A black and white photograph of a muscular man in a gym. He is wearing a dark tank top with a small logo on the chest and dark shorts. He is flexing his right arm, showing his bicep. In the background, there are other people and gym equipment, though they are out of focus.

# FUNDAMENTALS HYPERTROPHY PROGRAM

JEFF NIPPARD

FUNDAMENTALS

# HYPERTROPHY PROGRAM

WRITTEN BY

JEFF NIPPARD



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# ABOUT ME

**Jeff is a professional drug-free bodybuilder and powerlifter.** Through his informative and entertaining Youtube channel which has gathered a fan-base of over 700,000 subscribers, Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and getting healthier.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through

training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block Periodization, concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field. Jeff currently lives in Kelowna, Canada where he is producing informative YouTube videos and podcasts while preparing for his next competition season in natural bodybuilding in 2019.



# ABOUT THIS PROGRAM

## WHAT THIS PROGRAM IS

Before we dive into the anatomy and architecture behind the training program itself, I want to make it clear what this training manual is intended to accomplish. As I'll repeat throughout this document, the primary goal of The Fundamentals Program is to establish a solid strength base with specifically selected foundational exercises. There are three separate 8-week programs included: a full body routine (3 days per week), an upper/lower routine (4 days per week) and a bodypart split routine (5 days per week). The level of volume and the types of exercises included in each routine are very similar, meaning that the three routines are equally appropriate regardless of your experience level. In other words, you will see the same results running either of the three routines in whatever order you see fit and according to your schedule or your training preferences. All three are included to provide variety, so that you can

pick a routine that suits your needs best and, once you run through it, you have the option of running another two unique programs for 8 weeks a piece.

## WHAT THIS PROGRAM ISN'T

This Fundamentals Training Program manual is not intended to be an all-inclusive resource for all things training related. I initially wrote this document as a supplement to my [Training Fundamentals YouTube Series](#), meaning that there will be information covered in the series that won't be recapitulated here. At the time of writing, I plan to release The Fundamentals Book (title subject to change) later in 2018 or early 2019 which will cover anything and everything training related from A to Z. The main purpose of this program is to provide three tangible, actionable programs that can be executed without having to understand all of the underpinnings of my programming science and philosophy. With that said, there is still plenty to chew on here: just about 90 pages in total, including a full blown anatomy section (something I didn't have the chance to cover in my Fundamentals YouTube Series in detail), a section explaining the specific programming principles at play (volume, intensity, frequency, etc.), video links for technique demonstration for each exercise and 26 unique scientific references. Still, if you're an unexperienced new trainee, I would strongly recommend watching my [Fundamentals YouTube Series](#), since it will help strengthen your grasp of the concepts being discussed here.

This program isn't intended to teach or instruct you on basic lifting technique and assumes you already have a basic understanding of how to perform the exercises included with proper form. If there are any exercises you aren't familiar or confident with, please refer to the video links section for demonstration. It also comes strongly recommended that you have a personal trainer, coach or experienced friend provide feedback on your technique for new movements.



# KEY TERMS

**DB:** Dumbbell

**LSRPE:** Last set RPE

**PROGRESSIVE OVERLOAD:** The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps)

**ROM:** Range of motion

**RPE:** Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved.

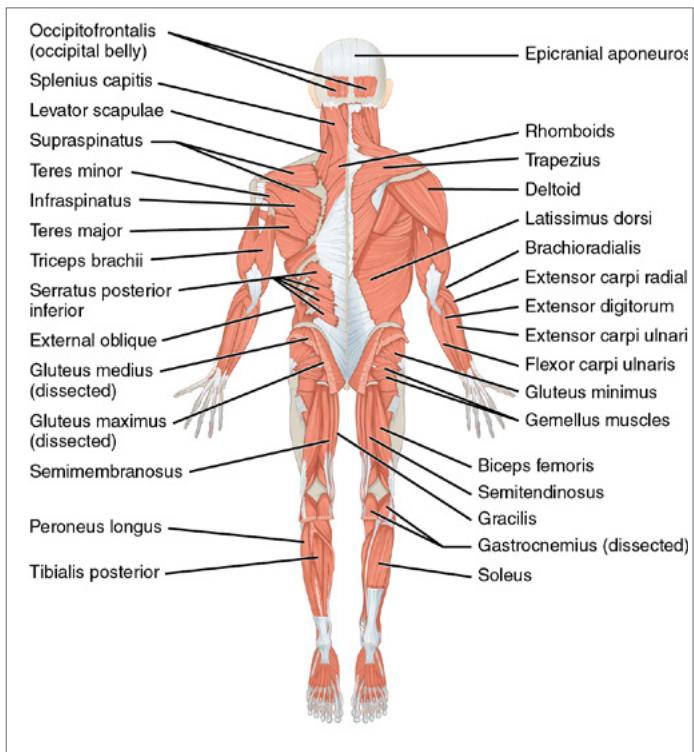
**TEMPO:** The speed at which the lift occurs.

**DOMS:** Delayed Onset Muscle Soreness



# ANATOMY

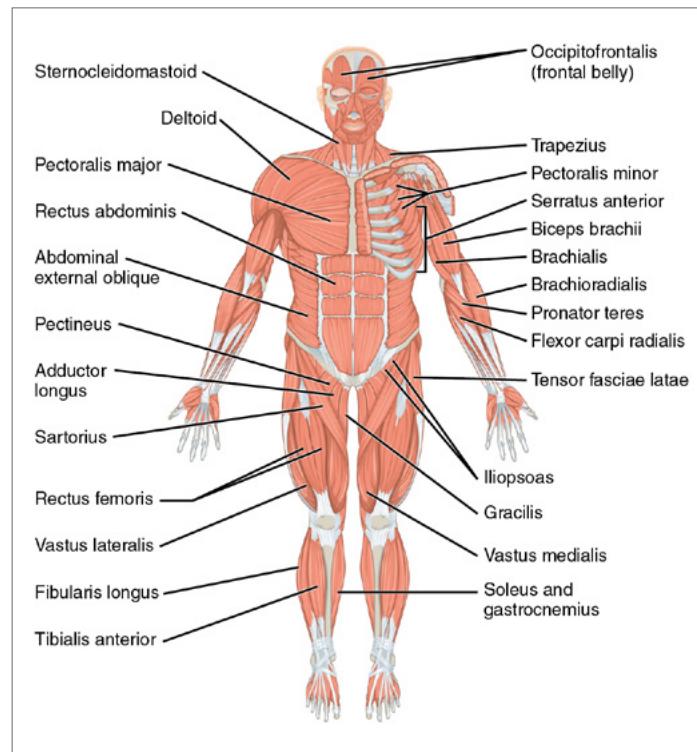
**Figure 1:** The Main Posterior Muscles



Major muscles of the body.

Ride side: superficial; left side: deep (posterior view)

**Figure 2:** The Main Anterior Muscles

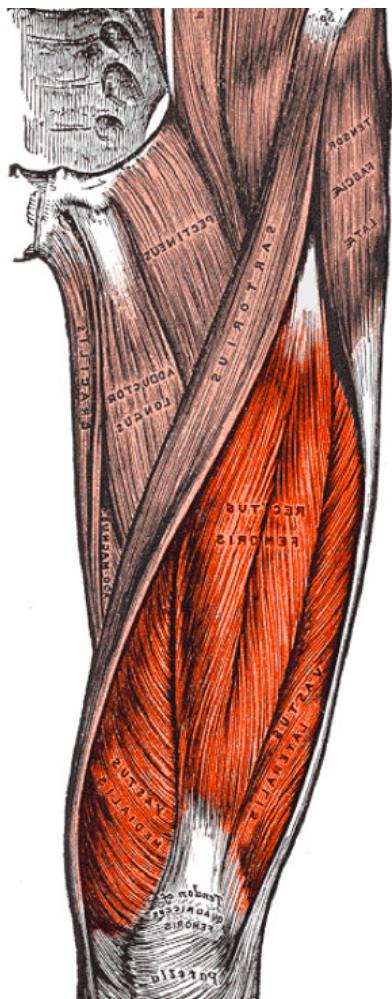


Major muscles of the body.

Ride side: superficial; left side: deep (anterior view)

# FUNCTIONAL ANATOMY

It is important to understand the functional anatomy and biomechanics of the main muscles we'll be targeting before we can understand how to best train them. Functional anatomy determines what muscles can do. There are two things to consider when looking at a muscle's functional anatomy - its origin and insertion. Muscles attach to bone by tendons from at least two points. The origin is the fixed attachment which does not move and the insertion is the attachment which moves closer to the origin when a muscle contracts. This is the contracting phase, referred to as the concentric phase (also known as the "positive" phase), which is normally followed by the eccentric phase (lowering the weight - also known as the "negative" phase).



