15, 15, 15, 15	35*15, 37.5*15,15, 40*15	35 (15) 40 (15)
С	Side Plank crunches - Same set up as the side plank but imagine there a string on your top oblique thats pulling you to the celling - Focus on as you raise exhaling and shortening the distance between your arm pit and hip to get the working oblique to contract as much as possible then return to starting position eg neutral spine - dont let hips sag down	8 to 10	3	3030	60	10 mins					
	https://www.youtube.com/watch?v=uu38GY9agT4 Standing Calf raises and Tibialis raises on wall - all the						8,8,8	10, 10,10	10, 10, 10	*3)*3 sets of side plank hold feet stac	3s*15
	way down!	12 to 15/10 to 20	3	2121	60	10 mins	135 (15), 150 (15,15)	140°15x, 150°15x, 120°12H		120*15, 13, 13	120*15,15,13

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DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	McKenzie chin tuck holds, foam block or yoga mat w/15s Hold	4	3	15s Hold	15	10 mins	4,4,4	4,4,4	4,4,4,4	4,4,4	4,4,4
A2	45 Deg Incline DB Trap 3 raises 4s Hold @ top	6 to 8	3	2014	15	10 mins	3x*8, 2*8,8	2*8, 8, 8	2*8, 3*8,8,4*4X	3*8, 8, 4*8	4*8, 8, 8
A3	Lat Pulldown Wide Pronated Grip; Squeeze @ bottom	10 to 12	3	3011	90	10 mins	59*12, 68*12, 12	68*12,12, 77*9	77*10, 10, 10, 8	77*10, 12, 12	77*12, 12, 12
B1	DB Seated Shoulder Press; Back supported	8 to 10	4	4010	90	12.5 mins	27.5*10, 10, 9	27.5*9, 10, 8, 7	27.5*10, 9, 8, 8	27.5*10, 10, 8, 9	27.5*10, 10, 10
B2	Seated Row; Mid neutral grip; Squeeze @ body	8 to 12	4	3011	90	12.5 mins	59*10, 68*10, 77*10	77*10, 12, 86*9, 9	(Done C2) 86*6, 77*10, 6,	86*9, 77*12x, 12x (no squeeze), 9	77*10, 12, 11
C1	Standing DB Lateral raises - 2s Up focus on using side delts to lift and avoiding momentum	10 to 12	3 to 4	3020	75	10 mins	6*12, 7*12, 9*12	9*12, 12, 10*	10*12, 13,	10*12, 11, 11, 9	10*12, 12,
C2	Half Kneeling single arm Cable row; High pulley	10 to 12	3 to 4	3011	75	10 mins	25*12, 32*12,	32*12, 39*12, 46*	46*12, 53*12, 12, 12 (done B2)	46*12, 12, 12,	46*12, 53*

DAY 3	LOWER BODY B						Date	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Rolling Plank Front, Side, Front, Side	10	1	Controlled							
M2	Side lying Clams	5 each side	1	Controlled							
М3	Facedown Glute kick back	10 each side	1	Controlled							
A1	Rack Pulls below knee	8 to 10	4	3010	90	12.5 mins	110*10, 130*10, 140*10,10	140*10,10, 150*10, 10	140*10, 150*10,160,10,8	150*10, 160*10, 10, 10	(light lats, push back hips) 120°10, 140°12x, 130
A2	Lying leg curls plantar flexed	8 to 10	4	4010	90	12.5 mins	6*12, 7*11, 11, 11	7*12, 12, 8*12, 12	8*12, 12, 12, 12	8*12, 12, 9*10, 10	8*12, 9*12, 12
B1	90 Deg Back extensions 1s Pause @ top	10 to 12	3 to 4	3011	75	10 mins	32.5*12, 35*12, 37.5*12	37.5*12, 40*12,	40*12,12, 42.5*12,12	42.5*12, 12,12, 45*12	45*12, 12,12
B2	BB Hip thrust on Bench or Glute drive machine	12 to 15	3 to 4	3010	75	10 mins	130*15, 150*15, 170*15	170*15,180*15X, 15x	160*15,15, 15, 170*15x	160*15,170*15, 15, 15	170*15, 15, 15
С	Side Plank crunches - Same set up as the side plank but imagine there a string on your top oblique thats pulling you to the ceiling - Focus on as you raise exhaling and shortening the distance between your arm pit and hip to get the working oblique to contract as much as possible then return to starting position or peutral spine - dont let hips sag down those.//www.voutube.com/watch?y=uu38GY9apT4	8 to 10	3	3030	60	10 mins	10, 10, 10	10,10,10	15s*3 (bent knees start)	15s*3	
D	Seated Calf raises and Tibialis raises on wall	15 to 20/10 to 20	3	2121	60	10 mins	25*20, 30*20, 35*20H	30*20, 20, 20	30*20, 20, 20 /20,20,19	30*20,20,32.5*20/20,15,15	32.5*20, 20, 18/20,20, 17

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1 (3 sets)	Week 2 (3 sets)	Week 3 (4 sets)	Week 4 (4 sets)	Week 5 (3 sets ALL)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
М3	Banded Lat Activation	10 each side	1	Controlled							
A1	McKenzie chin tuck holds, foam block or yoga mat w/15s Hold	4	3	15s Hold	15	10 mins	4,4,4	4,4,4	4,4,4	4, 4, 2004	4,4,4
A2	45 Deg Incline Chest supported DB External rotations 3s UP and 3s DOWN - don't pull back scap, just engage	8 to 10	3	3030	15	10 mins	2*10, 3*10, 4*10	3*10, 4*10, 10	4*10, 5*8, 4*10	4*10, 5*10, 10	5*10, 12, 12
	https://www.youtube.com/watch?v=u36JmjLZRkE										
A3	Seated row; Wide supinated grip	10 to 12	3	3011	90	10 mins	68*10, 12, 12	68*12, 12, 77*12	77*12,12, 86*10	86*10, 10, 10	86*10, 12, 10
B1	30 Deg Incline DB Press	8 to 10	4	4010	90	12.5 mins	25*10, 30*10, 10	30*10, 32.5*10, 35*	32.5*10, 35*8, 32.5*10,	32.5*10,10, 9, 9	5*10, 12, 35*10 (long pause las
B2	Lat Pulldown Mid Neutral grip (lat and shoulders back!)	8 to 12	4	3011	90	12.5 mins	68*12, 12, 12	68*12, 77*12, 12	, 10x, 10x, 5+3x (shoulders collpas	68*12, 77*10, 10, 7	77*10, 11, 12 (long pause last se
C1	Standing Ez Bar curls	2*8 to 12 1-2*(8/8/8)	3 to 4	3010	75	10 mins	Straight 30*12, 12, (20,15,10)*12	40*12, 12, (30*8,25*8,20*10)	53*6, 40*12, (30,25,20)*10,12	45*7, 40*11, (30,25,20)*12, 12	45*10, 10, (30,25,20)*12
C2	Standing Cable Triceo pushdowns: Straight bar or Ez bar	2*10 to 12 1-2*(8/8/8)	3 to 4	3010	75	10 mins	74*12.81*12.	87*12, 95*12, (81,74,67)*10	95*10. 12. (89.82.75)*10	95*11. 12. (88.81.74)*10	96*12, 12, (88,81,74)

Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom 8 to 10 3110 75 10 mins PROGRAM FIVE (HOME EDITION) DAY TRAINING SESSION CONTINUING TO OPTIMISE MR MOG DATE 19th July 2021 TUESDAY UPPER BODY A REST FOR Almog Flitter THURSDAY LOWER BODY B NOTES Stick to the Tempo to the "T" With A's if you need longer rest thats fine as its important you are fully recovered :) SATURDAY REST SUNDAY REST



36\*10, 10, 10

								1	1	1
Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
М3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s	PNF, 60s, 60s	PNF, 60,60	PNF, 60s, 60s
A2	DB Goblet Bulgarian Split Squats 3s down w/1s Pause @ bottom	8 to 10	3	3110	90	12.5 mins	18*4,4,4	15*8, 8, 8	18*8, 8, 8	18*8, 8, 20*8
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	27*10	27*10	27*10, 10, 10, 10,	27*10, 10, 29*10, 10, 10.
В2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	8 reps	8 reps	8 reps	8, 10, 10, 10,
С	DB Stiff legged Deadlifts (slow and steady)	10 to 20	5	3-4010	60 to 90	10 mins	40*12, 12,12	29*15, 34*12, 12, 12, 15	34,36	36*12,12,12,12,11
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	40*15		40*20,20,20	

36\*10, 10, 10

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	34*12, 36*10, 38*8, 8	36*12, 34*10, 38*8, 40*8	36*12, 38*10, 40*7,	36*12, 38*10, 40*7, 4
A2	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	8, 8, 8, 8	8, 9, 8, 8	8, 8, 8, 8	8, 10, 8, 10
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10	36*10, 9, 10	36*10, 38*10, 7	36*10, 10, 10
B2	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	36*10, 10, 10	36*10, 10, 10	36*10, 38*10, 10	36*10,10,10
C1	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	20*10, 10, 9	20*10, 10, 10	22*10x, 8, 8	22*10, 10, 8
C2	Seated DB Overhead Tricep extentions (bottom behind bench)	10 to 15	3	3010	75	10 mins	20*10,	20*15, 11,	20*15, 13, 13	20*15, 15,

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s	PNF,	PNF, 60, 60	
A2	DB Goblet Bulgarian Split Squats 3s down w/1s Pause @ bottom	8 to 10	3	3110	90	12.5 mins	18*4,4, 20*4		18*8, 8, 20*8	
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	27*10, 29*8 ,8, 10, 10		27*10	
B2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	8 reps	6 reps	8 reps	10 reps
С	DB Stiff legged Deadlifts (slow and steady)	10 to 20	5	3-4010	60 to 90	10 mins	40*10, 10, 10, 8, 10	36*		
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	40*15, 20, 20			

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 26*10, 27*8,8	25*12, 26*10, 27*8, 7	25*12, 26*10, 27*8,	25*12, 26*9, 27*7, 8
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	9, 9, 8x(7), 8	9, 9, 9, 9	9, 9, 9,	(pro) 8, 8, 8,
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec- focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	36*10, 10, 38*8	36*10, 38*10, 9	38*10, 10, 10	38*10, 10, 10
B2	DB 30 Deg Incline Chest Supported Double arm DB row; 1s Pause @ top	8 to 10	3	3011	75	10 mins	27*10, 29*10, 10	29*10, 32*10, 10	32*10, 10, 10	32*10, 10, 10
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	15*8, 8	15*8,8, (13, 11, 9)*8	15*8, 8, (13,12,11)*(8,8x,8x)	15x*8, 13*8, (13,11,9)*8
C2	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins	9*45, 50,	9*40, 50,	9*50, 50, 10*50	10*50, 60,50

PROGRAM FIVE (HOME EDITION)

PHASE CONTINUING TO OPTIMISE MR MOG

DATE 19th July 2021
BY Reece Adams
FOR Almog Flitter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered :)

DAY	TRAINING SESSION
MONDAY	LOWER BODY A
TUESDAY	UPPER BODY A
WEDNESDAY	REST
THURSDAY	LOWER BODY B
FRIDAY	UPPER BODY B
SATURDAY	REST
SUNDAY	REST



Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s	PNF, 60s, 60s
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	BW*4, 5*4, 3/4X		13*4,15*4,4	15*4, 4, 18*4
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	22*5,27*5,5, 34*5,		25*10.10.8.8.8	29*10, 8, 8, 9,
B2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	5,5,5, 5, 5		6 reps	8 reps
С	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins	20*10, 9*10,11*10		20*10, 36*10, 40*10	40*10, 10, 10
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	10/15*15, 15/22*15,15/27*15		20*15, 40*15, 15	40*15, 15, 15

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	27*12, 32*12, 36X*6, 34*8	29*12, 32*10, 34*8, 36*	32*12, 34*10, 36*8, 8	34*12, 36*10, 38*8, 7
A2	Chin Ups Pronated Grip (chin over bar)	4 to 8	4	4010	120	12.5 mins	5X, 6X, 6X, 7X	To chin (not chest) - 6,7, 7	8X(sup), 6, 7, 5	7, 8, 8, 6
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10	36*10, 10, 10		36*10, 10, 38*7H
B2	Single Arm DB row 1s Pause @ top	10 to 12	3	3011	75	10 mins	25*12X,25*12,29*12H	27*10, 29*10, 32*10		32*10, 34*10, 36*10
C1	Seated DB Hammer curls w/Pause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	15*12, 18*10, 10	18*10, 10, 20*9		18*10, 20*10, 10
C2	Seated DB Overhead Tricep extentions (bottom behind bench)	10 to 15	3	3010	75	10 mins	13*20, 15*15, 18*13X	18*15, 15, 11		18*15, 20*12, 12

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s		PNF, 60s, 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	5*4,4, 4		15*4, 4, 4	
B1	DB Squats; Heels elevated 5s DOWN - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	8 to 10	5	5010	30	10 mins	34*5,5, 40*5, 5,		32*8,	
B2	Banded Gironda Leg curl - Hands on bench with hips press into the bench and toes pointed outward OR Nordics 40X0 tempo if you can find a place to do them	5 to 10	5	2055	90	10 mins	5,5,5,5	6 reps	8 reps	10 reps
С	DB Stiff legged Deadlifts	8 to 10	5	5010	60 to 90	10 mins	11*5!, 7*10, 11*10?		40*10,	
D	Tibialis raises leaning on wall into Standing DB Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	15/15*15,15/20*15,15/32*15			

