



INTERMEDIATE TO ADVANCED

WOMEN'S SPECIALIZATION PROGRAM

STEPHANIE BUTTERMORE
JEFF NIPPARD



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ABOUT STEPHANIE

Stephanie Buttermore is a PhD who has transitioned from the world of academia for a world of sharing her life and passion for the things she loves. Using her [YouTube](#) and [social media platforms](#), she entertains, and most importantly, educates on the scientific principles of training and nutrition, blending her years of reading and writing scientific literature with her passion for exercise and fitness.

EDUCATION:

- BS Micro/Molecular Biology University of Central Florida
- MS Medical Sciences, Women's Health, University of South Florida
- MS Medical Sciences, Pathology & Cell Biology, University of South Florida
- PhD Biomedical Sciences, Pathology & Cell Biology, University of South Florida

RESEARCH BACKGROUND

Dr. Buttermore's doctoral research focused primarily on early detection screening markers of ovarian cancer (OC) and the molecular mechanisms driving OC. Through her work, she discovered that a protein called Receptor for Hyaluronan Mediated Motility (RHAMM) was up regulated in OC cell lines, OC tissue and OC patient urine. She demonstrated that RHAMM could be used in conjunction with other screening modalities as a viable early detection urinary screening marker (patent).



ABOUT JEFF

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.



KEY TERMS

AMRAP: As many reps as possible (with good form). Often performed as a test to determine max strength

Concentric: The contracting ("positive") aspect of the lift

DB: Dumbbell

Eccentric: The lowering ("negative") aspect of the lift

Effort: How hard you are pushing the set relative to failure. Measured with RPE or %1RM

Frequency: How often you directly train a given muscle per 7 days

Hypertrophy: The growth of (muscle) tissue

Intensity: Effort and load

Load: The weight of the external resistance

LSRPE: Last set RPE

Periodization: The organization of training over time

Primary exercise: Main heavy compound movements that involve a large muscle mass (for example: squats, bench presses and deadlifts)

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.

Secondary exercise: Compound exercises which involve less muscle mass (for example: cable rows, lunges, hip thrusts, military presses, pull-ups, etc.)

Tempo: The speed at which the lift occurs.

Tertiary exercise: Isolation movements involving only one joint and primarily targeting a single muscle - these are usually used to isolate a specific, smaller muscle or to generate metabolic stress

Volume: Total amount of work performed. Usually approximated as sets x reps x load



OUR GOAL

The primary goal of this program is to maximize overall muscular development and shape for women in the intermediate to advanced stage of physique development, with a special focus on glutes, shoulders, abs and back hypertrophy. The secondary goal of this program is to increase overall strength on fundamental compound movements that involve large muscle masses.

WHO THIS PROGRAM IS FOR

Intermediate to advanced lifters.

It's difficult to pin down exactly what "intermediate" or "advanced" means in terms of a specific training age due to the fact that training years in the gym are not equal across individuals. For example, some women may have spent 10 years training in the gym, but that time may only actually be "worth" 1 or 2 years if they've spent the majority of their time just going through the motions without focus or direction.

But as a general guide, if you've been training for at least 1-3 years, with a generally serious approach toward training, you will benefit from this program.

ABOUT THIS PROGRAM

Before we dive into the nuts and bolts of the program itself, it's important to first make it clear what this training manual is intended to accomplish. This program is divided into two 4-week training blocks, each with their own specific aims.

BLOCK 1

Block 1 focuses on two main goals:

1. **Development of a huge work capacity and high volume tolerance.** This work capacity will set us up for success in Block 2 of the program, where volume is decreased as intensity (effort) is increased.
2. **Getting accustomed to a large exercise variation.** Varying exercises will keep training fun and challenging, while working different segments of different muscles through varying strength curves.

BLOCK 2

Block 2 focuses two main goals:

1. **Recovery.** Block 2 begins with a **deload week to emphasize recovery** leading into the most psychologically and physically demanding phase of the program.
2. **Increased Intensity of Effort.** Unlike Block 1 (which will require a degree of restraint and special attention to careful execution), the main idea with Block 2 is a **high degree of effort, by taking many sets closer to failure**. Now that you have mastered technique on a large variety of exercises and built a volume tolerance it is time to increase intensity and set some PRs!