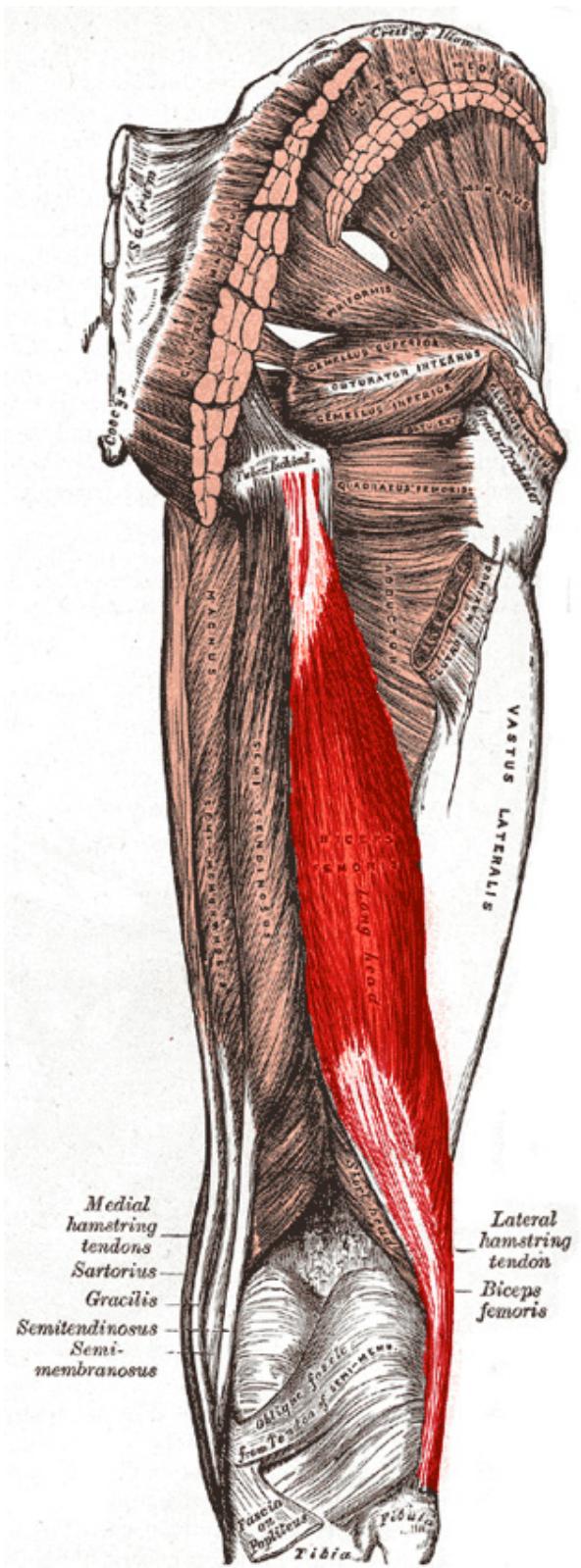
**QUADRICEPS:** The quadriceps ("quads" for short) are comprised of four muscles, often referred to as "heads": the vastus lateralis ("quad sweep"), vastus medialis ("tear drop"), rectus femoris (the middle portion of your upper thigh), and vastus intermedius (which runs underneath the rectus femoris). The quads act to extend the knee, taking the leg from a bent position to a straight position. Each muscle of the quad has its own unique insertion which we won't worry about too much here. Just remember that the main action of the quads is to extend (straighten) the knee.

**ORIGIN:** The vasti muscles originate on the body of femur ("thigh bone"). The rectus femoris originates on the ilium of the "hip bone"

**INSERTION:** Tibial tuberosity

**EXERCISES:** Squat, walking lunge, leg extension

Figure 3: Quadriceps Anatomy



**HAMSTRINGS:** The hamstrings are actually a complex of four muscles: semimembranosus, semitendinosus, and biceps femoris (which consists of a long head and a short head). The hamstrings collectively act to both flex the knee (take the leg from a straightened position to a bent position, as in a leg curl) and extend the hip (pushing your hips forward, as in a deadlift).

**ORIGIN:** The semitendinosus, semimembranosus, and long head of the biceps femoris originate on the ischial tuberosity. The short head of the biceps femoris originates on the linea aspera.

**INSERTION:** The semitendinosus and semimembranosus both insert on the tibia, while both the long and short heads of the biceps femoris insert at the fibula.

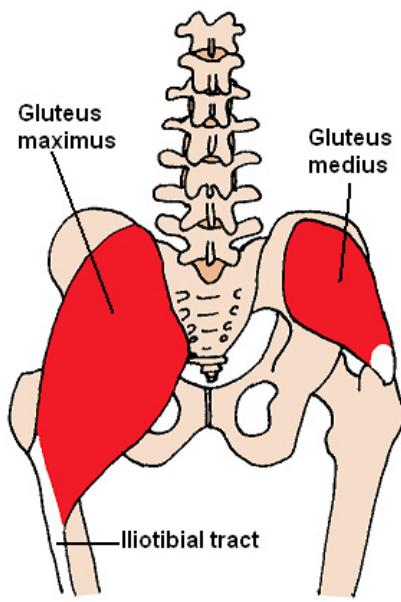
**EXERCISES:** Deadlift, romanian deadlift, leg curl

Figure 4: Hamstrings Anatomy

**GLUTEALS:** The gluteals (or “glutes”) are also a complex of muscles consisting of the gluteus maximus, gluteus medius, and gluteus minimus. As the name suggests, the gluteus maximus is the largest of the three, followed by the gluteus medius, and the smallest gluteus minimus. The gluteus maximus has multiple origins including the pelvis, sacrum, coccyx, and thoracolumbar fascia and multiple insertions including the upper femur and IT band. Because of this, it is able to perform a wide variety of functions, but primarily:

- Hip extension (push your hips forward)
- Hip abduction (move your thigh away from the midline)
- Hip external rotation (rotating your thigh bone outwards)
- Posterior pelvic tilt (tucking your butt “in”)

The smaller glute medius still occupies a hefty portion of the rear hip musculature and functions primarily as a stabilizer during dynamic movement and as a hip abductor. It originates on the pelvis and inserts on the femur. It is most effectively trained with exercises that require a high degree of stability, especially unilateral movements such as walking lunges, and exercises that train hip abduction, such as machine hip abductions.



**ORIGIN:** The gluteus maximus, medius, and minimus originate on the ilium.

**INSERTION:** The gluteus maximus and gluteus minimus insert to the iliotibial tract (IT band) and the gluteal tuberosity on the femur. The gluteus medius inserts to the greater trochanter on the femur.

**EXERCISES:** Hip thrust, squat, walking lunge, deadlift, machine seated hip abduction

Figure 5: Gluteals Anatomy

**PECTORALIS:** There are two pectoralis muscles (pecs for short) located on your chest: the pectoralis major and the pectoralis minor. The pectoralis major can be divided into two heads: the clavicular head or “upper chest” (which originates at the clavicle) and the sternal head or “lower chest” (which originates at the sternum). The pecs act to adduct the upper arm (bring the upper arm across the body), and to internally rotate the shoulder joint. The clavicular fibers also aid in shoulder flexion (raising your upper arm up), but the sternal fibers do not.

**ORIGIN:** The pectoralis major originates on the sternum and clavicle. The pectoralis minor originates on the 3rd-5th ribs.

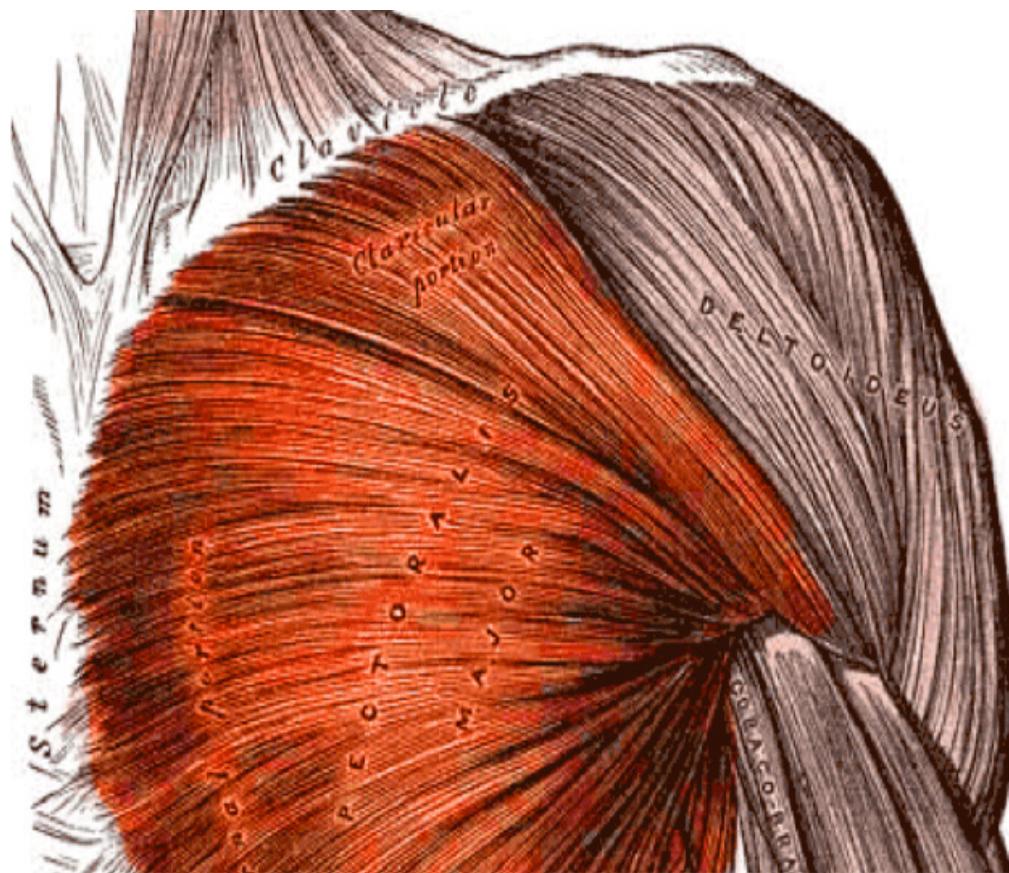


Figure 6: Pectoral Anatomy

**INSERTION:** The pectoralis major inserts on the humerus. The pectoralis minor inserts to the coracoid process (front of your shoulder).