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
<b>A</b> 1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 27*10, 29*(7R,4L),27*8	22*12, 25*10, 27*8	23.5*12, 26*10, 28*6, 7	23.5*12, 26*10, 27*8, 8
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	6,6,7,7	7,7,7,7	8, 8, 8, 8 (chin over)	8,8,8,8
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	27*12,29*10, 32*10	32*10, 12, 34*	34*10, 36*10, 9	36*10, 10,
B2	DB 30 Deg Incline Chest Supported Double arm DB row; 1s Pause @ top	8 to 10	3	3011	75	10 mins	13*12, 15*17, 20*12	20*10, 25*10	25*10, 27*12, 29*10	20*12, 27*12,
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	11*12,13* 8+2,( 11*8,8*12,5*12+8)	13*8, 15*8, (12,10,8)*8	15*7, 7, (13*8,11*8,9*7)	15*8x, 8x
C2	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins	2.5*40, 3.75*30	7*50, 9*40, 40	7*50, 9*40	9*45, 45

PROGRAM FIVE

DATE 19th July 2021 (Undated 27th July 2021)

BY Reece Adams
FOR Almog Flitter

With A'e if you need longer rest thate fine selite important you are fully recovered

DAY TRAINING SESSION
MONDAY LOWER BODY A
TUESDAY UPPER BODY A
WEDNESDAY REST
THARBBAY LOWER BODY B
FRIDAY UPPER BODY B
SATURDAY REST
SUNDAY REST



Day 1	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	30	12.5 mins	PNF, 60s, 60s	PNF, 60s, 60s	60	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 to 4	3	8510	90	12.5 mins	BW*4, 5*4, 3/4X	5*4, 6*4, 7*4	7 4 10 (4,4)	
B1	BB Hip thrusts on Floor 3s Up and w/3s Hold @ top - Feet as close as you can get to your burn to enable you to lengthen quad at the top	5 to 7	5	2033	30	10 mins	22*5,27*5,5, 34*5,	thrust 2s hold @top- 160*15,170*1	(machine) 50*6, 80*6, 100*6,6, 10	
B2	Seated Leg curl - 3 sec lifting and 3s contraction	7 to 9	5	2033	90	10 mins	5,5,5, 5, 5	Leg curl-7*12,8*12,12	25*9.9.10.10.27.5*9	
c	BB Squats; Heels elevated 5s down 2s Pause @ bottom - Concentrate on pushing knees forward and staying upright like as if your back is against a pole	5	5	5210	60 to 90	10 mins	20*10, 9*10,11*10	22.5*10, 25*10,27.5*	40*5,50*5, 5, 55*5, 5	
D	Tibialis raises leaning on wall into Standing Machine Calf	10 to 15/12 to 15	3	2121	60	10 mins				

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	
M1	Stick Dislocates	10	1	Controlled							]
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	30 Deg Incline DB Press; Rotating	12 10 8 8	4	4010	120	12.5 mins	27*12, 32*12, 36X*6, 34*8	29*12, 32*10, 34*8, 36*8	30*12, 32.5*10, 35*8, 8		
A2	Lat Pulldown Pronated Grip	12 10 8 8	4	4010	120	12.5 mins			68*12, 14, 77*7.5, 7.5		
B1	Flat DB Wide Press Semi pronated - Think pec focus - 1s. Pause @ bottom	8 to 10	3	3110	75	10 mins	32*10, 34*10, 36*10	36*10,10, 38*9	35*10, 10,		Don't finish I'm center, a little out of shoulder (tense position
B2	Seated Row; Mid neutral grip	10 to 12	3	3011	75	10 mins	25*12X,25*12,29*12H	(leaning dB row)-27*12,12, 29*12	77*9, 8.5, 8		
C1	Seated DB Hammer curls wiPause @ 90 deg on way down	8 to 10	3	3(1)010	75	10 mins	15*12, 18*10, 10	18*10, 10,10	17.5*10, 20*8, 8		
C2	Seated DB Overhead Tricep extentions (bottom behind bench)	10 to 15	3	3010	75	10 mins	13*20, 15*15, 18*13X	15*15,	17.5*15, 15, 20*12		Glbow on line with ear and not flared out

DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Couch Stretch	1*10s x 6 PNF/ 2*60s	3	10s PNF/Stretch	15 to 30	12.5 mins	PNF, 60s, 60s	PNF, 60s, 60s	PNF, 60s, 60s	
A2	DB Goblet Bulgarian Split Squats 8s down w/5s Pause @ bottom	3 10 4	3	8510	90	12.5 mins	5*4,4, 4	7*4, 9*4,10*4	10*4, 12.5*4,4	
B1	BB KAS Hip thrusts on bench and w/3s Hold @ top - Feet as close as you can get to your burn to enable you to lengthen quads at the top	10 to 12	5	2013	30	10 mins	34*5,5, 40*5, 5,	120*12,140*12, 12, 160*12,180*12	170*12,12, 12, 12, 12	
B2	Seated Leg curl - 3 sec lifting and 3s contraction	10 to 12	5	2033	90	10 mins	5,5,5,5	6*12,12, 12, 12,15	6*12, 7*12, 12, 12, 8*8	
С	Wide Grip Rack pull above knee	10 to 12	5	3010	60 to 90	10 mins	11*5!, 7*10, 11*10?	140*12,	140*12,160*12,	
D	Tibialis raises leaning on wall into Standing Machine Calf raises	10 to 15/12 to 15	3	2121	60	10 mins	15/15*15,15/20*15,15/32*15	(sitting) 40*15	(sitting) 40*15, 45*15	

DAY 4	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Standing DB Single Arm Shoulder Press; Stay Neutral Grip	12 10 8 8	4	4010	90	12.5 mins	25*12, 27*10, 29*(7R,4L),27*8	25*11, (10r,9L), 25*(8r,7L)		
A2	Chin Ups Supinated Grip	4 to 8	4	4010	120	12.5 mins	6,6,7,7	, 7 (first reps to chest ,last to collar	bone)	
B1	30 Deg Incline Wide DB Press Semi pronated - Think pec- focus - 1s Pause @ bottom	8 to 10	3	3110	75	10 mins	27*12,29*10, 32*10	30*10, 32.5*10X, 9		
B2	Seated row; Single Arm; 1s Pause @ body	10 to 12	3	3011	75	10 mins		32*12,12, 15		
C1	Standing DB Lateral Raises - Last set is a drop set	2*8 to 12 1*(8/8/8)	3	3020	75	10 mins	11*12,13* 8+2,( 11*8,8*12,5*12+8)	12*11, 11, (10*8,8*10,7*8)		
C2	DB Hang and Swings on Incline Bench - For Rear Delts	25 to 30	3	Smooth	75	10 mins	2.5*40, 3.75*30	5*40, 7*40,		

PROGRAM FOUR (HOME EDITION)
PHASE OPTIMISHO MR MGG

DATE 17th June 2021
BY Recce Adams
FOR Amog Filter

NOTES Sick to the Tempo to the "T"
With A's if you need longer rest thats fine as its important you are fully recovered:)





Day 1	LOWER BODY A						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled								
M2	Side lying Clams	25 each side	1	Controlled								
M3	Facedown Glute kick back	15 each side	1	Controlled								
A1	BB Squat to Box - Slightly above paralell	8 to 10	3	4010	90	12.5 mins	60*10, 80*10, 85*10	85 (10,10,10)	85*10, 10, 90*10	90*10, 95*10, 100*10X(H)	95*10, 100*10, 102.5*9(10X)	Knees turn out to create torque, notate not separate - more stable. S
A2	Lying Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6*12, 7*10, 10	39 (10) 39+5 (10) 46+2.5 (10)	7*10.8*10.1004	6*14, 7*14, 8*10	8*10,12, 10	
	DB Squats; Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5*12, 20*12, 12	20 (12, 12, 12)	20*10,22.5*10,25*10	25*12, 12, 12	25*12	Neutral pelvis - parallel to floor, no fied lean
B2	45 Deg Back Extentions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	90"27.5"10,32.5"12,37.5"12	37.5*12,40*15,	40*15X, 45*12X, 30*12	
С	Hip thrust BB or Machine on bench	10 to 12	3	3012	75	10 mins			150*12, 170*10, 12	170*12, 180*12, 200*12		
D	Standing Calves	10 to 12	3	2121	75	10 mins			Count May May of	Seated - 20*16 27 5*16 25*16		

DAY 2	UPPER BODY A						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75*10, 80*10, 80*9	85"0,9,0	85 (9,9,7)	85"10,10,9	85"10, 87.5"8,6	Pleats down, elbows in, stay tight
A2	Lat Pulldown Mid Pronated Grip; Pause @ body	8 to 10	3	3011	120	12.5 mins	45*10, 55*8, 55*10	59*10, 68*10,10	62.5 (10) 65 (12) 70 (11)	69*12, 13, 13	69*(12+2), 13, (12+2*3/4)	
B1	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25*10, 32*12, 32*10	32*10, 10, 8	32 (7) 27.5 (12,10)	27.5*12,12, 30*7+20*6	25*14, 27.5*14	Lock late down when sitting 90" before leaning back, Elbows in, hands in line with shoulders at top (not head)
B2	Seated Row; Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curls - 18kg	68*10+2,12,12	64 (12) 70 (15) 72.5 (12)	77*8, 68*12,12	68*12,14, 12	Slow down enough to squeeze
C1	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5*12, 12,	17.5*14, 20*11X, 11	20*10X, 17.5*12,12	17.5*12, 20*10X (elbow not str8),	On down till elbow straight
C2	Lying DB Tricep Extentions	10 to 12	3	3010	75	10 mins		17.5*12,12,	20*12, 22.5*11, 11	22.5*11,10,20*12	20*12,12,	

		1										1
DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	BB Rack Pull; Just below knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120*10, 130*10, 10	130*10,140*(5+3),130*10	130*10, 140*10, 150*10	120 (10) 130 (10) 140 (12)	140 (10 150 (10) 160 (12)	Bar touches body all times hip comes thru at end, feet strill, First rep pull slack out of bar and keep pulling into rep
A2	Single Leg Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins				25 (10,L6/R8) 22.5 (L8/R10)	25 (10,L 10 R 8, 10)	
B1	DB Step Ups; Mid Shin	10 to 12	3	2010	75	10 mins				5kg 12*3	5 (13) 8 (12) 10 (12)	Back log shift and flexed, toes up, front knee 90dep, push floor away in hips thru, slight lean fed at bottom upright at too, brace to stay shift
	90 Deg Back extentions w/No pause just keep it controlled	12 to 15	3	3010	75	10 mins			68*12,12,12	25 (15) 30 (15) 35 (15)	35 (15) 40 (15) 45(15)	
С	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130*15, 150*15, 15	150*15, 160*16,16	(machine) 160*15,15, 15	160*15, 15, 170*15	
D	Standing Calves	12 to 15	3	3020	75	10 mins				100*(15+5),130*15, 140*15	140*15, 15, 150*	

DAY 3	UPPER BODY B	]					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Seated DB Shoulder Press; Back Supported	8 to 10	3	4010	90	12.5 mins	25*12,10, 10	25*12,12, 11		25*12, 27.5*10, 10	
A2	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59*10, 68*10, 77*8	77*10, (9+1), (7+1+3*0.75)	]	77*10, 10, 12	
B1	Flat DB Press	8 to 12	3	3010	75	10 mins			]	30*12, 32.5*12, 11	
B2	Seated Row; Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59*12, 12, 12	59*12, 68*12, 12	]	68*12, 77*12, 10	
C1	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8*15, 9*15, 10*15	10*15,16,12	10*14, 13,	
C2	30 Deg Incline Prone DB Rear Delt Flys	12 to 15	3	3020	75	10 mins				45*12, 50*15, 54*13X	

PROGRAM
FOUR
PHASE OPTIMISING MR MOG
DATE 17th June 2021
BY Rece Adams
FOR Amog Filter
NOTES Sick to the Tempo to the "T"
With A's if you need longer rest thats fine as its important you are fully recovered:)

DAY	TRAINING SESSION
MONDAY	LOWER BODY
TUESDAY	REST
WEDNESDAY	UPPER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST



Day 1 LOWER BODY A						Date;	Date;	Date;	Date;	Date;	]
Order Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	1
M1 Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled								1
M2 Side lying Clams	25 each side	1	Controlled								
M3 Facedown Glute kick back	15 each side	1	Controlled								1
A1 BB Squat to Box - Slightly above paralell	8 to 10	3	4010	90	12.5 mins	60*10, 80*10, 85*10	85 (10,10,10)	85*10, 10, 90*10	90*10, 95*10, 100*10X(H)	95*10, 100*10, 102.5*9(10X)	Knees turn out to create torque, rotate no
A2 Lying Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6*12, 7*10, 10	39 (10) 39+5 (10) 46+2.5 (10)	710.810.1004	6*14, 7*14, 8*10	8*10,12, 10	
B1 DB Squats; Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5*12, 20*12, 12	20 (12, 12, 12)	20*10,22.5*10,25*10	25*12, 12, 12	25*12	Neutral pelvis - parallel to floor, no fied les
B2 45 Deg Back Extentions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	90"27.5"10,32.5"12,37.5"12	37.5*12, 40*15,	40*15X, 45*12X, 30*12	
C Hip thrust BB or Machine on bench	10 to 12	3	3012	75	10 mins			150*12, 170*10, 12	170*12, 180*12, 200*12	200*12,12,	
D Standing Calves	10 to 12	3	2121	75	10 mins			Samuel - 15*16 30*15 16	Seated - 30*16-32 5*16-35*16	35*18 40*18	]

DAY 2	UPPER BODY A			Date;	Date;	Date;	Date;	Date;	]			
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75*10, 80*10, 80*9	85'8,9,8	85 (9,9,7)	85"10,10,9	85*10, 87.5*8,6	Pleels down, elbows in, stay light
A2	Lat Pulldown Mid Pronated Grip; Pause @ body	8 to 10	3	3011	120	12.5 mins	45*10, 55*8, 55*10	59*10, 68*10,10	62.5 (10) 65 (12) 70 (11)	69*12, 13, 13	69*(12+2), 13, (12+2*3/4)	
B1	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25*10, 32*12, 32*10	32*10, 10, 8	32 (7) 27.5 (12,10)	27.5*12,12, 30*7+20*6	25*14, 27.5*14	Lock lats down when sitting 90" before leaning back, Elbows in, hands in line with shoulders at top (not head)
B2	Seated Row; Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curls - 18kg	68*10+2,12,12	64 (12) 70 (15) 72.5 (12)	77*8, 68*12,12	68*12,14, 12	Slow down enough to squeeze
C1	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5*12, 12,	17.5*14, 20*11X, 11	20*10X, 17.5*12,12	17.5*12, 20*10X (elbow not str8),	On down till elbow straight
C2	Lying DB Tricep Extentions	10 to 12	3	3010	75	10 mins		17.5*12,12,	20*12, 22.5*11, 11	22.5*11,10,20*12	20*12,12,	