ANATOMY

FUNCTIONAL ANATOMY

It's 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 – 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 contracting phase, referred to as the concentric phase (known as the "positive" phase), is normally followed by the eccentric phase (lowering the weight – also known as the "negative" phase).

Figure 1A: The Main Posterior Muscles

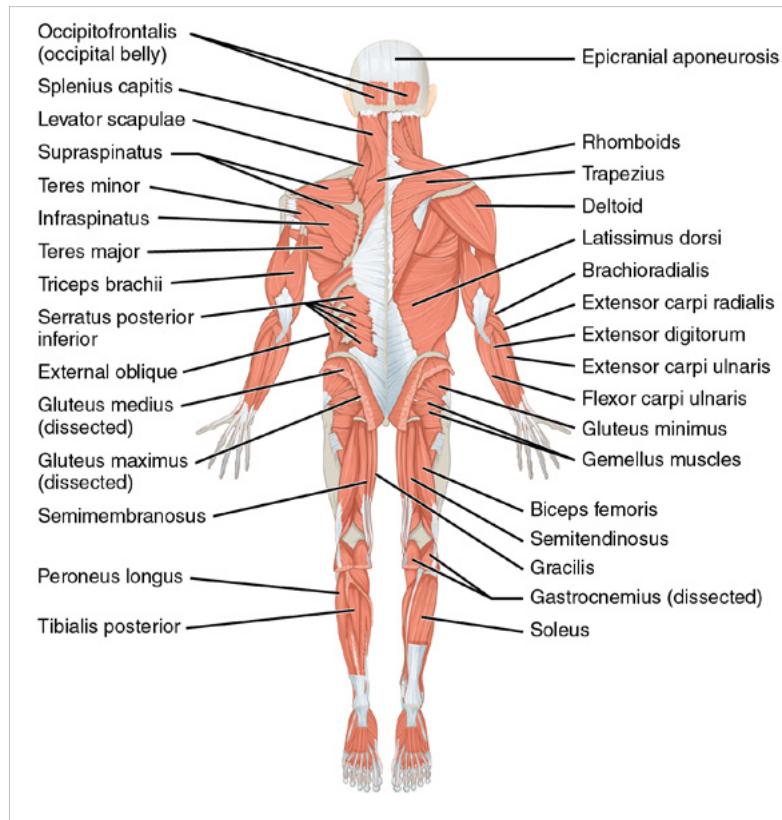
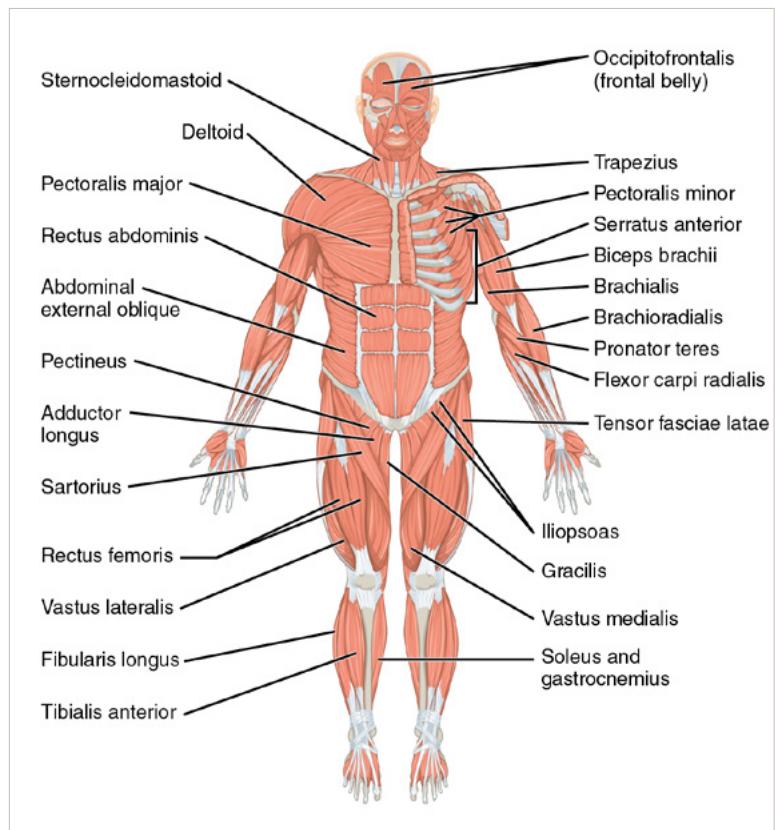
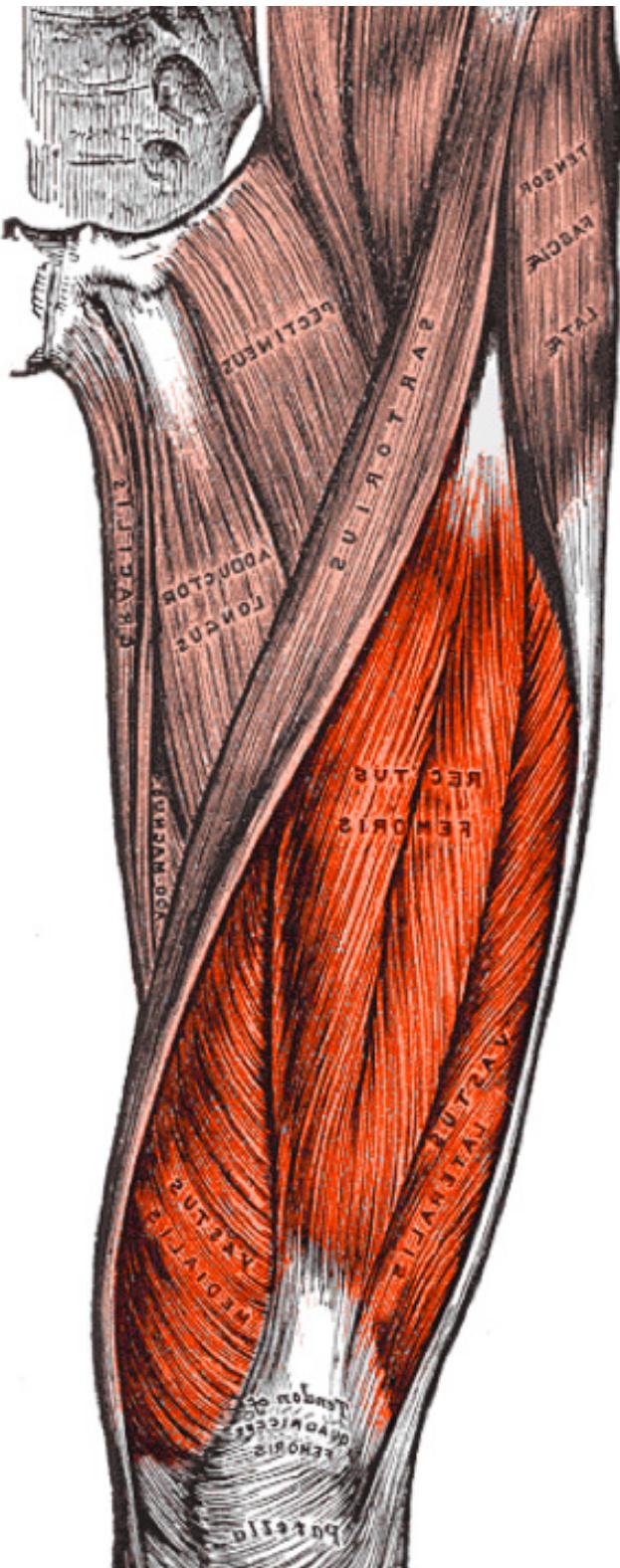