**EXERCISES:** Bench press, dumbbell incline press, cable flies, dips, military press

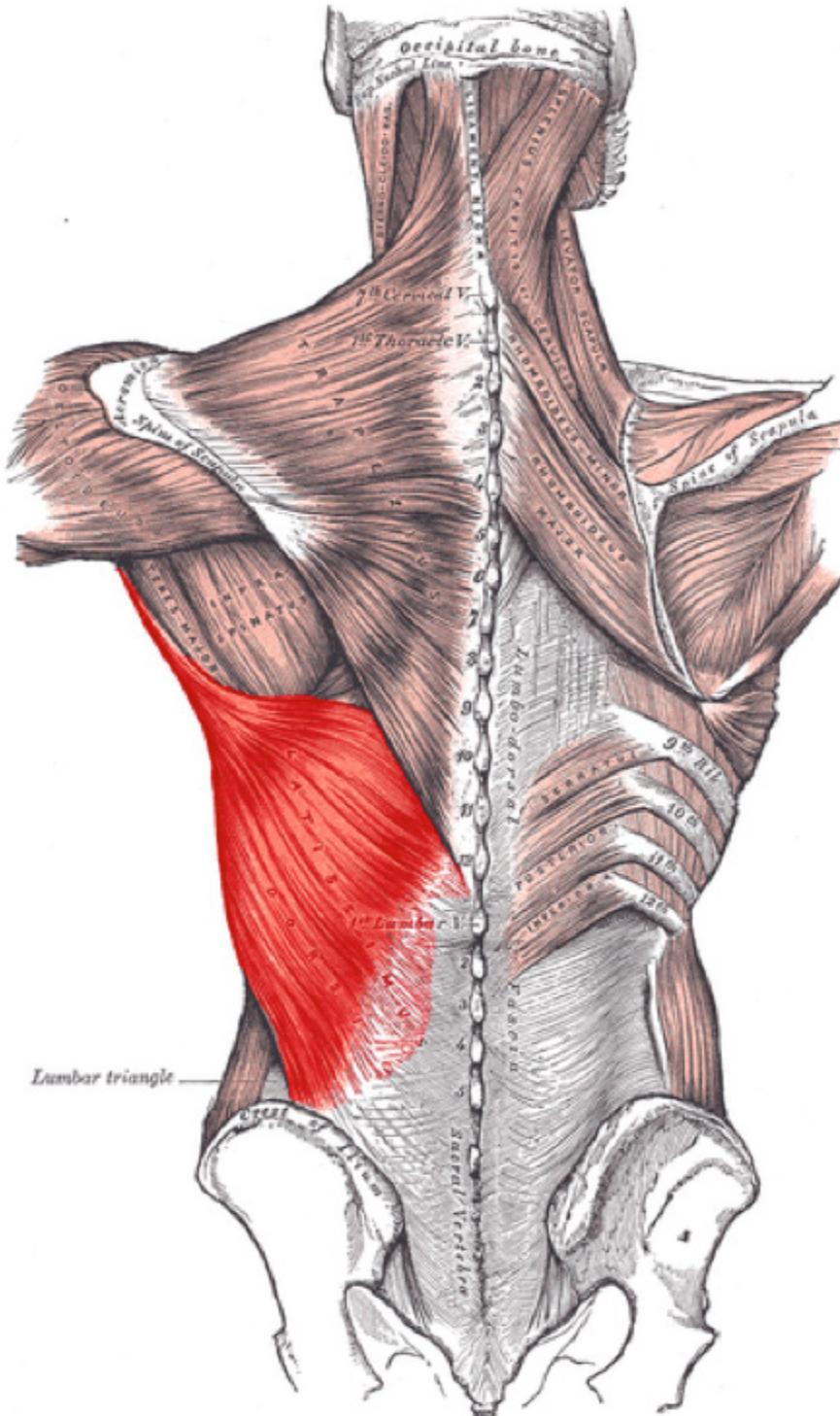


Figure 7: Latissimus Dorsi Anatomy

**BACK:** The back is comprised of a massive web of muscles, so for the sake of simplicity we will only look at the largest back muscles. The latissimus dorsi (lats for short) is a big muscle which runs from just underneath your arm pit all the way down to the bottom of your back. The lats primarily act to extend the shoulder (bring your upper arm downward) and adduct the shoulder (moving your elbows towards your mid back).

The trapezius (traps for short), is another large muscle running from the base of the skull down to the middle of your inner back. When people think about the traps, they tend to only

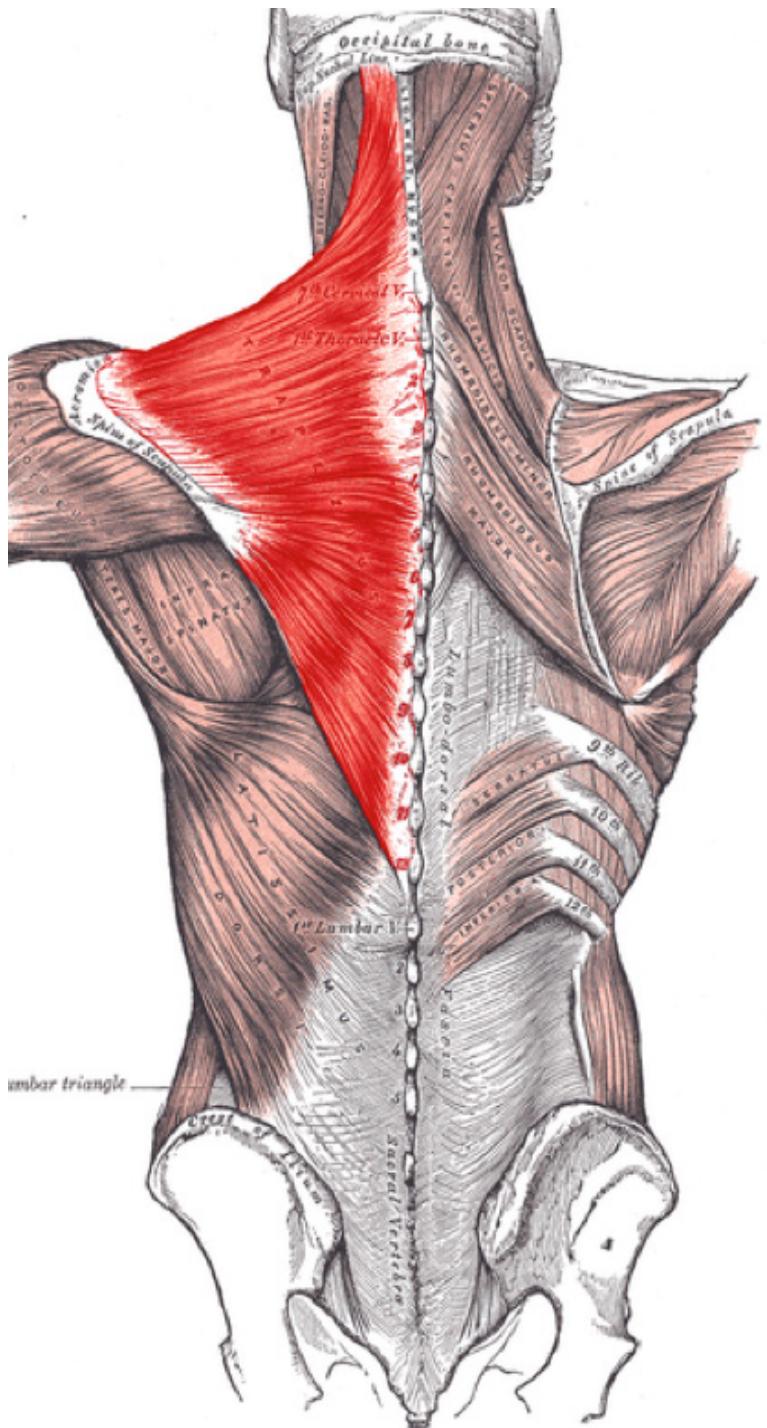
think of the upper fibers, but the middle and lower fibers take up a very large surface area as well. The traps act to elevate the scapulae (shrugging your shoulders), retract the scapulae (pull the shoulder blades back), and extend the shoulder (pull your arms backward when your elbows are raised).

## LATS:

**ORIGIN:** Iliac crest and thoracolumbar fascia

**INSERTION:** Humerus

**EXERCISES:** Supinated pulldowns, chest-supported T-bar row, seated face pull, deadlift (isometric contraction to prevent shoulder flexion)



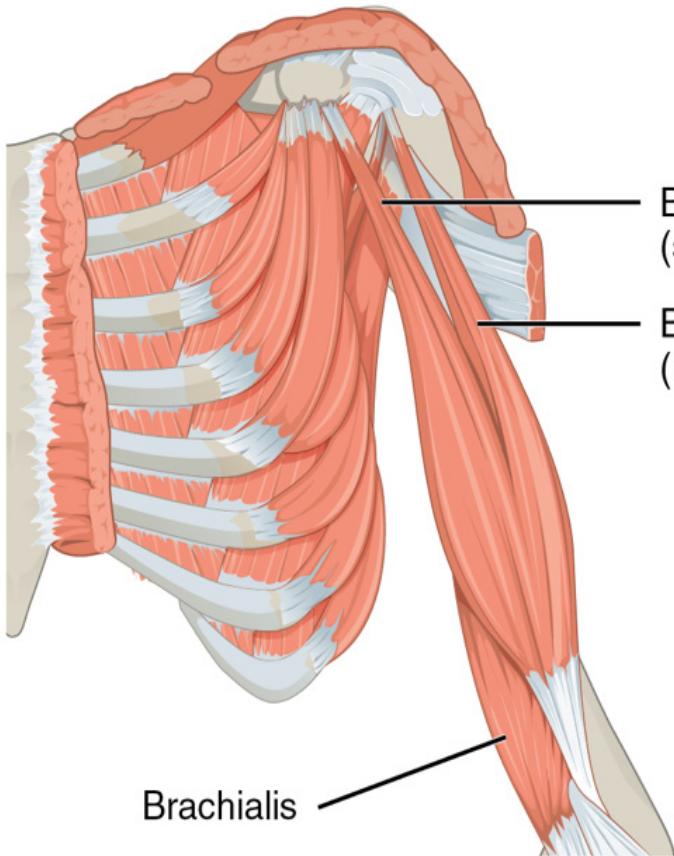
## TRAPS:

**ORIGIN:** Occipital bone (upper traps), corresponding supraspinous ligaments for the mid and lower traps

**INSERTION:** nuchal ligament

**EXERCISES:** Chest-supported T-bar row, cable seated row, seated face pull, deadlift (isometric contraction to prevent scapular depression)

Figure 8: Trapezius Anatomy



**BICEPS:** The biceps brachii are a two-headed muscle containing a long head and a short head. They collectively act to flex the elbows (bring the elbow from a straightened position to a bent position), and supinate the wrist (twist the pinky upwards). The brachialis, which runs underneath the biceps brachii, is also a strong elbow flexor.