		1										1
DAY 3	LOWER BODY B						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	-1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A1	BB Rack Pull; Just below knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120*10, 130*10, 10	130*10,140*(5+3),130*10	130*10, 140*10, 150*10	120 (10) 130 (10) 140 (12)	140 (10 150 (10) 160 (12)	Bar touches body all times hip comes thru at end, feet strit, First rep pull stack out of bar and keep pulling into rep
A2	Single Leg Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins				25 (10,L6/R8) 22.5 (L8/R10)	25 (10,L 10 R 8, 10)	
B1	DB Step Ups; Mid Shin	10 to 12	3	2010	75	10 mins				5kg 12*3	5 (13) 8 (12) 10 (12)	Back led shift and flexed, toes up, front knee 90des, bush floor away in hips thru, slight lean fied at bottom spright at box, brace to stay shift.
	90 Deg Back extentions w/No pause just keep it controlled	12 to 15	3	3010	75	10 mins			68*12,12,12	25 (15) 30 (15) 35 (15)	35 (15) 40 (15) 45(15)	
С	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130*15, 150*15, 15	150*15, 160*16,16	(machine) 160*15,15, 15	160*15, 15, 170*15	
D	Standing Calves	12 to 15	3	3020	75	10 mins				100*(15+5),130*15, 140*15	140*15, 15, 150*	

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Seated DB Shoulder Press; Back Supported	8 to 10	3	4010	90	12.5 mins	25*12,10, 10	25*12,12, 11		25*12, 27.5*10, 10	27*10, 13, 32*10
A2	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59*10, 68*10, 77*8	77*10, (9+1), (7+1+3*0.75)	]	77*10, 10, 12	Pull up (86kg)*(6+1X), 7, 8
B1	Flat DB Press	8 to 12	3	3010	75	10 mins			]	30*12, 32.5*12, 11	32*12, 12, 12
B2	Seated Row; Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59*12, 12, 12	59*12, 68*12, 12	]	68*12, 77*12, 10	(bent over row) 32X*12, 25*12, 29
C1	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8*15, 9*15, 10*15	10*15,16,12	10*14, 13,	9*15, 15, 11*15H
C2	Machine or Cable Rear delt flys	12 to 15	3	3020	75	10 mins				45*12, 50*15, 54*13X	(seated bent dB fly) 5*15,6*15

PROGRAM
FOUR
PHASE OFTIMISING MIR MOG
DATE 17h June 2021
BY Reece Adams
FOR Amog Filter
NOTES Slick to the Tempo to the "T"
With A's if you need longer rest thats fine as its important you are fully recovered:)



Day 1	LOWER BODY						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled								
M2	Side lying Clams	25 each side	1	Controlled								
M3	Facedown Glute kick back	15 each side	1	Controlled								
A	BB Squat to Box - Slightly above paralell	8 to 10	3	4010	90	12.5 mins	60*10, 80*10, 85*10	85 (10,10,10)	85"10, 10, 90"10			Knees turn out to create torque, rotate not separate - more stable. Big toe if toe heef.
В	Lying Leg curl; Dorsi flexed	8 to 10	3	4010	120	12.5 mins	6*12, 7*10, 10	39 (10) 39+5 (10) 46+2.5 (10)	7*10, 8*10, 10(4)			
С	DB Squats; Heels elevated - Banded around ankles if needed	8 to 12	3	3010	75	10 mins	17.5*12, 20*12, 12	20 (12, 12, 12)	20*10,22.5*10,25*10			Neutral pelvis - parallel to floor, no field learn
D	45 Deg Back Extentions w/2s Pause @ top	10 to 12	3	3012	75	10 mins	90deg 22.5 (12)	45 deg 25 (12, 12) 27.5(12)	90"27.5"10,32.5"12,37.5"12			
E	Hip thrust BB or Machine on bench	10 to 12	3	3012(	75	10 mins			150*12, 170*10, 12			
F	Standing Calves	10 to 12	3	2121	75	10 mins			Seated - 25*16, 30*15, 16			
												•
DAY 2	UPPER BODY						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	1	Controlled								

DAT 2	OPPER BODT						Date;	Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)	
M1	Stick Dislocates	10	1	Controlled								
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled								
M3	Banded Lat Activation	10 each side	1	Controlled								
A	Flat BB Press	8 to 10	3	4010	120	12.5 mins	75*10, 80*10, 80*9	85*8,9,8	85 (9,9			Meels down, elbows in
В	Lat Pulldown Mid Pronated Grip; Pause @ body	8 to 10	3	3011	120	12.5 mins	45*10, 55*8, 55*10	59*10, 68*10,10	62.5 (10) 65 (12) 70 (11)			
С	30 Deg Incline DB Press	8 to 12	3	3010	75	10 mins	25*10, 32*12, 32*10	32*10, 10, 8	32 (7) 27.5 (12,10)			Lock lats down when sitting 50° before learning back, Elbows in, hands in line with shoulders at top (not head)
D	Seated Row; Narrow neutral grip	10 to 12	3	3011	75	10 mins	Curls - 18kg	68*10+2,12,12	64 (12) 70 (15) 72.5 (12)			
E	Incline DB Curls	8 to 12	3	3010	75	10 mins		17.5*12, 12,	17.5*14, 20*11X, 11			
F	Lying DB Tricep Extentions	10 to 12	3	3010	75	10 mins		17.5*12,12,	20*12, 22.5*11, 11			
•		•							•	•		•

DAY 3	WHOLE BODY						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A	BB Rack Pull; Just above knee - Stop and reset each rep	8 to 10	3	3110	90	12.5 mins	120*10, 130*10, 10	130*10,140*(5+3),130*10	130*10, 140*10, 150*10		
В	Lat Pulldown Supinated Grip - Pause @ body	8 to 10	3	3011	120	12.5 mins	59*10, 68*10, 77*8	77*10, (9+1), (7+1+3*0.75)	77*10, 10, (8+2*0.75)		
С	DB Shoulder Press; Back supported	8 to 12	3	3010	75	10 mins	25*12,10, 10	25*12,12, 11	25*12, 12,12		
D	Seated Row; Narrow pronated grip Pause @ body	10 to 12	3	3011	75	10 mins	59*12, 12, 12	59*12, 68*12, 12	68*12,12,12		
E	Hip thrust BB or Machine on bench	12 to 15	3	3011	75	10 mins		130*15, 150*15, 15	150*15, 160*16,16		
F	Standing DB Lateral Raises	12 to 15	3	3020	75	10 mins		8*15, 9*15, 10*15	10*15, 16,12		

STRENGTH AND HYPERTROPHY
17th May 2021
Reece Adams FOR Almog Filter

NOTES Stick to the Tempo to the "T"

With A's if you need longer rest thats fine as its important you are fully recovered.) NOTES

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



		i e									
DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	3 to 5	3	4010	60	25 mins	80	80 to 85	85 to 90	90 to 95	95 to 100
A2	Chin Ups; Mid Pronated Grip	3 to 5	3	4010	120	20 1111115					
B1	60 Deg Incline DB w/Pause @ bottom	6 to 8	3	3110	75						
B2	Seated Row; Mid Supinated Grip; Squeeze @ body	8 to 10	3	3011	75	20 mins					
	DB 30 deg Pec Fly Pause @ stretch and contracted position	10 to 15	3	3111	60	15 mins					
D	Single Arm DB Row; Elbow out to side	10 to 15	3	3021	60	10111111					

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above paralell	3 to 5	3	4010	60	25 mins	85 to 90	90 to 95	95 to 100	100 to 105	105 to 110
A2	Lying Leg curl; Dorsi flexed	3 to 5	3	4010	120	20 111113					
	DB Squats; Heels elevated - Banded around ankles if needed w/1 1/4 @ bottom	6 to 8	3	3010	75	20 mins					
B2	DB Stiff legged deadlifts	8 to 10	3	3010	75	ZO ITIINS					
С	DB Poliquin Step Ups; Heel Elevated	12 to 20	3	2121	60	15 mins					

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	3 to 5	3	4010	60	25 mins	47.5	47.5 to 50	50 to 52.5	52.5 to 55	55 to 57.5
A2	Chin Ups Supinated Grip	3 to 5	3	4010	120	20 1111113					
B1	Flat DB Press	6 to 8	3	3010	75						
B2	Seated Row; Mid pronated grip Pause @ body think upper back/rear delts	8 to 10	3	3011	75	20 mins					
C1	Seated DB Hammer curls	8 to 10	3	3010	60	15 mins					
C2	Standing Cable Pushdowns; Straight bar or Ez bar	8 to 12	3	3010	60	10 1111115					

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	10 to 15	3	3010	60	25 mins					
A2*	Nordic curls to bench or Leg curl plantar flexed	5	3	4010	120	20 1111115					
B1	Banded BB Hip thrust on Bench; 1 1/4 @ top	6 to 8	3	3011	75						
B2	DB Step ups; Medium size step - next height up from the last one	8 to 10	3	2010	75	20 mins					
	Hanging Knee raises; Do it with toes turned in - Tuck from pelvis and only go down to 90 deg angle then back	10 to 15+	3	2121	60	15 mins					
C2	Single Leg Calf raises: Can hold DB on working leg side	10 to 15	3	2121	60						

C2 Single Leg Call raises: Can hold DB on working leg side 10 to 15 3 2121 60

"Yes 1 know its less reps but the intent is for you to go out further and to put more effort into each rep - So whilst theres less of them they are harder reps
"If can do more than 15 awesome but make sure they are under control and of high quality before pushing the reps.

PROGRAM Shoulders, Back and Arms focus

PHASE Hypertrophy

DATE 9th December 2019

BY Reece Adams

FOR Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	Flat BB Press	See beside	4	40X0	75				
A2	BB Bent over row; Pronated Grip	8 to 12	4	40X0	90				
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	60				
B2	Lat Pulldown; Neutral narrow grip	8 to 12	3	30X1	60				
C*	Standing Cable Single Arm Lateral raises	12 to 15	3	3020	45				
D1	Standing Cable Ext rotations elbow by side	15 to 20	3	3010	30				
D2	Incline Bench Trap 3 Raises 10s hold @ top	3	3	30110	60				

\*Its short rest keep it controlled and stick to the short rest - Pick appriopriate weight

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	BB Squat; Heels elevated	See beside	4	40X0	75				
A2	Leg curl; Dorsi flexed	See beside	4	40X0	90				
B1	DB Forward Lunges Same leg then swap	8 to 12	3	30X0	60				
B2	90 Deg Hypers 2s pause @ top	10 to 15	3	30X2	60				
C*	Leg extentions focus on keeping tension in quads and DEADSTOP @ TOP & BOTTOM	12 to 15	3	3121	45				
D1	Seated DB Curls	8 to 12	3	3020	60				
D2	Lying Ez Bar Skull crushers	8 to 12	3	3020	60				

\*Its short rest keep it controlled and stick to the short rest - Pick appriopriate weight

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	30 Deg Incline BB Press	See beside	4	40X0	75				
A2	Lat Pulldown; Supinated Grip	8 to 12	4	30X1	90				
B1	Decline DB Press; Rotating grip	8 to 12	3	30X0	60				
B2	Seated row; Narrow pronated grip	8 to 12	3	30X1	60				
C*	Lying DB Pullovers	12 to 15	3	3020	45				
D1	Single Arm DB Lean away lateral raises	12 to 15	3	3020	30				
D2	Seated Single Arm Cable Elbow out to side row	12 to 15	3	3020	60				

\*Its short rest keep it controlled and stick to the short rest - Pick appriopriate weight

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 4 sets	Week 2 4 sets	Week 3 4 sets	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench No bounce @ top	15 12 10 10	4	3011	75				
B1	DB Squats; Heels elevated	8 to 12	3	3010	60				
B2	Lying Leg Curls dorsi flexed	8 to 12	3	3010	60				
C*	DB Stiff legged deads focus on hammies	12 to 15	3	3010	45				
D1	Reverse Crunches on floor or bench	10 to 15	3	2121	30				
D2	Seated calf raises Pause @ top and bottom	12 to 15	3	2111	60				

\*Its short rest keep it controlled and stick to the short rest - Pick appriopriate weight

DAY 5	ARMS					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 4 sets 10-12 reps	Week 2 4 sets 10-12 reps	Week 3 4 sets 8-10 reps	Week 4 3 sets ALL 8-10 reps
A1	Ez bar or DB Spider curls on Incline Bench	See beside	4	40X0	75				
A2	Standing Cable Pushdowns; Straight bar	See beside	4	40X0	90				
B1	Seated DB Hammer Curls	8 to 12	3	3010	60				
B2	Standing Cable Rope Overhead Tricep Extentions	8 to 12	3	3010	60				
С	Single Arm Cable Curls	10 to 15	3	3020	30				
D	Single Arm Cable Tricep pushdowns supinated	10 to 15	3	3020	30				
E	Standing Cable Ext rotations elbow by side	15 to 20	3	3010	60				

PROGRAM Shoulders/Back and Arms Focus

PHASE Hypertrophy - With 30/15/15/15 this will HURT

DATE 6th January 2020
BY Reece Adams
FOR Almog Flitter

TAKE LONGER REST IF NEEDED ESPECIALLY ON PRIMARY LIFTS

DAY	TRAINING SESSION
MONDAY	UPPER A
TUESDAY	LOWER A
WEDNESDAY	REST
THURSDAY	UPPER B
FRIDAY	LOWER B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Flat BB Press	See Beside	4	40X0	75				
A2	T-Bar row	8 to 12	4	40X0	90 to 120				
B1	30 deg Incline DB Press	8 to 12	3	30X0	60				
B2	Lat Pulldown; Pronated Grip	8 to 12	3	30X1	75				
C*	Standing DB Lateral raises focus on keep tension in delts	30/15/15/15	1	Pump	75				
D1	Single Arm DB Extenal rotation elbow on knee	10 to 12	3	4010	45				
D2	Incline Bench Trap 3 Raises 8s hold @ top	4 to 5	3	3018	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15

Day 2	LOWER A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Banded BB Hip Thurst on Bench	12 10 8 8	4	3021	75				
A2	Leg curl; Dorsi flexed	See Beside	4	40X0	90 to 120				
B1	DB Poliquin Step Ups; Heels elevated	12 to 17	3	2121	60				
B2	BB Stiff legged deads w/Deadstop @ bottom	8 to 10	3	31X0	75				
C*	Leg extentions focus on keeping tension in quads	30/15/15/15	1	Pump	75				
D1	Standing Ez Bar or BB wall curls	8 to 12	3	3020	60				
D2	Standing Cable Pushdowns Straight bar	8 to 12	3	3020	60				

\*Use about 40-50% of what you would do 10 reps with. Its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15.