Figure 1B: The Main Anterior Muscles





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 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: Back squat, front squat, walking lunge, deficit curtsy lunge, deficit Bulgarian split squat

Figure 2: 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 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, seated leg curl, bodyweight reverse hyperextension, 45° hyperextension, eccentric-accentuated lying leg curl, swiss ball leg curl

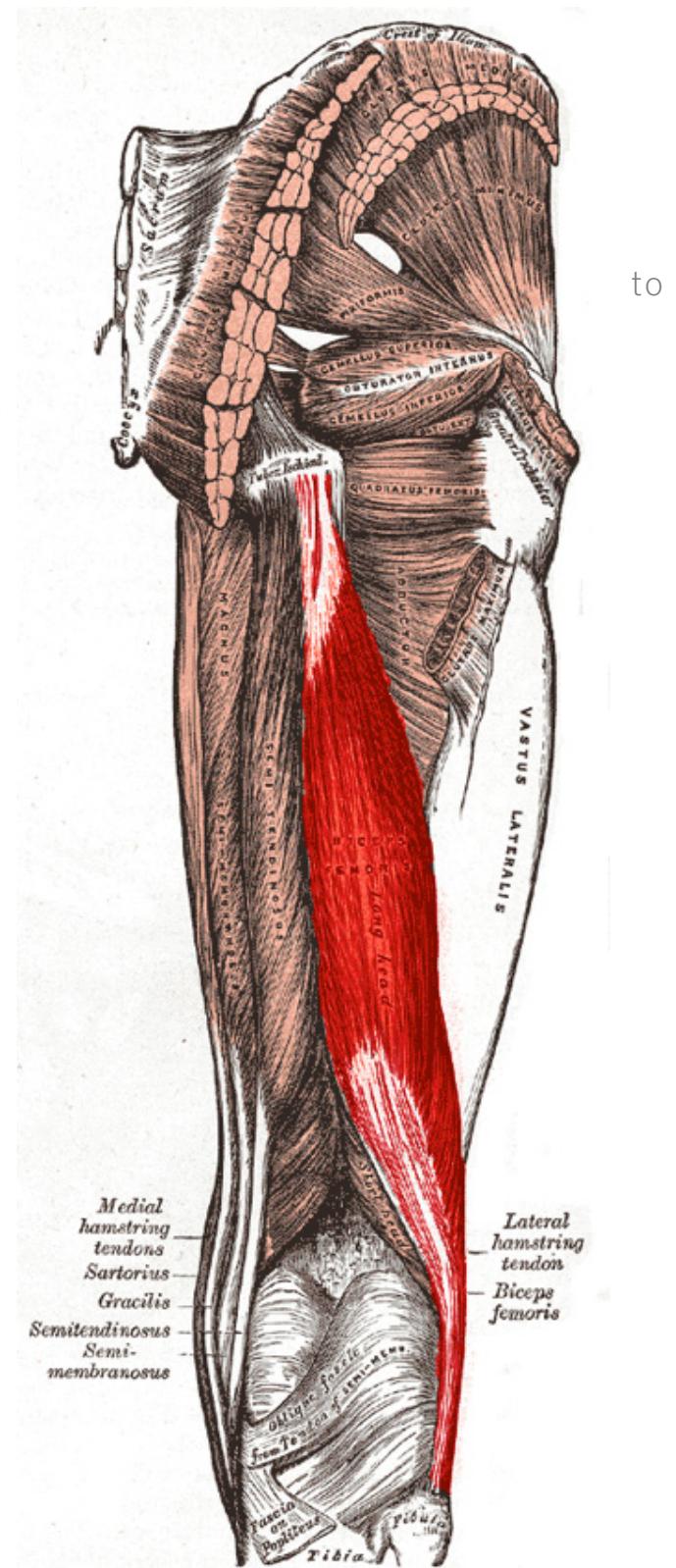


Figure 3: Hamstrings Anatomy

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”)