**Figure 9:** Biceps Anatomy

**ORIGIN:** coracoid process, supraglenoid tubercle

**INSERTION:** Radial tuberosity

**EXERCISES:** Supinated pulldowns, dumbbell supinated curl, single-arm cable curl

**TRICEPS:** The triceps lie on the back of your upper arm and are made up of three heads: a long head, a medial head, and a lateral head. The triceps collectively act to extend the elbow (bring the elbows from a bent position to a straightened position).

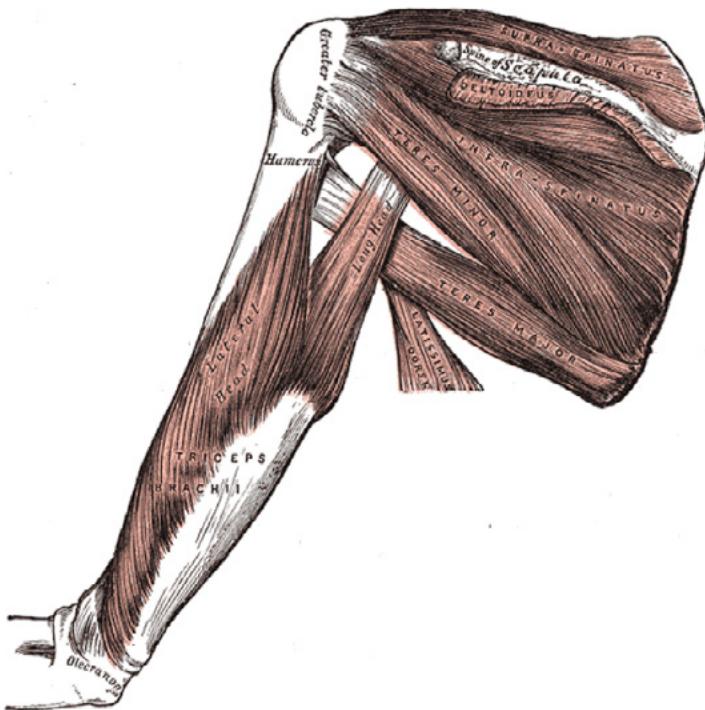


Figure 10: Triceps Anatomy

**ORIGIN:** Infraglenoid tubercle, radial groove

**INSERTION:** Olecranon process on ulna

**EXERCISES:** Rope triceps extension, dips, dumbbell skull crusher, bench press, military press, dumbbell incline press

**DELTOIDS:** The deltoids (or delts for short) are comprised of 3 different heads, the anterior deltoid (the “front” delt), the lateral deltoid (also known as the “middle” delt, and often mistakenly called the “medial delt”), and the posterior delt (also known as the “rear” delt). The anterior delt acts to flex the shoulder (raise the arm up), the lateral delt acts to abduct the upper arm (raise your upper arm out directly to your sides), and the posterior delt acts to abduct the shoulder (pull the shoulder back when the elbows are raised).

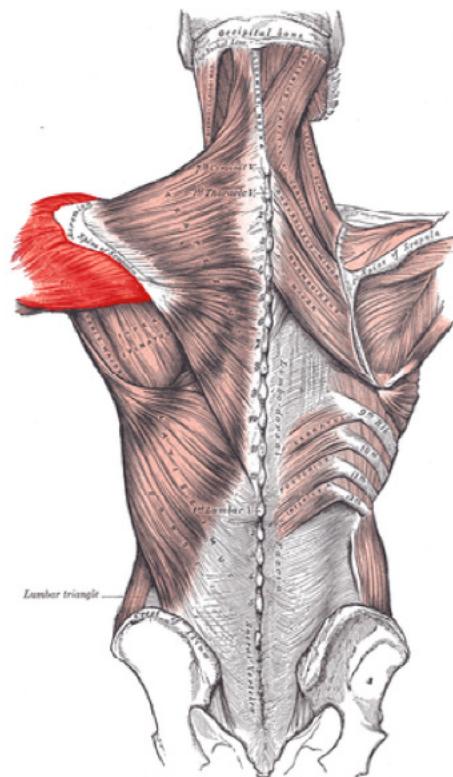


Figure 11: Deltoid Anatomy

**ORIGIN:** Clavicle, acromion process, spine of scapula

**INSERTION:** deltoid tuberosity of humerus

**EXERCISES:** Military press, dumbbell incline press, barbell bench press, lateral raise, seated face pull

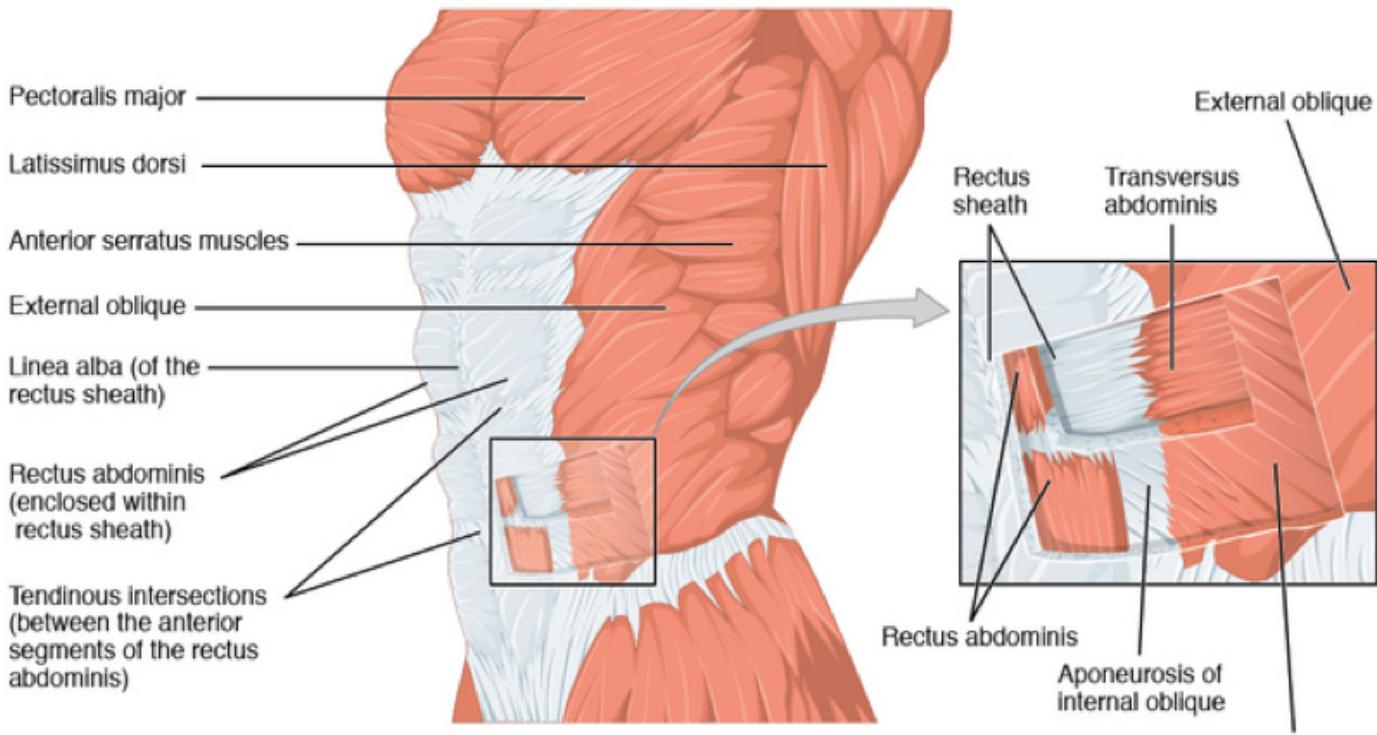


Figure 11: Abdominal Anatomy

**ABS:** The abs are a huge web containing many muscles which all have a similar function. When talking about the abs, we are typically referring to the rectus abdominis – which is the muscle that makes the “6-pack”. The rectus abdominis acts to flex the spine, rotate the torso, and resist spinal extension (prevent your lower back from arching inwards).

**ORIGIN:** Crest of pubis

**INSERTION:** Xiphoid process

**EXERCISES:** Crunches, planks



**CALVES:** The calves are a complex consisting of two muscles – the gastrocnemius (or gastroc for short) and the soleus. The gastrocnemius is the big muscle underneath the back of your knee and the soleus is a smaller, flatter muscle which runs underneath the gastroc down to your ankle. Both the gastroc and soleus act to plantarflex the ankle (point your toes down).

**ORIGIN:** Lateral and medial condyle of femur

**INSERTION:** tendo calcaneus

**EXERCISE:** Standing calf raise

**Figure 12:** Anatomy of the Calf Muscles



# F.A.Q.

## 1: How do I know if I am progressing?

A: Bodybuilding is a marathon, not a sprint. It can be difficult to accurately determine if you are making visual progress day-to-day or even week-to-week. Taking physique progress photos every 4-6 weeks and comparing them side by side is a good way to detect visual differences that you simply wouldn't notice in the mirror. But ultimately, because of the relationship between strength gain and muscle gain, the main metric I want you to use for tracking your progress is strength. If you're getting stronger, you're progressing. It is strongly recommended to log every workout either in writing (print the program out or use a separate notebook) or in an app, so you don't have to rely on memory to keep track of personal strength records. Taking body measurements a few times a year can also be helpful (arms, thigh, waist, neck) but simply focusing on steady strength progression will be your best proxy for determining muscular progress.