DAY 3	UPPER B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 - 3 sets ALL
A1	Standing BB Military Press	8 to 10	4	40X0	75				
A2	Angled Lat Pulldown Supinated Grip	8 to 10	4	40X0	90 to 120				
B1	Dips	8 to 10	3	30X0	60				
B2	Seated row; Neutral Narrow grip	8 to 12	3	30X1	75				
C1	DB L to extend Lateral raises Pause @ top before lower	10 to 12	3	3010	60				
	Cable Lat Pullovers Narrow grip straight bar Hard squeeze @ bottom	10 to 12	3	3021	60				
D*	Rear delt flys Machine or DB Hang an swings	30/15/15/15	1	Pump	75				

\*its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

Day 4	LOWER B					Date;		Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 reps	Week 2 - 8 reps	Week 3 - 6 reps	Week 4 - 6 reps - 3 sets ALL
A1	Banded BB Hip Thurst on Bench	25 20 15 15	4	3021	75				
A2	Leg curl; Plantar flexed	See Beside	4	40X0	90 to 120				
B1	DB Poliquin Step Ups; Heels elevated	15 to 25	3	2121	60				
B2	45 Deg Hypers	10 to 12	3	30X4	75				
C*	Seated Leg Curl; Dorsi flexed keep tension in hammies	30/15/15/15	1	Pump	75				
D1	Hanging Knee raises	8 to 15	3	3020	60				
D2	Calf raises Pause @ top and bottom	10 to 12	3	3111	60				

\*its rest pause eg Keeping same weight rest 10 to 30s between each 30 then 15 then 15 then 15

DAY 5	ARMS					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 - 8 to 10 reps	Week 2 - 8 to 10 reps	Week 3 - 6 to 8 reps	Week 4 - 6 to 8 reps - 3 sets ALL
A1	Seated DB Curls	See Beside	4	40X0	75				
A2	Lying Ez Bar Skull Crushers	See Beside	4	40X0	75 to 90				
B1	Incline DB Zottman Curls	8 to 12	3	3010	60				
B2	Decline DB Tricep extentions	8 to 12	3	3010	75				
	Ideally Machine Preacher Curls or Single Arm DB Curls on Incline bench	30/15/15/15	1	Pump	75				
D*	Standing Cable Rope pushdown	30/15/15/15	1	Pump	75				
E	Traffic Cop - Add DB's when able	10 to 15	3	2121	60				

PHASE Hypertrophy DATE Almog Flitter

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B W/ARMS
SATURDAY	REST
SUNDAY	REST



Can adjust days based on bodyweight days

DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Flat BB Press	12 10 8 8	4	40X0	75				
A2	BB Bent over row; Pronated Grip	8 to 12	4	40X0	90				
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	60				
B2	Lat Pulldown; Neutral narrow grip	8 to 12	3	30X1	60				
C*	DB L to extend Lateral raises	15/3-5/3-5/3-5	1	Smooth	75				
D1	Lying on Side DB External rotations	10 to 15	3	3010	30				
D2	Incline Bench Trap 3 Raises 6s hold @ top	6	3	3016	60				
*Its rest paus	e eg Keeping same weight rest 10 to 30s between eac	h 15 then 3-5 the	n 3-5 th	en 3-5					

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench w/Abduction @ top	10 to 12	4	3011	75				
B1	DB Poliquin Step Ups Higher step Heel elevated	10 to 15	3	2121	60				
B2	45 Deg Hypers 6s pause @ top	10	3	30X6	60				
C*	Leg extentions focus on keeping tension in quads	15/3-5/3-5/3-5	1	Smooth	75				
D1	Seated DB Curls	8 to 12	3	3020	60				
D2	Lying Ez Bar Skull crushers	8 to 12	3	3020	60				

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	30 Deg Incline BB Press	12 10 8 8	4	40X0	75				
A2	Lat Pulldown; Supinated Grip	8 to 12	4	30X1	90				
B1	Decline DB Press; Rotating grip	8 to 12	3	30X0	60				
B2	Seated row; Narrow pronated grip	8 to 12	3	30X1	60				
C*	Cable Lat Pullovers	15/3-5/3-5/3-5	1	Smooth	75				
D1	Single Arm DB Lean away lateral raises	12 to 15	3	3020	30				
D2	Single Arm DB row Elbow out to side	12 to 15	3	3020	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

Day 4	LOWER BODY B W/ARMS					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15				
A2	BB Banded Hip Thrust on Bench w/Abduction @ top	15 to 20	4	3011	75				
B1	BB Step Ups; Mid shin	8 to 12	3	3010	60				
B2	90 Deg Hypers	10 to 15	3	3010	60				
C*	Seated Leg curl	15/3-5/3-5/3-5	1	Smooth	75				
D1	Ez bar or DB Spider curls on Incline Bench	8 to 12	4	3020	60				
D2	Standing Cable Pushdowns; Straight bar	8 to 12	4	3020	60				

\*Its rest pause eg Keeping same weight rest 10 to 30s between each 15 then 3-5 then 3-5 then 3-5

PROGRAM Shoulders/Back and Arms Focus
PHASE Hypertrophy - With Drop-sets

DATE 2nd March 2020
BY Reece Adams
FOR Almog Flitter

TAKE LONGER REST IF NEEDED ESPECIALLY ON PRIMARY LIFTS

DAY	TRAINING SESSION
MONDAY	UPPER A
TUESDAY	LOWER A
WEDNESDAY	REST
THURSDAY	UPPER B
FRIDAY	LOWER B
SATURDAY	ARMS
SUNDAY	REST



DAY 1	UPPER A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
A1	Flat BB Press	10866	4	40X0	75	80 85 90	82.5 87.5 92.5	85 90 95	87.5 92.5 97.5	85 92.5 100
A2	T-Bar row	6 to 12	4	40X0	90 to 120					
B1	30 deg Incline DB Press	8 to 12	3	30X0	60					
B2	Lat Pulldown; Supinated Grip	8 to 12	3	30X0	75					
C1	Rear delt flys Machine or Cable	15 to 20	3	3020	45					
C2	Seated Row Pronated Wide Grip Pause @ upper ribs - Think rear delts	10 to 12	3	3011	75					
	Standing DB Lateral raises focus on keep tension in delts	(10/10/10)	1 to 2	Pump	75					

Day 2	LOWER A w/Arms					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
A1	Seated Banded abductions	20	4	2020	30					
A2	BB Squats to Box	5	4	5010	90 to 150	70 to 80	75 to 85	80 to 90	85 to 95	90 to 100
B1	BB Somersault Squats Heels elevated	10 to 15	3	3020	60					
B2	BB Stiff legged deads w/Deadstop @ bottom	8 to 10	3	31X0	75					
С	Leg extentions focus on keeping tension in quads	(10/10/10)	1 to 2	Pump	75					
D1	Standing Ez Bar or BB wall curls	8 to 12	3	3020	60					
D2	Standing Cable Pushdowns Straight bar	8 to 12	3	3020	60					
D2	Standing Cable Pushdowns Straight bar	8 to 12	3	3020	60					

DAY 3	UPPER B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 2 sets	Week 2 2 sets	Week 3 3 sets	Week 4 3 sets	Week 5 2 sets DELOAD 3 sets ALL
A1	Standing BB Military Press	8 to 10	4	40X0	75					
A2	Lat Pulldown Pronated Grip	8 to 10	4	40X0	90 to 120					
B1	Dips	8 to 10	3	30X0	60					
B2	Seated row; Neutral Narrow grip	8 to 12	3	30X1	75					
C1	DB L to extend Lateral raises Pause @ top before lower	10 to 12	3	3010	60					
	Cable Lat Pullovers Narrow grip straight bar Hard squeeze @ bottom	10 to 12	3	3021	60					
	Rear delt flys Machine or Cable	(15/15)	2 to 3	Pump	75					

Day 4	LOWER B w/Arms	Da				Date;		Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 1 set	Week 2 1 set	Week 3 2 sets	Week 4 2 sets	Week 5 1 set DELOAD 3 sets ALL
Α	Deadlifts off Blocks or Pins mid shin - Reset each rep	8 to 10	4	3110	90 to 120					
B1	Seated Banded abductions	20	3	2020	30					
B2	BB Hip thrust 1 1/4 @ top	8 to 10	3	3011	75 to 90					
С	Seated Leg Curl; Dorsi flexed keep tension in hammies	(10/10/10)	1 to 2	Pump	75					
E1	Incline DB Hammer curls	8 to 12	3	3020	60					
E2	Seated Single Arm DB Overhead Tricep Extentions	10 to 12	3	3111	60					
D	Hanging Knee raises	8 to 15	3	3020	60					

 PROGRAM
 LOCKDOWN V1

 PHASE
 Hypertrophy

 DATE
 14th April 2020

 BY
 Reece Adams

 FOR
 Almog Flitter

DAY	TRAINING SESSION					
MONDAY	UPPER BODY A					
TUESDAY	LOWER BODY A W/ARMS					
WEDNESDAY	REST					
THURSDAY	UPPER BODY B					
FRIDAY	LOWER BODY B W/ARMS					
SATURDAY	REST					
SUNDAY	REST					





DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A1	Flat BB Press	7533	4	30X0	75	85 (9) 90 (7) 95 (5)	90 (7) 95 (5) 100 (3-5)	95 (7) 100 (5) 105 (3)	85 (8) 100 (6-7) 105 (4-5)	90 (7) 100 (5) 110 (2-3)
	Single arm DB row elbow normal Squeeze hard @ top. If too easy do 1 1/4 @ top	8 to 10	4	30X0	120 to 180					
B1	Seated Back supported DB Shoulder Press Rotating	8 to 12	3	30X0	75					
B2	Bent Over BB Row Pronated Grip	8 to 12	3	30X0	75					
C1*	Standing DB Lateral raises	10 to 15	3	3010	45					
	DB Lat Pullovers w/Deadstop @ bottom on Decline bench	10 to 15	3	3010	45					
D	Lying on Side DB External rotations	10 to 15	3	3010	60					

\*Keep rest short to keep pump large and incharge

Day 2	LOWER BODY A W/ARMS					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
A1	Seated Banded Abductions	20	4	2020	15					
A2	BB Squats to Box	8 to 10	4	4010	90 to 150	70 to 75 (8)	70 to 75 (10)	75 to 80 (8)	75 to 80 (10)	80 to 85 (8-10)
В	DB or BB Step ups Mid shin	10 to 12	3	2010	75					
C1	Banded leg curls 1 1/4 @ top	8 to 10	3	3010	15					
C2	DB or BB Stiff legged Deadlifts	12 to 15	3	3010	75 to 90					
D1	Incline DB Curls	8 to 12	3	3020	60					
D2	Lying Flat DB Tricep Extentions	8 to 12	3	3020	60					

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
	30 Deg Incline DB Press	8 to 10	4	40X0	75					
	Chin Ups; Supinated Grip - Put Rack up high and bend legs	4 to 8	4	40X0	90 to 120					
B1	Decline BB Press; Rotating grip	8 to 12	3	30X0	75					
	Seated row; Narrow pronated grip - Attach a stick to band(s)	8 to 15	3	30X1	75					
С	Seated DB Lateral raises	15 to 20	3	3010	45					
D1	Jacknifes	10 to 15	3	3020	30					
D2	Hollow body hold	30 to 60s	3	Hold	60					
				•			•		•	•

Day 4	LOWER BODY B W/ARMS					Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4	Week 5 3 sets ALL
Α	Deadlifts off pins mid shin	6 to 8	4	3110	120 to 150					
	Seated Banded Abductions Upright then forward w/5 sec hold	20/15	4	2020	15					
B2	BB Banded Hip Thrust on ground 1 1/2 @ top	15 to 20	3	3010	90					
C*	Banded Leg extentions Attach band low and behind legs - do one leg at a time if feel more	10 to 15	3	3020	45					
D1	Standing Ez bar curls Narrow grip	8 to 12	3	3020	60					
D2	Single Arm DB Tricep kickbacks	10 to 15	3	3020	60					
E	Standing BB Calf raises on floor	15 to 20	3	2121	45					

PROGRAM PROGRAM SHREDDED V1

PHASE Density Training
DATE 18th May 2020
BY Reece Adams
FOR Almog Flitter

NOTES Use 12RM not 6 RM and try get as many sets as possible in allocated time

Aim is 10 sets in 30 mins - if can do that increase weight if only 8 sets then keep weight

same and aim to get more sets - once 10 sets increase weight.