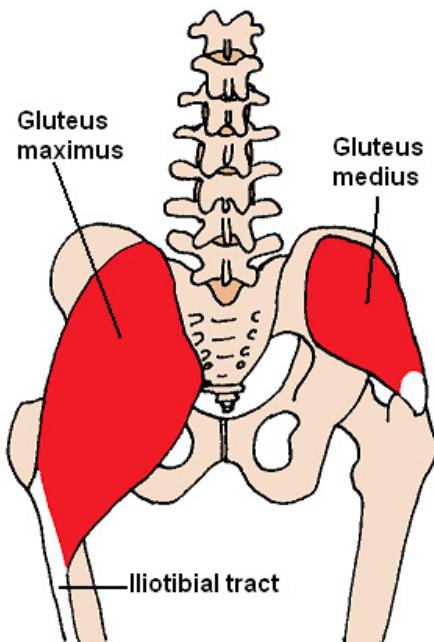


Figure 4: Gluteals Anatomy

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, back squat, cable standing glute kickback, seated hip abduction, deadlift, front squat, knee-banded hip thrust, lateral band walk, machine seated hip abduction, deficit Bulgarian split squat, band seated hip abduction,

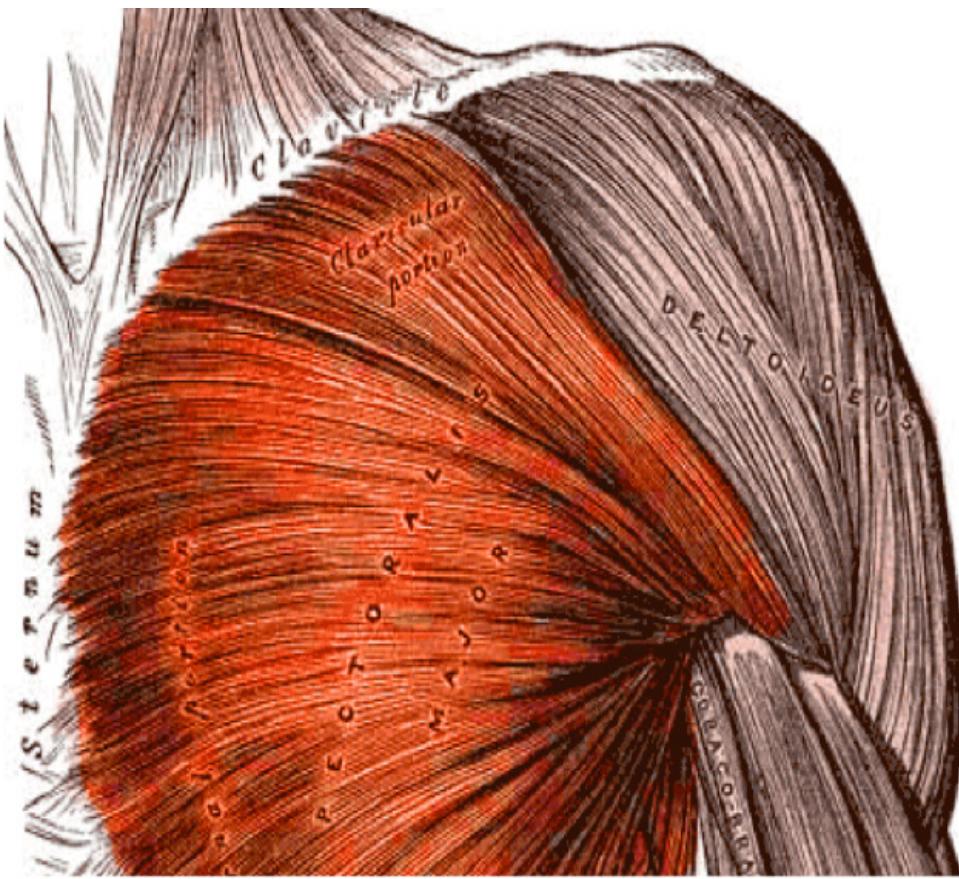


Figure 5: Pectoral Anatomy

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.