## **2: How much muscle can I expect to gain?**

A: How you respond to training will be largely determined by genetic factors. As a rough ballpark estimate for untrained male individuals, 1-2 lbs of muscle gain per month is reasonable (12-24 lbs of muscle gained in your first year). For early intermediates with about 1 year of lifting experience, progress will likely slow down to roughly 0.5-1 lbs of muscle gain per month (6-12 lbs of muscle gained in your second year). For practical purposes, women can divide muscle gain estimates in half.

## **3: What gym equipment should I use?**

A: Gym equipment is optional as there are no required pieces of equipment to gain muscle and increase strength. With that being said, investing in an 10mm prong or lever belt, knee sleeves, squat shoes, and straps can be beneficial in allowing you to lift more weight for certain exercises.

**YOU CAN FIND ALL OF MY RECOMMENDED EQUIPMENT AT THE FOLLOWING LINKS:**

### **BELTS:**

<https://www.rise.ca/collections/men-lifting-belts/products/old-school-leather-belt?ref=jeff>

<https://www.rise.ca/collections/men-lifting-belts/products/10mm-lever-belt-black?ref=jeff>

### **STRAPS:**

<https://www.rise.ca/products/lifting-straps-military?ref=jeff>

### **KNEE SLEEVES:**

<https://www.rise.ca/products/knee-sleeve-green?ref=jeff>

### **SQUAT SHOES:**

Adidas Powerlift 3.1 (The squat shoes I currently am using) - [Link](#)

#### **4: I have a belt. When should I wear it?**

A: Optionally use a lifting belt for working sets on exercises like squats, deadlifts and overhead (military) presses. Strength is a specific skill, so practice every rep in exactly the same way (meaning, if you're going to use a belt at all, use it consistently and for the same movements). I wouldn't recommend wearing on a belt on light warm-up sets.

#### **5: I am not getting sore from my workouts. Is the program not working?**

A: Muscle soreness is largely attributed to eccentric contractions [22] and long muscle length contractions [23]. Delayed onset muscle soreness (DOMS) isn't required for hypertrophy to occur, but the associated muscle damage might play a role in hypertrophy [24]. With that said, the main goal of the program is to establish a strength foundation, not to get you feeling sore. In fact, reduced soreness over time indicates that your body is adapting and recovering, which is actually a good thing for continued progress.

#### **6: I am getting very sore from my workouts. Should I skip the gym until I am not sore?**

A: You may experience increased soreness when you first begin the program because it is presenting a new stress to your body. Foam rolling can help reduce DOMS [25] and increase ROM [26], so if you are consistently getting sore week after week, consider adding a short 3-5 minute foam rolling routine at the end of the workouts. Otherwise, training while sore is not inherently problematic for muscle growth unless it puts you at an increased risk of injury. If you're having a difficult time getting into position for any of the planned exercises, or finding it difficult to complete a full ROM due to pain, do not train. Otherwise, in the case of mild soreness, perform a slightly longer warm up for each exercise and use your own discretion with avoiding injury being a top priority. One extra rest day will not set you back very far, but a serious injury will.

## **7: Should I eat in a caloric deficit, maintenance, or surplus while running this program?**

A: Eating in a slight caloric surplus will yield the best results and best recovery, however, if your main goal is fat loss, eating in a caloric deficit will be necessary. As a beginner, you can continue to make strength and size progress while in a moderate caloric deficit and achieve body recomposition (lose fat and build muscle at the same time) if protein intake is sufficient (0.8-1g/lb bodyweight as a ballpark).

## **8: The warm-up isn't enough for me. Can I add to it?**

A: You can add warm-up exercises to the protocol but your warm-up shouldn't take any longer than 10-20 minutes. It is important to stay injury-free, so don't rush into your workout.

## **9. Why is there such little exercise variation from week to week?**

A: Changing exercises from week to week is more likely to flatten out the strength progression curve. While there is some variation from week to week, most exercises are kept constant to ensure both progression (by adding volume incrementally to these specific movements) and mastery of exercise form and technique. If after 8 weeks you feel like you need to switch things up, then you can run one of the other 2 programs included in this manual.

## **10. There are 3 different splits. Which one should I run?**

A: Since adherence and sustainability are arguably the most important factors for long term success, it is important to start with a program that you think you will enjoy and actually stick to. Have a look through the 3 programs and go with the one that looks most appealing to you. I am a big fan of the upper/lower split personally, so if you are totally unsure, that would be a good one to start with.

## **11. What do I do after I finished the program?**

A: You have the option of running back through the same program again for another 8 weeks or moving on to one of the other splits provided. After the 1-2 year mark of running these programs, you will likely want to graduate on to one of my Intermediate Programs.

## **12. What are the blank boxes in the middle of each program for?**

A: They are for you to track your weights each week, so you can focus on strength progression from week 1 to week 8. Of course, this will only work if you print the program out. The other option would be to keep a notebook and simply pencil in your lifts each week. Keeping up with this habit of tracking is going to be an extremely important part of your success on this program.

Please direct all other question to [info@strcng.com](mailto:info@strcng.com). Please avoid directing questions about this program to my social media as it is not a reliable means of making contact with me or getting the correct information. Please allow 3-5 business days for an email reply.



# WARM UP

Before we look at exactly how you should warm-up, it's important to consider what the warm-up portion of your training session serves to accomplish. Warming up should function to increase your core body temperature, which improves performance [1] [2]. Your circadian rhythm also helps determine your core body temperature at any given point in time. When you wake up, your core body temperature is at its lowest, and it increases throughout the day. There seems to be a "sweet spot" for core body temperature, so doing 5-10 minutes of low-moderate intensity cardio is especially prudent if you exercise early in the morning [3].

Secondly, warm-ups serve as a way to increase muscle activation. Doing dynamic warm-ups (exercises and drills which take you through a range of motion) can improve performance and force output [4]. Don't view your warm-up as just "going through the motions." The goal is to always be very mindful about the muscles you

are contracting and the bodily movements you're doing. A proper and complete warm up helps strengthen this mindfulness.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) [5]. Brief foam rolling with a specific focus on "tight areas" before a session can improve range of motion [6] and prevent injury [7]. Light foam rolling for 2-3 minutes prior to lifting is recommended.

Before beginning with your working weight for the first exercise for each bodypart, perform a basic loading pyramid where you pyramid up in weight with 1-3 light sets, getting progressively heavier until you reach your working weight for that exercise.

EXERCISE	SETS	REPS/TIME	NOTES
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONAL USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP



## EXERCISE SUBSTITUTIONS

If for whatever reason you are unable to perform any of the exercises in this program, I have provided a list of suitable alternatives. While I encourage you to run the program as written and include all of the listed exercises if possible, in the case of risking an injury or flare up, it is always wise to avoid exercises that you think may cause pain and stick to exercises that you can perform safely. The exercises below are the ones that most commonly require substitutions. When making a substitution, keep the sets, reps, rest times, etc. the same and simply swap out one movement for the other as you feel appropriate.

**SQUAT:** Leg Press + 15 reps of lower back extensions (for example, if you were programmed to do 3 sets of 8 reps on the squat, but are unable to squat, substitute squats for 3 sets of 8 on the leg press and then add an additional 3 sets of 15 reps of lower back extensions).

**DEADLIFT:** Barbell Hip Thrust + 15 reps of lower back extensions (see description above)

**ROMANIAN DEADLIFT:** Glute Ham Raise

**DB WALKING LUNGE:** Single Leg Dumbbell Hip Thrust

**BARBELL HIP THRUST:** Leg Extension Machine Hip Thrust

**MACHINE STANDING CALF RAISE:** Dumbbell Standing Calf Raise (hold a dumbbell in one hand and use the other hand for balance)

**LYING LEG CURL:** Dumbbell Leg Curl (place a dumbbell between your legs, lie on a bench and curl it up)

**LEG EXTENSION:** If you're unable to perform leg extensions, simply remove them from the program since they are not a mandatory exercise for quad growth

**MACHINE SEATED HIP ABDUCTION:** Standing Cable Hip Abduction or Plate-Loaded Hip Abduction (place a 25-35 lb plate on the side of your upper thigh and perform abductions)

**BARBELL BENCH PRESS:** Dumbbell Bench Press or Hammer Strength Machine Press

**DUMBBELL INCLINE PRESS:** Hammer Strength Machine Incline Press

**MILITARY PRESS:** Standing Dumbbell Shoulder Press

**CABLE FLY:** Dumbbell Fly or Pec Deck

**ASSISTED DIP:** Decline Dumbbell Press or Decline Barbell Press or Hammer Strength

Decline Press

**SUPINATED PULLDOWN:** Reverse Grip Assisted Pullup

**SEATED CABLE ROW:** 1-Arm Dumbbell Row

**CHEST-SUPPORTED T-BAR ROW:** Chest-Supported Dumbbell Row (brace your upper chest against an incline bench and perform rows with two dumbbells at the same time)



## REST DAYS AND TRAINING DAYS

While your body doesn't know what day of the week it is, it is a good idea to get into a consistent 7 day lifting schedule that ensures you aren't skipping sessions and falling behind on the program. Below is one example of how you could set your training week up for each routine, but keep in mind that as long as you are getting all of your training sessions in by the end of the week, how you space out your rest days is much less important.