DAY	TRAINING SESSION
MONDAY	UPPER BODY A
TUESDAY	LOWER BODY A
WEDNESDAY	REST
THURSDAY	UPPER BODY B
FRIDAY	LOWER BODY B
SATURDAY	REST
SUNDAY	REST

Can adjust days based on bodyweight days



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	BB Floor press	6	30 mins	40X0	N/A	70	80	80	85
A2	Bent Over DB row	6 to 8	30 mins	40X0	N/A				
B1	Seated DB Hammer Curls	8 to 12	3	3010	75				
B2	Ez Bar Tricep Extentions slight incline	8 to 12	3	3010	75				
С	Banded Clock Drill on Floor	5 to 10	3	Controlled	60				

leload if still feeling low libio

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions	15	30 mins	2020	N/A				
A2	B Stance Hip Thurst on Bench; Alternate leg you start with	6 to 8	30 mins	3012	N/A		60 to 80		
B1	BB Somersault squats	10 to 12	3	30X0	75				
B2	BB Stiff legged Deadlifts	10 to 12	3	3010	75				
С	Standing BB Calf raises on Floor	12 to 15	3	3111	60				

DAY 3	UPPER BODY B - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	Push Ups with Protraction @ top; If too easy pause @ bottom	8 to 10	30 mins	4010	N/A		WW or Add pause if too easy	paused or add weight if needed	Add weight if needed
A2	Banded Lat Pulldown focus mostly on activation/contraction	8 to 10	30 mins	3011	N/A				
B1	Standing Ez bar Wall curls	8 to 12	3	3010	75				
B2	DB Flat Tricep Extentions	8 to 12	3	3010	75				
С	Banded Clock Drill on Floor	5 to 10	3	Controlled	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

	LOWER BODY B					D. /	n	5.4.	- · · ·
Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin	6	30 mins	40X0	N/A	105	110	115	120
	Banded Leg Curls ideally double leg focus mostly on contraction	8 to 10	30 mins	3011	N/A				
B1	Banded BB Hip thrust on Ground 1 1/2 @ top	12 to 15	3	30X1	75				
B2	DB Stiff legged Deadlifts	12 to 15	3	3010	75				
С	Ab Rollouts on knees with Barbell Deadstop @ bottom	8 to 10	3	3210	60				

ROGRAM PROGRAM SHREDDED V2

PHASE Density Training

DATE 15th June 2020

BY Reece Adams

FOR Almog Flitter

Aim is 5 sets in 30 mins - if can do that increase weight if only 4 sets then keep weight

same and aim to get more sets - once 5 sets increase weight.

DAY	TRAINING SESSION				
MONDAY	UPPER BODY A				
TUESDAY	LOWER BODY A				
WEDNESDAY	REST				
THURSDAY	UPPER BODY B				
FRIDAY	LOWER BODY B				
SATURDAY	REST				
SUNDAY	REST				

Can adjust days based on bodyweight days



DAY 1	UPPER BODY A - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	BB Bench Press	6 to 8	30 mins	40X0	N/A				
A2	Banded Lat Pulldown focus mostly on activation/contraction	6 to 8	30 mins	40X0	N/A				
А3	Push Ups with Protraction @ top; If too easy pause @ bottom	10 to 12	30 mins	3010	N/A				
A4	Single Arm DB Row; Deadstop @ top	10 to 12	30 mins	3011	N/A				
B1	30 Deg Incline DB Tricep Extentions	12 to 15	3	3010	60				
B2	Seated DB Curls	12 to 15	3	3010	60				
С	Single arm DB Lean away Lateral raises	10 to 15	3	3020	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
Ai	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	105	110	115	120
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
А3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
	Banded Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
С	Jacknifes	12 to 15	3	Smooth	60				

DAY 3	UPPER BODY B - Do Scap pushup to warm up					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1*	30 Deg Incline BB Press	6 to 8	30 mins	4010	N/A				
A2	Standing Reverse Grip Ez Bar curls	6 to 8	30 mins	3011	N/A				
А3	Flat Ez Bar skull crushers to Back of head	10 to 12	30 mins	3010	N/A				
A4	Bent Over DB row	10 to 12	30 mins	3010	N/A				
B1	Ez Bar 30 Deg Incline Spider Curls	12 to 15	3	3010	60				
B2	BB Floor Press	12 to 15	3	3010	60				
С	Banded Pull aparts think upper back/rear delts	20 to 30	3	Controlled	60				

\*With all benching exercises id highly suggest arching your back in order to keep your lats on and as much tightness as possible.

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions	20	30 mins	2020	N/A				
A2	BB Hip Thrust on ground 3 1/4 @ top eg thrust to the top then its an extra 2 1/4s = 1 rep	6 to 8	30 mins	40X0	N/A				
A3	BB Ab Roll outs on Knees	10 to 12	30 mins	3010	N/A				
A4	DB Step Ups; Height you can keep knee stable with	10 to 12	30 mins	3010	N/A				
B1	BB Somersault squats	12 to 15	3	30X0	60				
B2	BB Stiff legged Deadlifts	12 to 15	3	3010	60				
С	Standing BB Calf raises on Floor	15 to 20	3	3111	60				

PROGRAM PROGRAM SHREDDED V3
PHASE Density Training

BY Reece Adams FOR Almos Filter

> Aim is 5 sets in 45 mins - if can do that increase weight if only 4 sets the keep weight same and aim to get more sets - once 5 sets increase we If splitting it in A1-3 and B1-3 aim is to get it done in 25 mins

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODYA
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Incline BB Press	4 to 6	45 mins	4000	NA	55	60	65	65 to 70
A2	Single Arm DB Row 1 1/4 @ top	4 to 8	45 mins	4000	NA				
	45 Deg Incline DB Flys; Deadstop @ bottom	8 to 12	45 mins	3000	NA				
	Banded Lat Pulldown Wide Pronated Grip (use stick to allow you to be pronated)	8 to 12	45 mins	3000	N/A				
	Push Ups with Protraction @ top; If too easy pause @ bottom	10 to 15	45 mins	3010	NA				
A6 or B3	Banded Seated Row; Neutral	12 to 15	45 mins	3010	NA				
B1	Incline DB Curls	10 to 12	3	3010	60				
B2	Lying BB or EZ Skull crushers	10 to 12	3	3010	60				

"Be sensible with the weight start around 10-12.5kg until you get familiar with it and Focus on keeping muscle workin

DAY 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlift from floor Deadstop @ bottom reset each time - SEND ME VIDEO FOR ASSESSING YOUR POSTURE IN THIS MOVEMENT	8 to 10	45 mins	4000	NIA	60ish			
A2	Seated Banded Abductions; Upright	25	45 mins	2020	NA				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	8 to 10	45 mins	3021	NA				
	DB Gobiet Squats; DEADSTOP @ BOTTOM Heels elevated - Keep knees out	8 to 10	45 mins	3010	NA				
	Banded Leg extentions Attach band low and behind legs ideally do double leg	12 to 15	45 mins	3020	NA				
A6 or B3	Banded Lying Leg curls	12 to 15	45 mins	3020	NA				
B1	Elbow to knee crunches Left then right = 1 rep	8 to 10	3	2121	30				
B2	Hollow body hold	30 to 60	3	Hold	75 to 90				

Day 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Flat BB Bench Press	4 to 6	45 mins	4000	N/A	75	80	85	85 to 90
l	Bent Over Double arm DB Row	6 to 8	45 mins	4000	NA				
A3	60 Deg Incline DB Press (go lightish be sensible) DEADSTOP @ BOTTOM Let me know if this is ok if not	8 to 10	45 mins	3100	N/A				
	Banded Seated Row Wide Pronated DEADSTOP @	8 to 10	45 mins	30X1	N/A				
A5 or B2	Plate or DB Lateral raises	12 to 20	45 mins	3020	NA				
A6 or B3	Banded Facepulls	12 to 20	45 mins	3021	N/A				
B1	Standing BB curls	10 to 12	3	3010	60				
B2	Lying Flat DB Tricep Extentions	10 to 12	3	3010	60				

Day 6	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions; Upright	25	45 mins	2020	N/A				
A2	BB Hip Thrust on ground 3 1/4 @ top eg thrust to the top then its an extra 2 1/4s = 1 rep	4 to 6	45 mins	4000	NA				
A3	Banded Lying Leg curls Hold for 2sec @ contraction	8 to 10	45 mins	3000	NA				
A4 or B1	DB or KB Step Ups; Mild shin	8 to 10	45 mins	3010	N/A				
A5 or B2	Banded Leg extentions Attach band low and behind legs ideally do double leg	15 to 20	45 mins	2000	NA				
A6 or B3	Miniband Frog kickbacks on end of Bench think glutes	15 to 20	45 mins	Smooth	NA				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body Hold	30 to 60s	3	Hold	75 to 90				

Day 2	LOWER BODY A		Date;	Date;	Date;	Date;			
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	105	100	125	130
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
С	Jacknifes	12 to 15	3	Smooth	60				

Day 7 Rest Day/Recover/Grow

PROGRAM PROGRAM SHREDDED V3 - EDITED HOME EDITION

DATE 20th July 2020

FOR Almog Fitter

OTES Aim is 5 sets in 45 mins - if can do that increase weight if only 4 sets the keep weight same and aim to get more sets - once 5 sets increase weight.





DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Handstand push ups	4 to 6	45 mins	40300	N/A				
	Bent Over Double arm DB Row	4 to 8	45 mins	4000	N/A				
A3	45 Deg Incline DB Flys; Deadstop @ bottom or (Single arm Banded fly shoulder height)	8 to 12	45 mins	3000	N/A				
A4 OF B1	Banded Lat Pulldown Wide Pronated Grip (use stick to allow you to be pronated "if access")	8 to 12	45 mins	3000	N/A				
A5 or B2	Push Ups with Protraction @ top; If too easy pause @ bottom	10 to 15	45 mins	3010	N/A				
A6 or B3	Banded Seated Row; Neutral	12 to 15	45 mins	3010	N/A				
	Incline DB Curls or normal DB curls or Banded curls	10 to 12	3	3010	60				
B2	Lying DB Tricep extentions on ground or (Banded Pushdowns 10 to 15)	10 to 12	3	3010	60				

Be sensible with the weight start around 10-12.5kg until you get familiar with it and Focus on keeping muscle working

DAY 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Banded Deadlift from floor Deadstop @ bottom - SEND ME VIDEO FOR ASSESSING YOUR POSTURE IN THIS	8 to 10	45 mins	40000	N/A				
l	Seated Banded Abductions; Upright	25	45 mins	2020	N/A				
, A3	Single Leg Hip thrust on bench add DB or weight of some kind to hips if too easy but don't bounce @ top use glute	8 to 10	45 mins	3021	N/A				
A4 or B1	Banded Squats, DEADSTOP @ BOTTOM Heets elevated - Keep knees out	8 to 10	45 mins	3210	N/A				
A5 or B2	Banded Leg extentions Attach band low and behind legs ideally do double leg	12 to 15	45 mins	3020	N/A				
A6 or B3	Banded Lying Leg curls	12 to 15	45 mins	3020	N/A				
B1	Elbow to knee crunches Left then right = 1 rep	8 to 10	3	2121	30				
B2	Hollow body hold	30 to 60	3	Hold	75 to 90				

Day 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Handstand wall walks	4 to 6	45 mins	Controlled	N/A				
A2	Chin Ups; Neutral or supinated whichever you "feel" more	2 to 6	45 mins	4000	N/A				
	Banded Push ups 1 1/4 @ bottom	8 to 10	45 mins	30000	N/A				
A4 OF B1	Banded Seated Row Wide Pronated DEADSTOP @	8 to 10	45 mins	30X1	N/A				
A5 or B2	Plate or DB Lateral raises or Band partial range lateral raises	12 to 20	45 mins	3020	N/A				
A6 or B3	Banded Facepulls	12 to 20	45 mins	3021	N/A				
B1	Standing DB curts or (Single arm Banded Curts 10 to 15)	10 to 12	3	3010	60				
B2	Standing Overhead Double arm or Single Arm Banded tricep ext. Single arm if double is too easy	10 to 15	3	3010	60				

Day 6	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Bended Abductions; Upright	25	45 mins	2020	N/A				
A2	Single leg Hip Thrust on Bench 3 1/4 @ top eg thrust to the top then its an extra 2 1/4s = 1 rep	4 to 6	45 mins	4000	N/A				
A3	Banded Lying Leg curls Hold for 2sec @ contraction	8 to 10	45 mins	30000	NA				
A4 or B1	DB Step Ups; Mild shin or Banded Lunges	8 to 10	45 mins	3010	N/A				
A5 or BZ	Banded Leg extentions Attach band low and behind legs ideally do double leg	15 to 20	45 mins	2000	N/A				
	Miniband Frog kickbacks on end of Bench or table think glutes	15 to 20	45 mins	Smooth	N/A				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body Hold	30 to 60s	3	Hold	75 to 90				

Day 2	LOWER BODY A	1				Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	105	130	135	130
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Bended Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
С	Jacknifes	12 to 15	3	Smooth	60				

by 7 Rest Day/Recover/Grow

PROGRAM PROGRAM SHREDDED V3
PHASE Density Training
DATE 8th August 2020

BY Reece Adams
FOR Almog Fitter

Aim is 5 sets in 45 mins - if can do that increase weight if only 4 sets then keep weight same and aim to get more sets - once 5 sets increase weigh If splitting it in A1-3 and B1-3 aim is to get it done in 25 mins





DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Incline BB Press	4 to 6	45 mins	4000	N/A		50 to 60	60 to 65	65 to 70
A2	Single Arm DB Row 1 1/4 @ top	4 to 8	45 mins	4000	N/A				
A3*	45 Deg Incline DB Flys; Deadstop @ bottom	8 to 12	45 mins	3100	N/A				
	Lat Pulldown Wide Pronated Grip	8 to 12	45 mins	30001	N/A				
	Push Ups with Protraction @ top: If too easy pause @ bottom	10 to 15	45 mins	3010	NA				
A6 or B3	Seated Row; Narrow Neutral grip	12 to 15	45 mins	3011	N/A				
B1	Incline DB Curts	10 to 12	3	3010	60				
B2	Lying BB or EZ Skull crushers	10 to 12	3	3010	60				

\*Be sensible with the weight start around 10-12.5kg until you get familiar with it and Focus on keeping muscle working

DAY 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlift from floor Deadstop @ bottom reset each time - SEND ME VIDEO FOR ASSESSING YOUR POSTURE	8 to 10	45 mins	4000	N/A		60ish		
A2	Seated Banded Abductions; Upright	25	45 mins	2020	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	8 to 10	45 mins	3021	N/A				
	DB Gobiet Squats; DEADSTOP @ BOTTOM Heels elevated - Keep knees out	8 to 10	45 mins	3010	N/A				
A5 or B2	Lying Leg curls; Dorsi flexed	12 to 15	45 mins	3020	NA				
A6 or B3	Leg extentions	12 to 15	45 mins	3020	NA				
B1	Elbow to knee crunches Left then right = 1 rep	8 to 15	3	2121	30				
B2	Hollow body hold	30 to 60	3	Hold	75 to 90				

Day 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Flat BB Bench Press	4 to 6	45 mins	4000	N/A		75 to 80	80 to 85	85 to 90
	Lat Pulldown; Supinated Grip	6 to 8	45 mins	30X1	NA				
_ ~	60 Deg Incline DB Press (go lightish be sensible) DEADSTOP @ BOTTOM Let me know if this is ok if not	8 to 10	45 mins	3100	NIA				
	Seated Row Wide Pronated DEADSTOP @ upper ribs - Think upper back	8 to 10	45 mins	30X1	NA				
A5 or B2	DB Lateral raises	12 to 15	45 mins	3020	NA				
A6 or B3	Cable Rope Facepulls	12 to 15	45 mins	3021	N/A				
B1	Standing BB curls	10 to 15	3	3010	60				
82	Lying Flat DB Tricep Extentions	10 to 15	3	3010	60				

Day 6	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Seated Banded Abductions; Upright	25	45 mins	2020	NA				
A2	BB Hip Thrust on ground 3 1/4 @ top eg thrust to the top then its an extra 2 1/4s = 1 rep	4 to 6	45 mins	4000	NA				
A3	Lying Leg curts; Omni - Dorsi UP and Plantar DOWN	8 to 10	45 mins	3000	NA				
A4 or B1	DB or KB Step Ups; Mild shin	8 to 10	45 mins	3010	N/A				
A5 or B2	Leg extentions	15 to 20	45 mins	2000	N/A				
A6 or B3	Miniband Frog kickbacks on end of Bench think glutes or Cable Pullthrough whichever you feel more	15 to 20	45 mins	Smooth	N/A				
B1	Hanging Knee Raises	8 to 15	3	2121	30				
B2	Hollow body Hold	30 to 60s	3	Hold	75 to 90				

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	305	130	225	130
A2	Banded Leg Curls ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
с	Jacknifes	12 to 15	3	Smooth	60				

by 7 Rest Day/RecoverGrow

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Incline BB Press roughly 10kg difference between Incline and Flat BB	97755	20 mins	4000	N/A	60 60 70	65 70 75	228	75 80 85
	Chin Ups; Narrow neutral grip Use band if needed quality reps only	4 to 8	20 mins	4000	90 to 120				3 sets
	Banded across body flys - use muscle no momentum	15 to 20	16-20 mins	3011	N/A	d sats	8 sets	Esets	3 sets
	30 Deg Incline DB Wide Press (if feel more or can use machine) - Deadstop® bottom and use target muscle to	8 to 10	16-20 mins	3110	90 to 120	4 sets	5 665	Tools .	3 sets
C1	Cable Lat Pullovers Straight bar	10 to 15		3010	N/A	6 64%	1 ors	146	3 sets
C2	Seated Row; Mid to wide Neutral grip or Supinated	8 to 10	16-20 mins	3011	90 to 120	4 60%	5 orts	T sets	3 665
D	Lower ab exercise you feel	12 to 15	8 mins	2121	60				

DAY 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
А	Deadlift from floor Deadstop @ bottom reset each time	6 to 8	18 mins	41300	90 to 150				979
	DB Gobiet Squats; DEADSTOP @ BOTTOM Heels elevated - Keep knees out	8 to 10		4010	N/A	4 64%	1 665	Tools	3 965
B2	Leg Extentions; Deadstop @ top and bottom this is gonna burn like MAD	12 to 15	16-20 mins	3111	90 to 120	4 sets	5 665	Esets	3 965
C1	Lying Leg curts; Dorsi flexed	8 to 10		4010	N/A	d sets	5 sets	Tools	3 sets
C2	45 Deg Back Extentions Deadstop @ top	12 to 15	16-20 mins	3011	90 to 120	Cods	S sets	Esets	2 965
D1	Seated DB Hammer Curls	10 to 12	10 mins	3010	60				
D2	Standing Cable Pushdowns; Straight bar	10 to 12		3010	60				

Day 5	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Flat BB Press	97755	20 mins	40300	N/A	73.71.81	78.000	80 85 90	85000
A2	Bent over BB Row; Pronated	8 to 10	20 mins	30X1	90 to 120				3 665
B1	80 Deg Indine DB Press - Be sensible with weight if any discomfort let me know (Can try standing single arm db	8 to 10	16-20 mins	4010	N/A	4 sets	5 oris	S sats	3 665
B2	DB Lateral raises	12 to 15	10-20 111113	3010	90 to 120	6 64%	5 orts	S sets	3 665
C1*	Lat Pulldown; Neutral grip - leaning to side	8 to 10	16-20 mins	3011	N/A	6 64%	5 orts	Bank	3 sets
C2*	Single Arm DB row	12 to 15	10-20 mms	3010	90 to 120	6 14%	5 orts	Bank	3 sets
D	Upper Ab exercise you feel	12 to 15	8 mins	2121	60				

Day 6	LOWER BODY B					Date;	Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)	
A	BB Squats; to bench or box	5	18 mins	5010	90 to 150	enq			3 мл	
B1	DB or KB Step Ups; Mid shin	8 to 10	16-20 mins	2010	N/A	4 64%	1 ors	tors	3 965	
B2	BB Hip thrust on Bench; 1 1/4 @ top	12 to 15	16-20 mms	3011	90 to 120	Cods	5 665	Esela	3 sets	
C1	Lying Leg Curl Plantar flexed	8 to 10		4000	N/A	Code	5 sets	Toris .	3 ets	
C2	90 Deg Back extention or BB Stiff legged deads	12 to 15	16-20 mins	3000	90 to 120	Cods	5 665	Esela	3 sets	
D1	Ez Bar preacher Curls	12 to 15	10 mins	3010	60					
D2	Bent over Overhead Cable Rope Tricep Extentions	12 to 15	10 mass	3010	60					

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	105	330	135	130
A2	Banded Leg Curts ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
С	Jacknifes	12 to 15	3	Smooth	60				

 PROGRAM
 PROGRAM SHREDDED V4 - HOME VERSION

 PHASE
 TIMED SETS - DENSITY TRAINING

 DATE
 21st September 2020

BY Reece Adams

Apply the 20/5 rule: as soon as you can increase the total number of reps by 20% more, start the next workout with 5% more weight and start over.





DAY1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
	Push Ups - If needed Add weight to a backpack or Elevate feet	30 to 40s	16-20 mins	Smooth	N/A	4 66% (78,78,78,77)	8 sets (18,18,18,21,18)	Esets	3 665
A2	Chin Ups; Supinated Grip	2 to 6	10-20 111113	5010	90 to 120	4 sets (6,44.3)	1 665 (0.5,0,5)	Toris	3 665
B1	Seated DB Amie Press	30 to 40s	16-20 mins	Smooth	N/A	4 sets 15 (10,14,12,12)	8 MW 12.8 (14.74,74,74,74,10)	E sets	3 965
B2	Inverted Rows or Banded rows	30 to 40s		Smooth	90 to 120	4 649 (70,70,72,70)	8 sets (12,19,19,17,17)	Tools	3 665
C1	Single Arm DB Row	30 to 40s		Smooth	N/A	4 646 17.0 (18,18,18,18)	S446 (173 (18,21,16,16,16)	Tools .	3 6/5
C2	Jackvilles	30 to 40s	16-20 mins	Smooth	90 to 120	4 sets (15,25)	8 sets (17,19,19,19,18)	T sets	3 665

DAY 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	DB Squats; Heels elevated (stand on book)	30 to 40s	16-20 mins	Smooth	N/A	4 sets 17.0 (12,12,12,10)	8 MW 17 R (18,17,18,18,18)	Esets	3 665
A2	Lying Leg curts; Dorsi flexed or Nordic curts	30 to 40s		Smooth	90 to 120	4 649 76 76 78 78	8 665 (18,21,22,18+3,16,4)	Tools .	3 sets
B1	DB Static Lunges	30 to 40s	16-20 mins	Smooth	NA	4 sels 17.5 (12) 12.5 (15,15,15)	S sets 12.5 (12,13,12,11,10)	Esets	3 66%
B2	Seated Abductions	30 to 40s		Smooth	90 to 120	6 645 25 25 25 25	8 665 23,32,31,32,31	Bank	3 m/s
C1	Seated DB Curls	30 to 40s	16-20 mins	Smooth	N/A	6 sats 17.8 (11,12,13,14)	S sets	Esets	3 665
C2	Lying DB Tricep Extentions	30 to 40s	16-20 mms	Smooth	90 to 120	4 sets 18 (10,18,18,18)	5 ors	2 sets	3 sets

Day 2	LOWER BODY A	1				Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
A1	Deadlifts off pins mid shin - Same weight as last program but 2 more reps	6 to 8	30 mins	40X0	N/A	305	330	135	130
A2	Banded Leg Curts ideally double leg focus mostly on contraction 1 1/4 @ top	6 to 8	30 mins	3011	N/A				
A3	Single Leg Hip thrust on bench add DB to hips if too easy but don't bounce @ top use glute	10 to 12	30 mins	3021	N/A				
A4	Banded Leg extentions Attach band low and behind legs ideally do double leg	10 to 12	30 mins	3021	N/A				
B1	Reverse Crunches holding onto a pole behind head	10 to 15	3	3020	60				
B2	Banded Kneeling Crunches	12 to 15	3	3011	60				
С	Jacknifes	12 to 15	3	Smooth	60				

Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
	Push Ups - If needed Add weight to a backpack or Elevate feet	50 to 60s	16-20 mins	Smooth	N/A	4 645 21,23,77.18	5 oris	Esets	3 sets
A2	Chin Ups; Supinated Grip	2 to 6	10-20 mms	5010	90 to 120	4 605 53.3.3	1 ors	Bank	3 sets
B1	Standing DB Amie Press	50 to 60s	16-20 mins	Smooth	N/A	4 wis 12 8 (17) 7.6 (28,22,17)	1 6/5	Tees	3 erts
B2	Inverted Rows or Banded rows	50 to 60s	16-20 mms	Smooth	90 to 120	4 649 15,21,20+1,10+3	5 orts	Bank	3 sets
C1	Bent Over DB Row	50 to 60s	16-20 mins	Smooth	N/A	4 sets 10 (30,31,32,33)	5 orts	Bank	3 sets
C2	Jacknifes	50 to 60s	10-20 mms	Smooth	90 to 120	4 665 75,22,25,	5 orts	Bank	3 64%

LOWER BODY B					Date;	Date;	Date;	Date;
Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
DB Squats; Heels elevated (stand on book)	50 to 60s			N/A	4446 17.0 (18.19.20,18)	1 wis	Toris	3 665
Lying Leg curts; Dorsi flexed or Nordic curts	50 to 60s	16-20 mins	Smooth	90 to 120	6 MS 25,27	1 orts	tors	3 665
DB Static Lunges/ Sissy Squats	50 to 60s	16-20 mins	Smooth	N/A	449578(77)8,78,74	5 orts	Esets	3 eris
Seated Abductions	50 to 60s		Smooth	90 to 120	d sets	5 orts	Bank	3 64%
Seated DB Curts	50 to 60s	16-20 mins	Smooth	N/A	4 sels 7.6 (22,26) 10 (21,26)		Esela	3 665
Lying DB Tricep Extentions	50 to 60s		Smooth	90 to 120	4 sets 7 (22,28) 10 (24,28)	5 orts	Bank	3 64%
	Exercise  DB Squate: Heels elevated (stand on book)  Lying Leg curis; Dorsi flexed or Nordic curis  DB Static Lunges/ Sissy Squats  Seated Abductions  Seated DB Curis	Exercise   Reps	Exercise	Exercise	Escribs         Reps         5th         Temp         Res           0.5 logics, Teach selected placed on boots)         55 lo 560         42 20 min         50 min         50 lot 50           6/mg Light place for boots can't in         55 lo 560         42 20 min         50 min         50 lot 50           208 little Limit pager Slow Spouse         55 lo 560         42 20 min         50 min         50 lot 50           Samed Aductions         55 lo 560         15 20 min         50 lot 50         16 20 min         50 lot 50           Samed Clicker         55 lot 560         15 20 min         50 lot 50         16 20 min         50 lot 50		Company   Comp	

110 108

Day 7 Rest Day/Recover/Grow

Going	back	into	lock	down
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Has 2 x DB's

4 x 5kg

6 x 2.5kg

Chin Up bar

Potentially do 1 exercise w/short rest or pair with body weight exercise

5 Olympic platforms Power Rack Rings Comp Benches Cable Tower Cambered Bar Competition Rack Big Rig Texas Bars Dumbells Kettlebells Yoke WL Bars Farmer's Walk Bumpers PROGRAM Back to the Gym - Berlin

PHASE Strength and Modified Heavy/Light
DATE 14th October 2020
BY Reece Adams Almog Flitter

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Flat BB Press	12 10 8 8	20 mins	40X0	N/A	60 65 70	65 70 75	70 75 80	75 80 85
A2	Chin Ups Neutral Grip	4 to 8	20 1111113	40X0	90 to 120	4 sets	4 sets	4 sets	3 sets
B1	DB Seated Shoulder Press; No back support	8 to 10		4010	30	4 sets	5 sets	5 sets	3 sets
B2	DB Lateral raises; Kneeling on High incline Bench	10 to 12	16-20 mins	3010	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Bent Over BB Row; Pronated Grip	8 to 10		4010	30	4 sets	5 sets	5 sets	3 sets
C2	Single Arm DB row; Normal Grip and Alt starting side	10 to 12	16-20 mins	3011	90 to 120	4 sets	5 sets	5 sets	3 sets