## **FULL BODY ROUTINE:**

**MONDAY:** FULL BODY #1

**TUESDAY:** REST

**WEDNESDAY:** FULL BODY #2

**THURSDAY:** REST

**FRIDAY:** FULL BODY #3

**SATURDAY:** REST

**SUNDAY:** REST

\*Try to place at least one rest day between full body sessions

## **UPPER/LOWER ROUTINE:**

**MONDAY:** LOWER BODY #1

**TUESDAY:** UPPER BODY #1

**WEDNESDAY:** REST

**THURSDAY:** LOWER BODY #2

**FRIDAY:** UPPER BODY #2

**SATURDAY:** REST

**SUNDAY:** REST

## **BODY PART SPLIT ROUTINE:**

**MONDAY:** CHEST AND TRICEPS

**TUESDAY:** LEGS AND ABS

**WEDNESDAY:** BACK AND BICEPS

**THURSDAY:** REST

**FRIDAY:** LEGS AND ABS

**SATURDAY:** SHOULDERS AND ARMS

**SUNDAY:** REST

\*Alternatively, you could train 5 days in a row and rest on the weekends with the Body Part Split Routine"

# FULL BODY PROGRAM PROGRAM

WEEK  
1

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	8	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
ASSISTED DIP	3	8	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS IN LINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
DUMBBELL INCLINE PRESS	3	8	7	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SEATED FACE PULL	3	12	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL LATERAL RAISE	3	10	8	1-2MIN				TIILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
LYING LEG CURL	3	10	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM **PROGRAM**

WEEK  
2

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	8	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
ASSISTED DIP	3	8	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS IN LINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
DUMBBELL INCLINE PRESS	3	8	7	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SEATED FACE PULL	3	12	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL LATERAL RAISE	3	10	8	1-2MIN				TIILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
LYING LEG CURL	3	10	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM **PROGRAM**

WEEK  
3

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	8	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
ASSISTED DIP	3	8	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS IN LINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
DUMBBELL INCLINE PRESS	3	8	7	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SEATED FACE PULL	3	12	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL LATERAL RAISE	3	10	8	1-2MIN				TIILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
LYING LEG CURL	3	10	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM PROGRAM

WEEK  
4

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	8	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
ASSISTED DIP	3	8	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
MILITARY PRESS	3	8	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS IN LINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
DUMBBELL INCLINE PRESS	3	8	7	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SEATED FACE PULL	3	12	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL LATERAL RAISE	3	10	8	1-2MIN				TIILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
LYING LEG CURL	3	10	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM **PROGRAM**

WEEK  
5

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	5	8	2-3MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM

# PROGRAM

WEEK  
6

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	5	8	2-3MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM **PROGRAM**

WEEK  
7

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	5	8	2-3MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# FULL BODY PROGRAM

# PROGRAM

WEEK

8

DAY 1

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
BARBELL HIP THRUST	3	8	9	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
PEC DECK	3	15	9	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
REVERSE PEC DECK	3	15	9	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
CABLE LATERAL RAISE	3	12	9	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	3	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
CLOSE-GRIP BENCH PRESS	3	5	7	3-4MIN				SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
DUMBBELL WALKING LUNGE	3	12	8	1-2MIN				12 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
ASSISTED DIP	3	12	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BICYCLE CRUNCH	3	10	7	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	
SINGLE-ARM CABLE CURL	3	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	5	8	2-3MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL BENCH PRESS	3	10	8	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
NEUTRAL-GRIP PULLDOWN	3	15	8	2-3MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
LYING LEG CURL	3	12	8	2-3MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
STANDING CALF RAISE	3	10	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
1

4 WEEK STRENGTH BASE

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LYING LEG CURL	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	6	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T ANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
MILITARY PRESS	3	10	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	8	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
ASSISTED DIP	3	10	7	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BARBELL BENT OVER ROW	3	12	7	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
HAMMER CURL	3	8	9	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
2

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LYING LEG CURL	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	6	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T ANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
MILITARY PRESS	3	10	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	8	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
ASSISTED DIP	3	10	7	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BARBELL BENT OVER ROW	3	12	7	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
HAMMER CURL	3	8	9	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
3

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LYING LEG CURL	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	6	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T ANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
MILITARY PRESS	3	10	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	8	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
ASSISTED DIP	3	10	7	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BARBELL BENT OVER ROW	3	12	7	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
HAMMER CURL	3	8	9	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
4

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	10	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LYING LEG CURL	3	12	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	6	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
CRUNCH	3	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T ANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
LAT PULLDOWN	3	10	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
MILITARY PRESS	3	10	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
DUMBBELL SUPINATED CURL	3	10	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	
SINGLE-ARM ROPE TRICEP EXTENSION	3	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	8	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	3	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
ASSISTED DIP	3	10	7	2-3MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
BARBELL BENT OVER ROW	3	12	7	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
HAMMER CURL	3	8	9	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
5

**4 WEEK MODIFIED STRENGTH BASE**

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
SINGLE-ARM PULLDOWN	3	8	8	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
DUMBBELL SEATED SHOULDER PRESS	3	12	7	2-3MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
SEATED FACE PULL	3	15	9	1-2MIN				PULL YOUR ARMS BACK AND OUT	
EZ BAR CURL	3	12	9	1-2MIN				PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
NEUTRAL-GRIP PULLDOWN	3	6	8	3-4MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE SEATED ROW	3	8	9	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CABLE LATERAL RAISE	3	12	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
REVERSE PEC DECK	3	12	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM CABLE CURL	3	15	9	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
6

**4 WEEK MODIFIED STRENGTH BASE**

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
SINGLE-ARM PULLDOWN	3	8	8	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
DUMBBELL SEATED SHOULDER PRESS	3	12	7	2-3MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
SEATED FACE PULL	3	15	9	1-2MIN				PULL YOUR ARMS BACK AND OUT	
EZ BAR CURL	3	12	9	1-2MIN				PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
NEUTRAL-GRIP PULLDOWN	3	6	8	3-4MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE SEATED ROW	3	8	9	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CABLE LATERAL RAISE	3	12	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
REVERSE PEC DECK	3	12	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM CABLE CURL	3	15	9	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
7

**4 WEEK MODIFIED STRENGTH BASE**

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
SINGLE-ARM PULLDOWN	3	8	8	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
DUMBBELL SEATED SHOULDER PRESS	3	12	7	2-3MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
SEATED FACE PULL	3	15	9	1-2MIN				PULL YOUR ARMS BACK AND OUT	
EZ BAR CURL	3	12	9	1-2MIN				PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
NEUTRAL-GRIP PULLDOWN	3	6	8	3-4MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE SEATED ROW	3	8	9	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CABLE LATERAL RAISE	3	12	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
REVERSE PEC DECK	3	12	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM CABLE CURL	3	15	9	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# LOWER/UPPER PROGRAM

WEEK  
8

## 4 WEEK MODIFIED STRENGTH BASE

LOWER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #1	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
SINGLE-ARM PULLDOWN	3	8	8	2-3MIN				START WITH YOUR NON-DOMINANT ARM, MATCH REPS WITH DOMINANT ARM	
DUMBBELL SEATED SHOULDER PRESS	3	12	7	2-3MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
SEATED FACE PULL	3	15	9	1-2MIN				PULL YOUR ARMS BACK AND OUT	
EZ BAR CURL	3	12	9	1-2MIN				PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LOWER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

UPPER BODY #2	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	8	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
NEUTRAL-GRIP PULLDOWN	3	6	8	3-4MIN				PALMS FACING EACH OTHER. PULL YOUR ELBOWS AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE SEATED ROW	3	8	9	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CABLE LATERAL RAISE	3	12	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
REVERSE PEC DECK	3	12	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM CABLE CURL	3	15	9	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
1

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TIILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
**2**

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
3

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
4

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	6	7	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL INCLINE PRESS	3	8	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
CABLE FLYE	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	10	7	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
DUMBBELL SKULL CRUSHER	3	12	8	1-2MIN				KEEP YOUR ELBOWS INLINE WITH THE TOP OF YOUR HEAD, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	6	7	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROMANIAN DEADLIFT	3	8	7	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
BARBELL HIP THRUST	3	12	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
LEG EXTENSION	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
LEG CURL	3	12	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	8	7	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
CRUNCH	2	12	7	1-2MIN				FOCUS ON FLEXING YOUR SPINE, DON'T YANK YOUR HEAD WITH YOUR ARMS	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
REVERSE GRIP LAT PULLDOWN	3	8	8	2-3MIN				PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES, USE SHOULDER WIDTH GRIP	
CABLE SEATED ROW	3	10	8	2-3MIN				USE A V-BAR GRIP, LET YOUR SCAPULAE PROTRACT DURING THE ECCENTRIC	
CHEST-SUPPORTED T-BAR ROW	3	12	8	2-3MIN				RETRACT YOUR SCAPULAE DURING THE CONCENTRIC, PROTRACT YOUR SCAPULAE DURING THE ECCENTRIC	
SEATED FACE PULL	3	15	8	1-2MIN				PULL YOUR ARMS BACK AND OUT	
DUMBBELL SUPINATED CURL	3	12	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	7	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
DUMBBELL WALKING LUNGE	3	10	8	2-3MIN				10 STEPS EACH LEG. TAKE MEDIUM STRIDES, LET YOUR TORSO LEAN FORWARD	
SINGLE-LEG LEG EXTENSION	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR QUADS TO MAKE THE WEIGHT MOVE	
SINGLE-LEG LYING LEG CURL	2	15	8	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
MACHINE SEATED HIP ABDUCTION	3	15	7	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	2	12	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
PLANK	3	20SEC	8	1-2MIN				SQUEEZE YOUR GLUTES, KEEP YOUR HIPS LOW	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
MILITARY PRESS	3	6	7	3-4MIN				SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL LATERAL RAISE	3	12	8	1-2MIN				TISS THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
CABLE REVERSE FLYE	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
SINGLE-ARM ROPE TRICEP EXTENSION	2	12	8	1-2MIN				PULL YOUR ARM BEHIND YOUR TORSO, DON'T MOVE YOUR UPPER ARM	
SINGLE-ARM CABLE CURL	2	12	8	1-2MIN				FACE AWAY FROM THE CABLE YOU ARE USING, KEEP YOUR ARM BEHIND YOUR TORSO	

\*NOTE: RESTTIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
5

**4 WEEK MODIFIED STRENGTH BASE**

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
CABLE LATERAL RAISE	3	10	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
DUMBBELL BENT OVER LATERAL RAISE	3	12	8	1-2MIN				LEAN OVER SUCH THAT YOUR TORSO IS PARALLEL WITH THE GROUND, RAISE YOUR ARMS DIRECTLY OUT TO YOUR SIDES	
DUMBBELL FLOOR PRESS	2	15	8	1-2MIN				TUCK YOUR ELBOWS AGAINST YOUR SIDES	
HAMMER CURL	2	8	8	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
6