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	BB Squats; to bench or box	5	20 mins	5010	N/A	40 to 50kg (4 sets)	(4 sets)	(4 serbi)	3 sets
A2	Seated Banded Abdcutions	20	20 1111115	2010	90 to 150	4 sets	4 sets	4 sets	3 sets
B1	DB Lunges; Static - Alt starting side	8 to 10	16-20 mins	4010	N/A	4 sets	5 sets	5 sets	3 sets
B2	BB Stiff legged deadlifts or Back extention depending what they have and you prefer	10 to 12	10 20 111115	3010	90 to 150	4 sets	5 sets	5 sets	3 sets
C1	Standing Ez Bar Curls	10 to 12	16-20 mins	3010	75	4 sets	5 sets	5 sets	3 sets
	Standing Overhead Cable Rope Tricep Extentions or Seated DB overhead Extentions	12 to 15		3010	75	4 sets	5 sets	5 sets	3 sets

Day 4	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
	30 Deg Incline BB Press; Roughly 10kg lighter than Flat BB Press	12 10 8 8	20 mins	40X0	N/A	50 55 60	55 60 65	60 65 70	65 70 75
A2	Lat Pulldown Pronated; Squeeze @ bottom	8 to 12	20 mins	30X1	90 to 120	4 sets	4 sets	4 sets	3 sets
B1	Dips	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
B2	30 Deg Incline DB Flys	10 to 12	10-20 IIIIIIS	3010	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Bent over BB Row; Supinated Grip	8 to 10	16-20 mins	4010	30	4 sets	5 sets	5 sets	3 sets
C2	DR Pullovers on bench	10 to 12	10-20 1111118	3010	90 to 120	4 sets	5 sets	5 sets	3 sets

DAY 5	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1 (4 sets)	Week 2 (5 sets)	Week 3 (5 sets)	Week 4 (3 sets ALL)
A1	Deadlift from floor Deadstop @ bottom reset each time	8 to 10	20 mins	41X0	N/A	60 to 65 (4 sets)	65 to 70 (4 sets)	70 to 75 (4 sets)	75 to 80 (3 sets)
A2	Seated Banded Abdoutions	20	20 1111115	2020	90 to 150	4 sets	4 sets	4 sets	3 sets
B1	DB Squats; Heels elevated	8 to 10	16-20 mins	4010	N/A	4 sets	5 sets	5 sets	3 sets
B2	BB Hip thrust on bench ideally 1 1/4 @ top	10 to 12	16-20 Mills	3011	90 to 120	4 sets	5 sets	5 sets	3 sets
C1	Incline DB Bicep Curls	10 to 12	16-20 mins	3010	75	4 sets	5 sets	5 sets	3 sets
C2	Lying Ez Bar Skull crushers	10 to 12	10-20 mins	3010	75	4 sets	5 sets	5 sets	3 sets

Day 7 Rest Day/Recover/Grow

PROGRAM RESET - Whilst in Quarantine

PHASE WHOLE BODY

DATE 15th November 2020

BY Reece Adams

FOR Almos Fifter

DAY	TRAINING SESSION
MONDAY	UPPER BODY
TUESDAY	REST
WEDNESDAY	LOWER BODY
THURSDAY	REST
FRIDAY	WHOLE BODY
SATURDAY	REST
SUNDAY	REST



DAY 1	UPPER BODY					Date;	Date;	Date;	
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	
	Push Ups; Can add resistance band or elevate feet to make it more difficult	10 to 12	3	40X0	90				
A2	Seated Banded Row	12 to 15	3	3011	90				
B1	Standing Banded Bicep Curls	10 to 15	3	3010	75				
B2	Standing Overhead Banded Tricep extentions	10 to 15	3	3010	75				

Day 2	LOWER BODY					Date;	Date;	Date;				
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	ĺ			
A1	Lunges; Can add resistance band under front foot if needed	10 to 12	3	4010	90				ĺ	5	5 5	5 5 3
A2	Seated Banded Abdcutions	20	3	2020	90				ĺ	5	5 5	5 5 3
B1	Jacknifes on floor	10 to 15	3	2121	75						4 5	4 5 3
B2	Standing Calf raises can add resistance band if needed	15 to 20	3	2121	75					1 ,	] , ,	1 , ,

DAY 3	WHOLE BODY					Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3
	Single arm Banded Shoulder Press or Hand stand push ups 4 to 6	10 to 12	3	4010	75			
A2	Kneeling Banded Lat Pulldown	12 to 15	3	3011	90			
B1	Lying Banded leg curls 1 1/4 @ top	8 to 10	3	4010	75			
B2	Stiff legged deadlifts can band resistance under feet	10 to 15	3	3010	90			

 W1
 W2

 More
 Upper

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 Lower
 Upper

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 Fr

 Upper
 Lower

 Lower
 Up

 Set
 Lower

 Sun
 Lower

PROGRAM ONE - Building a strong base

PHASE GPP - WELCOME HOME :) - BACK TO IT NOW SIR!!

DATE 8th December 2020

DATE BY Reece Adams
FOR Almog Flitter
NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled					
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled					
M3	Banded Lat Activation	10 each side	1	Controlled					
A1	Incline DB Press Rotating	8 to 12	4	4010	75				
A2	Lat Pulldown Pronated Grip	8 to 12	4	3011	75				
B1	Single Arm DB Shoulder Press	8 to 12	4	3010	60				
B2	Seated Row; Narrow neutral grip pause @ ribs	10 to 12	4	3011	60				
C1	Single Arm Half Kneeling Cable Row; Pulling from high	10 to 12	3	3011	30				
C2	T-raises on floor	12 to 15	3	2121	60				

Day 2	LOWER BODY A					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
M3	Facedown Glute kick back	15 each side	1	Controlled					
A1	DB Split Squats; Front Foot elevated	8 to 10	4	4010	75				
A2	Lying Leg curl; Dorsi flexed	8 to 10	4	4010	75				
B1	DB Squats; Heels elevated - Banded just below knee	8 to 12	4	3010	60				
B2	45 deg Back Extention w/2s Hold @ top	10 to 15	4	3012	60				
	Banded BB Hip thrust on floor with Abduction @ top no bounce	12 to 15	3	3012	30				
C2	Standing Calf Raise Machine	12 to 15	3	2121	60				

DAY 3	UPPER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled					
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled					
М3	Banded Lat Activation	10 each side	1	Controlled					
A1	Seated DB Shoulder Press No back support -	8 to 12	4	4010	75				
1	Lat Pulldown; Mid Supinated Grip; pause @ Bottom	10 to 12	4	3011	75				
	30 Deg Incline DB Press; Rotating - Start Neutral at Bottom then Pronated @ top	8 to 12	4	3010	60				
B2	Seated Row; Narrow Pronated grip; pause @ ribs	10 to 12	4	3011	60				
C1	Seated DB Curls no back support	10 to 12	3	3010	30				
C2	Lying Flat DB Tricep Extentions	10 to 12	3	3010	60				

Day 4	LOWER BODY B					Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled					
M2	Side lying Clams	25 each side	1	Controlled					
М3	Facedown Glute kick back	15 each side	1	Controlled					
A1	DB Split Squats; Front Foot elevated	8 to 12	4	4010	75				
A2	BB Romanian Deadlifts; Keep bar close to body and controlled	10 to 12	4	4010	75				
B1	DB Squats; Heels elevated	10 to 15	4	3010	60				
B2	Banded BB Hip thrust on floor with Abduction @ top no bounce	12 to 15	4	3012	60				
C1	Bicycle Crunches	8 to 15 each side	3	Smooth	30				
C2	Plank - Can do 3 point plank if regular one is too easy -	30 to 60s	3	Hold	60				

<sup>\*3</sup> point plank is on 2 elbow with 1 foot lifted. At half way point swap leg to keep it as even as possible.

Week 1		2	3
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

PHASE Strength and Hypertrophy Focus
DATE 4th January 2021
BY Reece Adams

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	6 to 8	5	4010	90					
A2	Chin Ups; Pronated Grip - Use assisted machine or bands	6 to 8	5	4010	90	25 mins				
B1	Seated DB Shoulder Press no back support	8 to 10	3	3010	75					
B2	Seated Row; Supinated grip pause @ ribs	8 to 10	3	3011	75	20 mins				
C1	DB Lateral raises	10 to 12	3	3011	60	15 mins				
C2	Single Arm DB Row	10 to 12	3	3011	60					

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box; 5s Down	6 to 8	5	5010	90	25 mins				
A2	Lying Leg curl; Dorsi flexed	6 to 8	5	4010	90	23 1111118				
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 10	3	3010	75	20 mins				
B2	90 deg Back Extention w/6s Hold @ top	8 to 10	3	3016	75	20 IIIIIIS				
C1	Banded BB Hip thrust on bench with 1 1/4 @ top	10 to 12	3	3011	60	15 mins				
C2	Standing Calf Raise Machine w/2s Hold @ top	10 to 12	3	2121	60	131111118				

Doesn't have a 45 back ext

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	30 Deg Incline BB Press	6	4	4010	15	20 mins				
A2	Flat DB Press	10 to 12	4	3010	90 to 120	201111115				
B1	Lat Pulldown; Supinated Grip	6	4	4010	15					
B2	Seated Row; Narrow neutral grip; pause @ ribs	10 to 12	4	3011	90 to 120	20 mins				
C1	Incline DB Curls	10 to 12	3	3010	60	15 mins				
C2	Standing Cable Pushdowns	10 to 12	3	3010	60	13 illiis				

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
	BB Romanian Deadlifts; Keep bar close to body and controlled	6	4	5010	15	20 mins				
A2	Lying leg Curls; Dorsi flexed	10 to 12	4	3010	90 to 120	20 1111115				
B1	DB Squats; Heels elevated - Banded just below knee	6 to 8	4	4010	15	20 mins				
B2	DB Static Lunges - Alt starting leg - Remember to stay braced before lowering	10 to 12	4	3010	90 to 120	20 IIIIIIS				
C1	Hanging Knee raises; Keep feet turned in	8 to 15	3	Hold	60	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top	15 to 20	3	Smooth	60					

eek 1		2	3	4
per	Lower	Upper	Lower	
wer	Upper	Lower	Upper	
oper	Lower	Upper	Lower	

PROGRAM THREE - 5x5 and PUMP Focus
PHASE Strength and Hypertrophy
DATE 1st February 2021
BY Reece Adams

IOTES Stick to the Tompe and Best periods to the "T

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	5	5	4010	60					
	Chin Ups; Semi Supinated Grip - Use assisted machine or bands if needed	5	5	4010	120	25 mins				
B1	Standing Single Arm DB Shoulder Press w/Deadstop @ bottom	6 to 8	3	3110	60	20 mins				
B2	Seated Row; Mid Pronated Grip 1 1/4 @ upper ribs - think upper back	6 to 8	3	3011	90	20 mins				
C1	Single Arm DB Lean away lateral raises	10 to 15	3	3011	45	15 mins				
C2	Rear delt flys machine or cable	10 to 15	3	3011	75	101111111				

LOWER BODY A						Date;	Date;	Date;	Date;
Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
Side lying Clams	25 each side	1	Controlled						
Facedown Glute kick back	15 each side	1	Controlled						
BB Squat to Box; 5s Down	5	5	5010	60	25 mins				
Lying Leg curl; Dorsi flexed	5	5	5010	120	23 1111115				
DB Squats; 1 1/4 @ bottom Heels elevated	6 to 8	3	3010	60					
90 deg Back Extention w/8s Hold @ top	6 to 8	3	3018	90	20 mins				
Leg Extentions; Keep tension in quads Pause @ top and bottom avoid momentum	10 to 15	3	3111	45	15 mins				
Seated if access otherwise Standing Calf Raise Machine is fine w/1s Hold @ top	12 to 15	3	2121	75	13 1111113				
	Exercise  Rolling Plank Front, Side, Front, Side  Side lying Clams  Facedown Glute kick back  BB Squat to Box; 5s Down  Lying Leg curt; Dorsi Rexed  DB Squats; 114@ bottom Heels elevated  30 deg Back Extention wi8s Hold @ top  Leg Etkentions, Expe Instion in quads Pause @ top  Leg Etkentions, Expe Instion in quads Pause @ top	Exercise	Exercise   Reps   Sets	Exercise   Reps   Sets   Tempo	Exercise   Reps   Sets   Tempo   Rest	Exercise   Reps   Sets   Tempo   Rest	Exercise   Reps   Sets   Tempo   Rest   Week 1	Exercise	Exercise

DAY 3	UPPER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	45 Deg Incline BB Press	8	6	4010	45	25 mins				
A2	Lat Pulldown; Pronated Grip	8	6	4010	45	20 111110				
B1	15 Deg Incline DB Wide Press; Stay neutral	8 to 12	4	3010	45					
	T-Bar Row	8 to 12	4	3011	45	20 mins				
	Seated DB Hammer Curls w/Pause @ 90deg on way down	8 to 10	3	3010	45	15 mins				
C2	Lying Flat EZ Bar skullcrushers or DBs if no ez bar	8 to 12	3	3010	45					

Day 4	LOWER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Trap Bar Deadlifts High Handle	8	6	4010	45	25 mins				
A2	Single Leg Lying leg Curls	8	6	4010	45	25 IIIIIIS				
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 12	4	3010	45	20 mins				
B2	90 Deg Back extentions	10 to 12	4	3010	45	201111115				
C1	Bicycle crunches	8 to 15 each side	3	Smooth	45	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top	12 to 15	3	Smooth	45	101111110				

eek 1		2	3	4
per	Lower	Upper	Lower	
wer	Upper	Lower	Upper	
per	Lower	Upper	Lower	

PROGRAM THREE - 5x5 and PUMP Focus - HOME GYM

PHASE Strength and Hypertrophy
DATE 13th February 2021
BY Reece Adams
FOR Almog Fitter

NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
М3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	5	5	4010	60	05				
	Chin Ups; Semi Supinated Grip - Use assisted machine or bands if needed	5	5	4010	120	25 mins				
	Standing Single Arm DB Shoulder Press w/Deadstop @ bottom	6 to 8	3	3110	60	20 mins				
B2	Seated Row; Mid Pronated Grip 1 1/4 @ upper ribs - think upper back	6 to 8	3	3011	90	20 mins				
C1	Single Arm DB Lean away lateral raises	10 to 15	3	3011	45	15 mins				
C2	Rear delt flys Plates or Band pullaparts 15 to 30 reps	10 to 15	3	3011	75	101111110				

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box; 5s Down	5	5	5010	60	25 mins				
A2	Nordic Curls	5	5	5010	120	23 1111118				
B1	DB Squats; 1 1/4 @ bottom Heels elevated	6 to 8	3	3010	60	20 mins				
B2	BB Romanian Deadlifts	6 to 8	3	3018	90	20 mins				
C1	Jacknifes	10 to 20	3	Smooth	45	15 mins				
C2	Standing Calf Raise w/1s Hold @ top	12 to 15	3	2121	75	13 IIIIIS				

DAY 3	UPPER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	45 Deg Incline BB Press	8	6	4010	45	25 mins				
A2	Lat Pulldown; Pronated Grip	8	6	4010	45	231111115				
B1	15 Deg Incline DB Wide Press; Stay neutral	8 to 12	4	3010	45					
B2	T-Bar Row or Bent over BB row Supinated Grip	8 to 12	4	3011	45	20 mins				
	Seated DB Hammer Curls w/Pause @ 90deg on way down	8 to 10	3	3010	45	15 mins				
C2	Lying Flat EZ Bar skullcrushers or DBs if no ez bar	8 to 12	3	3010	45	101111110				

Day 4	LOWER BODY B - PUMP						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	Trap Bar Deadlifts High Handle	8	6	4010	45	25 mins				
A2	Single Leg Banded leg Curls	8	6	4010	45	25 IIIIIIS				
B1	DB Step Ups; Just below knee - Keep knee straight	8 to 12	4	3010	45	20 mins				
B2	Cable or Banded Pullthroughs	10 to 15	4	3010	45	201111115				
C1	Bicycle crunches	8 to 15 each side	3	Smooth	45	15 mins				
C2	Banded BB Hip thrust on Bench; Squeeze @ top or Single Leg Hip thrust	12 to 15	3	Smooth	45					

Week 1		2	3	
Upper	Lower	Upper	Lower	
Lower	Upper	Lower	Upper	
Upper	Lower	Upper	Lower	

 PROGRAM
 ONE

 PHASE
 HYPERTROPHY

 DATE
 9th March 2021

 BY
 Reece Adams

 FOR
 Almog Flitter

NOTES Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Flat BB Press	8 to 10	4	4010	90	25 mins	72.5	72.5 to 77.5	77.5 to 82.5	82.5 to 87.5
A2	Lat Pulldown Mid Pronated Grip	8 to 10	4	3011	90	25 IIIIIIS				
B1	30 Deg Incline DB Wide Press - Pec Focus	10 to 12	4	3010	75	20 mins				
B2	Seated Row; Narrow neutral grip	10 to 12	4	3011	75	20 mins				
1	Standing Cable Pec Flys - height	10 to 15	3	3011	60	15 mins				
D*	Standing Cable Lat Pullover; Long Rope or Straight bar - Whichever you feel more	10 to 15	3	3011	60	10.111115				

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Squat to Box	8 to 10	4	4010	90	25 mins	72.5	72.5 to 77.5	77.5 to 82.5	82.5 to 87.5
A2	Lying Leg curl; Plantar flexed	8 to 10	4	4010	90	20 111113				
	DB Squats; Heels elevated - Banded around ankles if needed	10 to 12	4	3010	75	20 mins				
B2	90 deg Back extentions; Squeeze @ top	10 to 12	4	3011	75	20 1111115				
	Leg Extentions; Keep tension in quads Pause @ top and bottom avoid momentum	10 to 12	3	3111	60	15 mins				
C2*	Standing Calf Raise Machine is fine w/Squeeze @ top	10 to 12	3	2121	60	13 1111118				

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Stick Dislocates	10	1	Controlled						
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled						
M3	Banded Lat Activation	10 each side	1	Controlled						
A1	Seated DB Shoulder Press; Back Supported and Rotating grip	8 to 10	4	4010	90	25 mins				
A2	Lat Pulldown Mid Supinated Grip	8 to 10	4	3011	90	20111110				
B1	Flat DB Press; Neutral Grip	8 to 12	4	3010	75					
B2	Seated Row; Wide Pronated Grip	10 to 12	4	3011	75	20 mins				
C1*	Standing DB Curls	10 to 12	3	3010	60	15 mins				
C2*	Standing Cable Pushdowns; Straight bar	10 to 12	3	3010	60	.c.iiiis				

\*Week 3 and 4 - Do Drop set on last set (10/10/10)

										•
Day 4	LOWER BODY B						Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled						
M2	Side lying Clams	25 each side	1	Controlled						
M3	Facedown Glute kick back	15 each side	1	Controlled						
A1	BB Rack Pull; Just below knee	8 to 10	4	4010	90	25 mins				
A2	Nordic curls to bench or Leg curl dorsi flexed	8 to 10	4	4010	90	25 IIIIIIS				
B1	Banded BB Hip thrust on Bench; Squeeze @ top	10 to 12	4	3010	75					
B2	DB Stiff legged deadlifts	10 to 12	4	3010	75	20 mins				
C1	Hanging knee raises	10 to 15+	3	Smooth	60	15 mins				
C2	Single Leg calf raises	8 to 15	3	2121	60	13 1111115				

 Week 1
 2
 3

 Upper
 Lower
 Upper
 Lower

 Lower
 Upper
 Lower
 Upper

 Upper
 Lower
 Upper
 Lower

PROGRAM TWO
PHASE HYPERTROPHY
DATE 12th April 2021
BY Reece Adams
FOR Almog Flitter

Stick to the Tempo and Rest periods to the "T"

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	5 to 7	4	4010	60	25 mins	77.5 to 82.5	80 to 85	82.5 to 87.5	85 to 90	87.5 to 92.5
A2*	Lat Pulldown Mid Pronated Grip 1 1/4 @ bottom	5 to 7	4	4010	120	25 mins					
B1**	45 Deg Incline DB Wide Press w/Pause @ bottom	8 to 10	4	3110	75	20 mins					
B2**	Seated Row; Mid Neutral Grip; Squeeze @ body	8 to 10	4	3011	75	20 mins					
	Seated Pec Fly machine Pause @ stretch and contracted position	10 to 12	3	3111	60	15 mins					
	Single Arm DB Trap 3 Raises on Incline bench	10 to 12	3	4010	60	10 1111115					

\*Keep Chest out and quality movement by focusing on using your back to do the 1/4 part no bouncing
\*\*Week 3 and 4 - Do Drop set on last set (8/8/8)

Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box	5 to 7	4	4010	60	25 mins	80 to 85	82.5 to 87.5	85 to 90	87.5 to 92.5	90 to 95
A2	Lying Leg curl; Plantar flexed	5 to 7	4	4010	120	20 111115					
	DB Squats; Heels elevated - Banded around ankles if needed w/2s Pause @ bottom	8 to 10	4	3210	75	20 mins					
B2*	Leg Extentions; keep tension in quads	8 to 12	4	3010	75	20 1111115					
C1	DB Stiff legged deadlifts	10 to 12	3	3010	60	15 mins					
C2	Standing Calf Raise Machine is fine w/Squeeze @ top	12 to 15	3	2121	60						

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	5 to 7	4	4010	60	25 mins					
A2*	Lat Pulldown Mid Supinated Grip 1 1/4 @ bottom	5 to 7	4	4010	120	20 1111115					
B1	Dips	8 to 10	4	3010	75						
B2	Single Arm DB Row	10 to 12	4	3011	75	20 mins					
C1**	Standing Ez Bar curls	8 to 12	3	3010	60	15 mins					
C2**	Lying Flat DB Tricep extentions	8 to 12	3	3010	60						

\*Keep Chest out and quality movement by focusing on using your back to do the 1/4 part no bouncing
\*\*Week 3 and 4 - Do Drop set on last set (8/8/8)

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	5 to 7	4	4010	60	25 mins	110	110 to 115	115 to 120	120 to 125	125 to 130
A2	Nordic curls to bench or Leg curl dorsi flexed	5 to 7	4	4010	120	20 1111115					
B1	Banded BB Hip thrust on Bench; 3s Squeeze @ top	8 to 10	4	3013	75						
B2	DB Step ups; Mid shin	10 to 12	4	3110	75	20 mins					
C1	Kneeling Cable Crunches w/Rope	10 to 15	3	Smooth	60	15 mins					
C2	Single leg calves on leg press	12 to 15	3	2121	60	10 1111115					

PROGRAM
THREE
PHASE STRENGTH AND HYPERTROPHY
DATE 17th May 2021
BY Recce Adams
FOR Almog Filter
NOTES Slick to the Tempo to the "T"
With A's if you need longer rest thats fine as its important you are fully recovered:)

DAY	TRAINING SESSION
MONDAY	REST
TUESDAY	UPPER BODY A
WEDNESDAY	LOWER BODY A
THURSDAY	REST
FRIDAY	UPPER BODY B
SATURDAY	LOWER BODY B
SUNDAY	REST



DAY 1	UPPER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest	Duration	Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Flat BB Press	3 to 5	4	4010	60	25 mins	80	80 to 85	85 to 90	90 to 95	95 to 100
A2	Chin Ups; Mid Pronated Grip	3 to 5	4	4010	120	20 1111115					
B1	60 Deg Incline DB w/Pause @ bottom	6 to 8	4	3110	75	20 mins					
B2	Seated Row; Mid Supinated Grip; Squeeze @ body	8 to 10	4	3011	75	20 mins					
	DB 30 deg Pec Fly Pause @ stretch and contracted position	10 to 15	3	3111	60	15 mins					
D	Seated Rear delt flys - Pause @ contractions	10 to 15	3	3021	60	10 1111113					

Week 1		2	3
Upper	Lower	Upper	Lower
Lower	Upper	Lower	Upper
Upper	Lower	Upper	Lower

		i l									
Day 2	LOWER BODY A						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Squat to Box - Slightly above paralell	3 to 5	4	4010	60	25 mins	85 to 90	90 to 95	95 to 100	100 to 105	105 to 110
A2	Lying Leg curl; Dorsi flexed	3 to 5	4	4010	120	20 111113					
	DB Squats; Heels elevated - Banded around ankles if needed w/1 1/4 @ bottom	6 to 8	4	3010	75	20 mins					
B2	DB Stiff legged deadlifts	8 to 10	4	3010	75	20 mins					
С	Leg Extentions; Keep tension in quads Pause @ top and bottom	10 to 15	3	3111	60	15 mins					
	Standing Calf Raise Machine Toes inward then toes outward	8 to 10/8 to 10	3	2121	60	10 111115					

DAY 3	UPPER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Stick Dislocates	10	1	Controlled							
M2	Bird Dogs with 5sec Hold @ top	5 each side	1	Controlled							
M3	Banded Lat Activation	10 each side	1	Controlled							
A1	Standing BB Military Press	3 to 5	4	4010	60	25 mins	47.5	47.5 to 50	50 to 52.5	52.5 to 55	55 to 57.5
A2	Chin Ups Narrow Neutral Grip	3 to 5	4	4010	120	20 111113					
B1	Flat DB Press	6 to 8	4	3010	75						
B2	Seated Row; Mid pronated grip Pause @ body think upper back/rear delts	8 to 10	4	3011	75	20 mins					
C1	Seated DB Hammer curls	8 to 10	3	3010	60	15 mins					
C2	Standing Cable Pushdowns; Straight bar or Ez bar	8 to 12	3	3010	60	10 1111115					

Day 4	LOWER BODY B						Date;	Date;	Date;	Date;	Date;
Order	Exercise	Reps	Sets	Tempo	Rest		Week 1	Week 2	Week 3	Week 4	Week 5 (3 sets all)
M1	Rolling Plank Front, Side, Front, Side	30s 15s 15s 15s	1	Controlled							
M2	Side lying Clams	25 each side	1	Controlled							
M3	Facedown Glute kick back	15 each side	1	Controlled							
A1	BB Rack Pull; Just below knee	5	4	4010	60	25 mins	120 to 130	125 to 125	130 to 140	135 to 145	140 to 150
A2*	Nordic curls to bench or Leg curl plantar flexed	5	4	4010	120	20 1111115					
B1	Banded BB Hip thrust on Bench; 1 1/4 @ top	6 to 8	4	3011	75						
B2	DB Step ups; Medium size step - next height up from the last one	8 to 10	4	2010	75	20 mins					
C1**	Hanging Knee raises; Do it with toes turned in - Tuck from pelvis and only go down to 90 deg angle then back	10 to 15+	3	2121	60	15 mins					
C2	Calf raises on leg press	12 to 15	3	2121	60	15 mins					

<sup>&</sup>quot;Yes I know its less reps but the intent is for you to go out further and to put more effort into each rep - So whilst theres less of them they are harder reps
"If can do more than 15 awesome but make sure they are under control and of high quality before pushing the reps.

Do Charles Staley EDT training next phase

Work up to using this method with shorter rest

https://www.t-nation.com/training/the-new-40-30-5-method

Next program - OCT Tri-set 6 8 to 10 12 to 15 Bands Occlusion Straps Pull up bar DB's

Almog 3 months away

Can do plenty steps

Aim is to retain muscle whilst still improving body comp

6	6 to 8	4 to 6
P1	P2	Р3
P4	P5	P6

## **Upper Pecs**

Deadlifts from ground Trap 3 raises Rear delt emphasis Upper pec (give flys) Hanging knee raises

GIGANTIC BICEPS (a personal goal)

147/87 Blood pressure.

Cant do decline DB press cause cant get up without hurting the DB's

Take pull ups out

Discomfort in right shoulder (pec minor region) restriction

Give floor press option