**4 WEEK MODIFIED STRENGTH BASE**

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BACK SQUAT	3	8	8	3-4MIN				SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	6	9	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

SHOULDERS & ARMS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DUMBBELL SEATED SHOULDER PRESS	3	10	8	3-4MIN				BRING THE DUMBBELL ALL THE WAY DOWN TO YOUR SHOULDERS, KEEP YOUR TORSO UPRIGHT	
CABLE LATERAL RAISE	3	10	8	1-2MIN				LEAN AWAY FROM THE MACHINE, ARMS STRAIGHT OUT TO YOUR SIDE	
DUMBBELL BENT OVER LATERAL RAISE	3	12	8	1-2MIN				LEAN OVER SUCH THAT YOUR TORSO IS PARALLEL WITH THE GROUND, RAISE YOUR ARMS DIRECTLY OUT TO YOUR SIDES	
DUMBBELL FLOOR PRESS	2	15	8	1-2MIN				TUCK YOUR ELBOWS AGAINST YOUR SIDES	
HAMMER CURL	2	8	8	1-2MIN				NEUTRAL GRIP, PREVENT YOUR UPPER ARM FROM MOVING	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
7

**4 WEEK MODIFIED STRENGTH BASE**

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
BARBELL BENCH PRESS	3	8	8	3-4MIN				TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
MACHINE INCLINE CHEST PRESS	3	12	8	2-3MIN				KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	12	8	1-2MIN				KEEP YOUR SCAPULAE RETRACTED, PULL YOUR INNER ELBOWS TOGETHER (NOT YOUR HANDS)	
ASSISTED DIP	3	6	8	1-2MIN				TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
CABLE TRICEP KICKBACK	3	15	8	1-2MIN				KEEP YOUR ELBOWS BEHIND YOUR TORSO, DON'T LET YOUR UPPER ARM MOVE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

LEGS & ABS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
DEADLIFT	3	5	8	3-4MIN				BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
GOBLET SQUAT	3	12	8	2-3MIN				HOLD A DUMBBELL DIRECTLY UNDERNEATH YOUR CHIN, SIT BACK AND DOWN, PUSH YOUR KNEES OUT LATERALLY	
DUMBBELL SINGLE-LEG HIP THRUST	3	10	9	2-3MIN				PLACE THE DUMBBELL ON YOUR WORKING THIGH, TUCK YOUR CHIN AND RIB CAGE, ONLY MOVE YOUR HIPS	
LEG PRESS	3	12	8	1-2MIN				MEDIUM FEET PLACEMENT ON THE PLATFORM, DON'T ALLOW YOUR LOWER BACK TO ROUND	
LYING LEG CURL	3	15	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
STANDING CALF RAISE	3	8	8	1-2MIN				PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	
BICYCLE CRUNCH	3	12	8	1-2MIN				FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

BACK & BICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
LAT PULLDOWN	3	6	8	2-3MIN				PULL YOUR ELBOWS STRAIGHT OUT TO YOUR SIDES, USE A 1.5X SHOULDER WIDTH GRIP	
DUMBBELL ROW	3	12	8	2-3MIN				BRACE ONTO A BENCH FOR SUPPORT, PULL YOUR ELBOW AGAINST YOUR SIDES	
BARBELL BENT OVER ROW	3	12	8	2-3MIN				LEAN YOUR TORSO OVER AT A 45° ANGLE, KEEP YOUR LOWER BACK NEUTRAL, DOUBLE OVERHAND GRIP	
REVERSE PEC DECK	3	15	8	1-2MIN				PROTRACT YOUR SCAPULAE, SWEEP THE WEIGHT OUT AND BACK	
EZ BAR CURL	3	15	8	1-2MIN				DRIVE YOUR PINKY INTO THE HANDLE HARDER THAN YOUR POINTER FINGER	

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BARBELL HIP THRUST	3	8	8	2-3MIN				TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
ROMANIAN DEADLIFT	3	12	8	2-3MIN				MAINTAIN A NEUTRAL LOWER BACK, SET YOUR HIPS BACK, DON'T ALLOW YOUR SPINE TO ROUND	
SEATED LEG CURL	3	8	9	1-2MIN				FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MAKE THE WEIGHT MOVE	
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HANGING LEG RAISE	3	6	8	1-2MIN				FOCUS ON FLEXING YOUR LOWER BACK, PERFORM OFF OF CAPTAIN'S CHAIR	
MACHINE SEATED HIP ABDUCTION	3	20	9	1-2MIN				KEEP YOUR BUTT IN THE SEAT, FOCUS ON SQUEEZING YOUR GLUTES TO MAKE THE WEIGHT MOVE	

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TOTAL TRAINING TIME:

# BODY PART SPLIT **PROGRAM**

WEEK  
8

**4 WEEK MODIFIED STRENGTH BASE**

CHEST & TRICEPS	SETS	REPS	RPE	REST	1	2	3	NOTES	LSRPE
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\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:



# PROGRAM EXPLAINED

## WARM UP PROTOCOL PROGRAM PHILOSOPHY: ESTABLISHING A STRENGTH BASE

In order to achieve long-term success in building your goal physique, it is critical to establish a strong foundation first. For this reason, this program focuses primarily on building a solid strength base with carefully selected, fundamental movements. The exercises included here should be mastered before moving on to other more complex (or more niched) variations. The program sticks mainly to compound movements (exercises which use multiple joints and go through a large range of motion). Since compound movements move multiple joints, they generally stimulate more overall muscle mass than isolation movements (single joint movements) and as such optimize your time and effort investment in the gym.

# HOW DO I PROGRESS?

Progressive overload is generally regarded as the most important programming principle for all strength and size related goals. Because of the correlation between muscle size and strength [8] we simply cannot ignore the interplay between getting stronger and getting bigger, especially when building a solid foundation. In this program, progression will occur in the form of adding weight (load) or adding reps with the same amount of weight. This is what is usually meant by "progressive overload". It can also be seen as using better form with the same weight, using a larger range of motion, improving the mind-muscle connection, etc.

Adding weight to the bar/dumbbell/machine will be dependent on your experience level. For practical purposes, we can split this up into three different tiers relative to training experience:

1. An untrained individual (less than 3 months of consistent training experience)
2. A beginner (3-9 months of consistent training experience)
3. Early-intermediates (9-18 months of consistent training experience)

For an untrained individual, the goal should be to focus more on mastering perfect technique rather than adding weight. I recommend using the same weight for at least 3 weeks straight to ensure technique mastery before increasing the resistance. Developing a technique-base is even more foundational than developing a strength base since training with poor technique can lead to injury and halted progress. Once exercise technique can be executed properly and you graduate to beginner territory, you can aim to make small increases in weight week to week, as your nervous system begins to engrain new motor patterns [9].

As a beginner, you can and should expect to make very consistent strength gains. While you may be tempted to make big jumps in weight as your strength and confidence improves, you should stick to a simple linear progression: consistently add the same load over a period of time rather than making big jumps less frequently. When compared to nonlinear periodization (more commonly known as undulating periodization), linear periodization is equally effective for gaining strength [10] and since lifting form changes with different percentages of your maximum strength [11], it is safer and more reliable to make smaller jumps from week to week. Keep in mind that adding just 5lbs total to the bar per week for only 26 weeks (6 months) will yield a 130 lb increase in strength.

For a low-intermediate, these consistent, linear strength gains will slowly start to diminish. This is when using rate of perceived exertion (RPE for short) will come in handy. RPE is a scale from 1-10: 1 meaning there's ~10% of maximal effort, and 10 meaning there's 100% maximal effort. Since training close to (but not necessarily all the way to) concentric muscular failure is important for both strength and hypertrophy [12], we will be aiming for an RPE of 6 or above on all sets in this program. This generally means no more than 4 reps are being "left in the tank".

Another way to see RPE is reps in reserve (or RIR). RIR is inversely related to RPE. A 10RPE is an all-out set, meaning you have 0 reps left in reserve. A 9RPE is a very hard set, meaning you have ~1-2 reps left in reserve. An 8RPE is still a difficult set, meaning you have 2-3 reps in reserve. And so on.

RPE has been shown to be an effective method for choosing a load, even when compared to a percent of 1-rep maximum [13], so it is important to start developing this skill. The closely related Reps In Reserve (RIR) methodology has also proven to be a viable tool for predicting load as it relates to effort, including in beginners [14]. To progress using the RPE method, you should use a set load and only increase the

weight when the RPE decreases by 1 point (the set feels ~10% easier than it did when you first started using that load).

## WHAT IS THE MIND-MUSCLE CONNECTION? HOW DO I DEVELOP IT?

The mind-muscle connection is the act of focusing on using the target muscle to move the weight (not just “going through the motions”). Research has shown increased muscle activation when subjects are instructed to use “internal cueing” (such as squeezing your glutes as hard as possible to get the barbell to move in a hip thrust) when compared to “external cueing” (such as simply moving the barbell upwards) [15]. The mind-muscle connection is a skill that takes time to develop, but strength level doesn’t seem to impact its development [16], meaning you should begin to cultivate it early. Generally speaking, I think that the mind muscle connection should be used only sparingly (if at all) on squats, deadlifts and overhead presses as these are highly technique-focused exercises that will activate a large muscle mass regardless of attentional focus. For these movements, it is better to focus on the movement of your entire body and simply execute the exercise with proper technique through a full range of motion. For all isolation exercises and any remaining compound exercises, you can use the mind-muscle connection to increase activation of the target muscle as you feel appropriate.



# TRAINING VARIABLES

## FREQUENCY

The main thing we can conclude from the scientific literature on frequency is that training each muscle twice per week is better than only training each muscle once per week [17]. One potential limitation of the training frequency research is that most studies are volume equated, meaning the subjects are actually doing the same amount of total work. In the real world, it is much less likely that volumes would be equal when frequencies are different. Higher frequency training typically allows us to do more volume within a training week. To illustrate this point, just imagine the fatigue differences between doing 3 sets of squats 3 days per week (somewhat manageable) compared to doing 9 sets of squats in a single session (brutal). So what the frequency research really tells us is that:

1. There is probably no special benefit to training a muscle more than twice per week with the same amount of volume.
2. Training a muscle more than once per week is more optimal for hypertrophy, even when volume is the same.

## INTENSITY (EFFORT AND LOAD)

### ***How much effort should you put into each set?***

As an untrained individual, intensity (effort) should be lower than it should be for a more highly trained individual. If you feel like you could be training a bit harder, you are probably working at the perfect pace. Since strength is neuromuscular, developing poor technique habits from pushing sets too close to failure can put you at an increased risk for injury and engrain bad lifting habits. For an untrained individual, keeping sets closer to an RPE of 5-7 is recommended.

As you begin to progress toward the late beginner/early intermediate stage, having mastered proper lifting technique, you can begin to exert yourself harder and benefit from taking more sets closer to failure. For this individual, taking sets to an RPE of 7-8 is usually the sweet spot.

### ***How much weight (load) do you lift? How heavy do you go?***

As previously mentioned, the primary goal of this program is to develop a strong foundation. RPE is a helpful tool for both load selection and for determining how much effort goes into each set. An appropriately selected weight generally means that you can safely perform the target reps with proper form and at the prescribed RPE.

# VOLUME

Volume is a central factor determining hypertrophic potential. Volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually very low, with research showing that just one set can serve as an “adequate” stimulus for generating a hypertrophic response. [18] However, while this low volume approach can cause some hypertrophy, multiple sets (3-5 sets) per muscle group are thought to be required to maximize hypertrophy [19]. It is important to note that not all volume is created equal and more volume isn’t always the answer. One 2018 study comparing 5 sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the 5 sets group, despite using half the volume. Not only that - the 10 x 10 group actually lost muscle (on average) in their legs [20]. So there does appear to be a “volume limit” past which further increases in volume are not helpful for stimulating more hypertrophy. James Krieger recommends a minimum of 10 sets per week per muscle group [21], with 10-15 sets per bodypart per week being a good ballpark estimate for maximizing hypertrophy in nearly all beginners and early intermediates.

I elaborate on these concepts at the links below:

## FUNDAMENTALS EP 2:

<https://www.youtube.com/watch?v=7S0NjKYIJ7I>

## VOLUME SCIENCE EXPLAINED:

<https://www.youtube.com/watch?v=qwv3JqOUqWs>



# EXERCISE VIDEOS

## **BACK SQUAT:**

<https://www.youtube.com/watch?v=dW5-C1fsMjk>

## **DEADLIFT:**

[https://www.youtube.com/watch?v=fc4\\_hq7tjkU](https://www.youtube.com/watch?v=fc4_hq7tjkU)

## **ROMANIAN DEADLIFT:**

<https://www.youtube.com/watch?v=SE-2Y-3a1pY>

## **DB WALKING LUNGE:**

<https://www.youtube.com/watch?v=vni4lElTvsY>

**BARBELL HIP THRUST:**

<https://www.youtube.com/watch?v=RjWiwq1wgFg&t=2s>

**LEG EXTENSION:**

<https://www.youtube.com/watch?v=YyvSfVjQeL0>

**LYING LEG CURL:**

<https://www.youtube.com/watch?v=1Tq3QdYUuHs>

**MACHINE STANDING CALF RAISE:**

<https://www.youtube.com/watch?v=7AVIgDN72c0>

**SINGLE-LEG LEG EXTENSION:**

<https://www.youtube.com/watch?v=3VlpG6rtFAc>

**SINGLE-LEG LYING LEG CURL:**

<https://www.youtube.com/watch?v=lQSIJHtsnRA>

**MACHINE SEATED HIP ABDUCTION:**

<https://www.youtube.com/watch?v=-seSnS4N8Xo>

**CRUNCH:**

<https://www.youtube.com/watch?v=NGRKFMKhF8s>

**PLANK:**

[https://www.youtube.com/watch?v=kL\\_NJAkCQBg](https://www.youtube.com/watch?v=kL_NJAkCQBg)

**BARBELL BENCH PRESS:**

<https://www.youtube.com/watch?v=esQi683XR44>

**DB INCLINE PRESS:**

<https://www.youtube.com/watch?v=ggJycLjz01E>

**MILITARY PRESS:**

<https://www.youtube.com/watch?v=CnBmiBqp-AI>

**CABLE FLY:**

<https://www.youtube.com/watch?v=KJwiu8ttuZ0>

**ASSISTED DIP:**

<https://www.youtube.com/watch?v=wjUmnZH528Y>

**DUMBBELL SKULL CRUSHER:**

<https://www.youtube.com/watch?v=ZUZOn9c1VVI>

**SINGLE-ARM ROPE TRICEP EXTENSION:**

<https://www.youtube.com/watch?v=FxK2mF0iPXs>

**DUMBBELL LATERAL RAISE:**

<https://www.youtube.com/watch?v=6m7JO28RqZg>

**SUPINATED PULLDOWN:**

<https://www.youtube.com/watch?v=apzFTbsm7HU>

**CABLE SEATED ROW:**

<https://www.youtube.com/watch?v=4mRy8U542Fo>

**CHEST-SUPPORTED T-BAR ROW:**

<https://www.youtube.com/watch?v=w0KnIQ-b7jw>

**SEATED FACE PULL:**

<https://www.youtube.com/watch?v=HSoHeSjvIdY>

**CABLE REVERSE FLY:**

[https://www.youtube.com/watch?v=QnXb1dh\\_RjQ](https://www.youtube.com/watch?v=QnXb1dh_RjQ)

**DUMBBELL SUPINATED CURL:**

<https://www.youtube.com/watch?v=ykJmrZ5v0Oo>



## COMMENTS FROM JEFF

For customer support please email [info@strcng.com](mailto:info@strcng.com). As much as I love connecting on social media, I am not able to reliably respond to the questions I receive across platforms so please direct any questions to the email above. Please allow 3-5 business days for an email reply.

Thank you so much for your support and good luck with the training!



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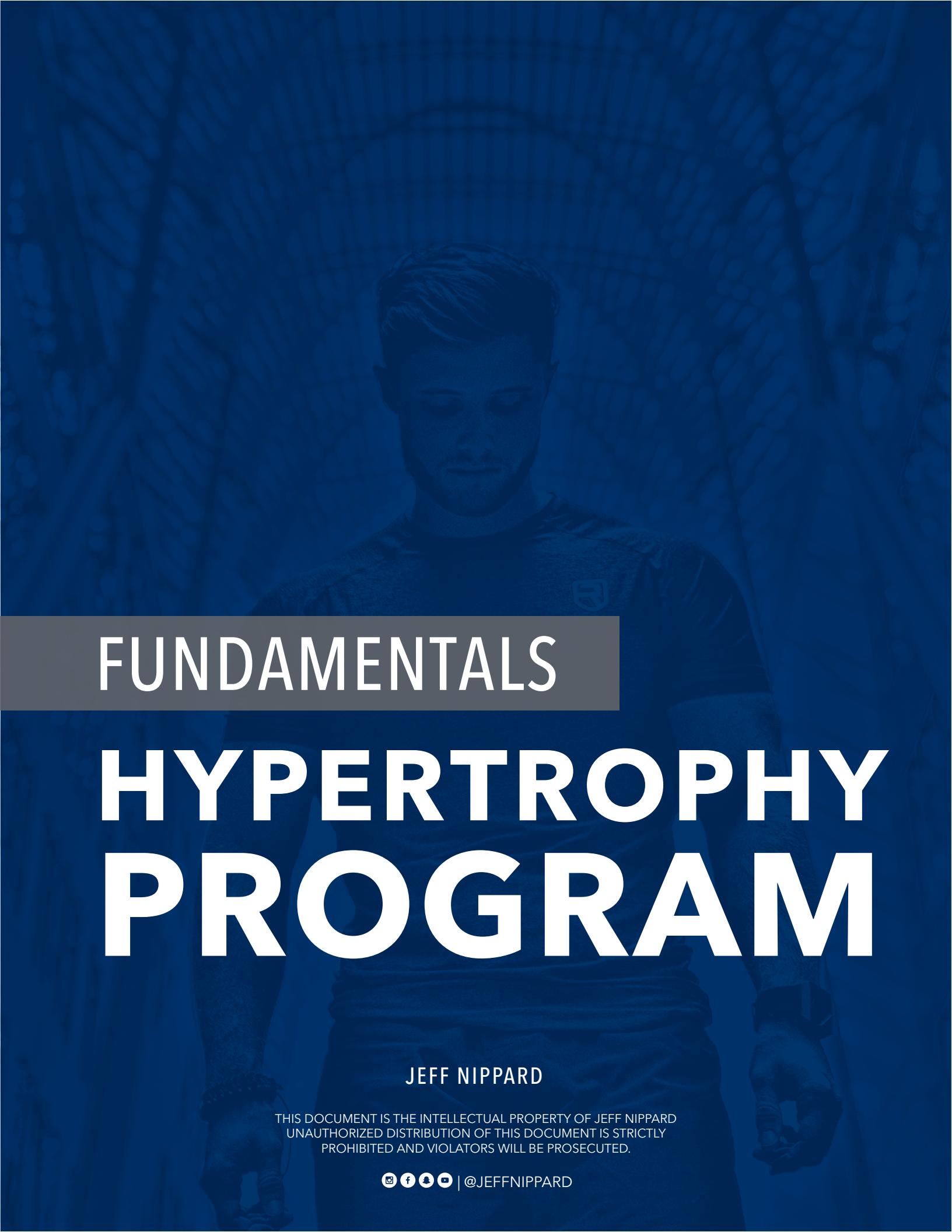
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