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

EXERCISES: Dumbbell standing shoulder press, close-grip push-up, dumbbell incline press, machine shoulder press

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).

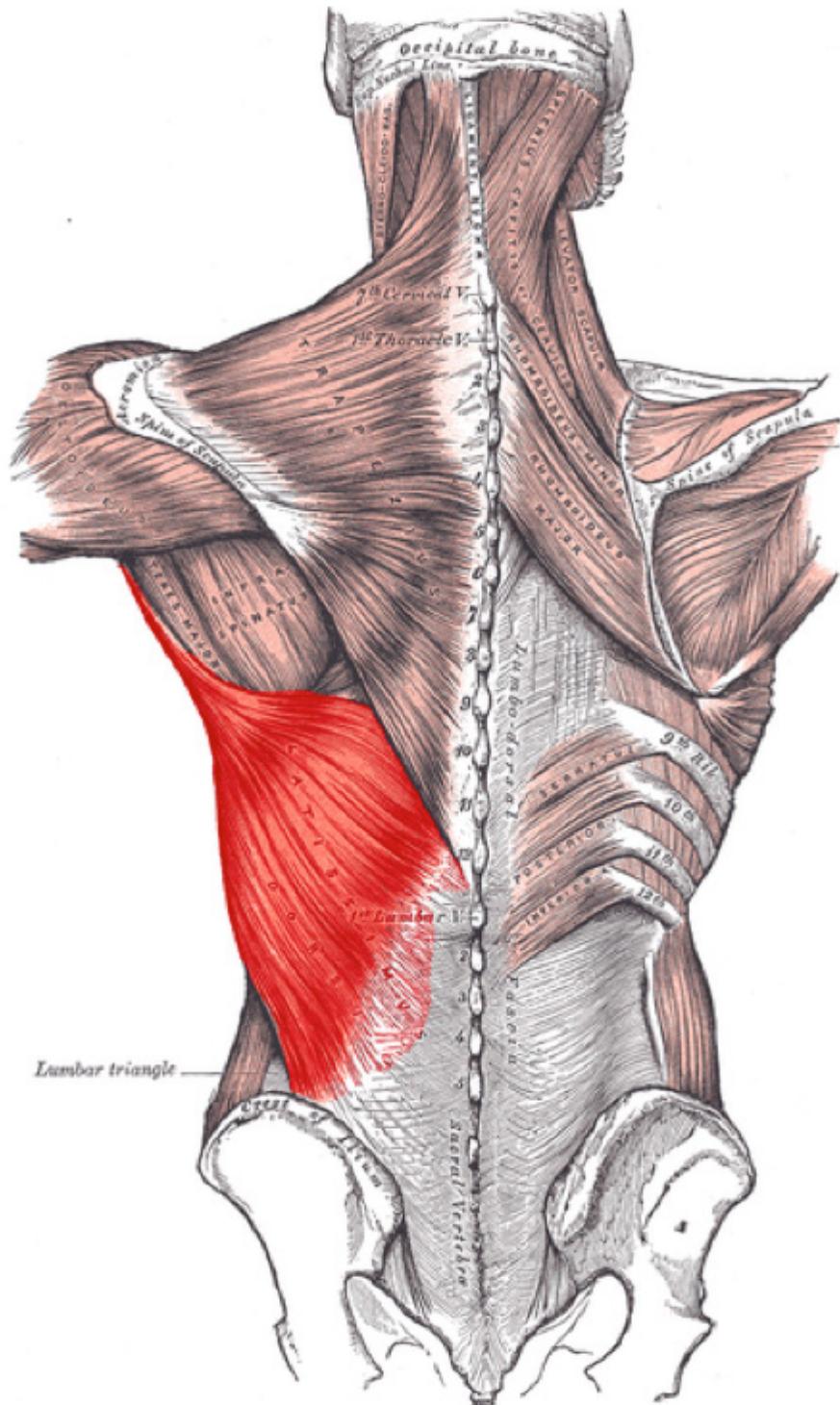


Figure 6: Latissimus Dorsi Anatomy

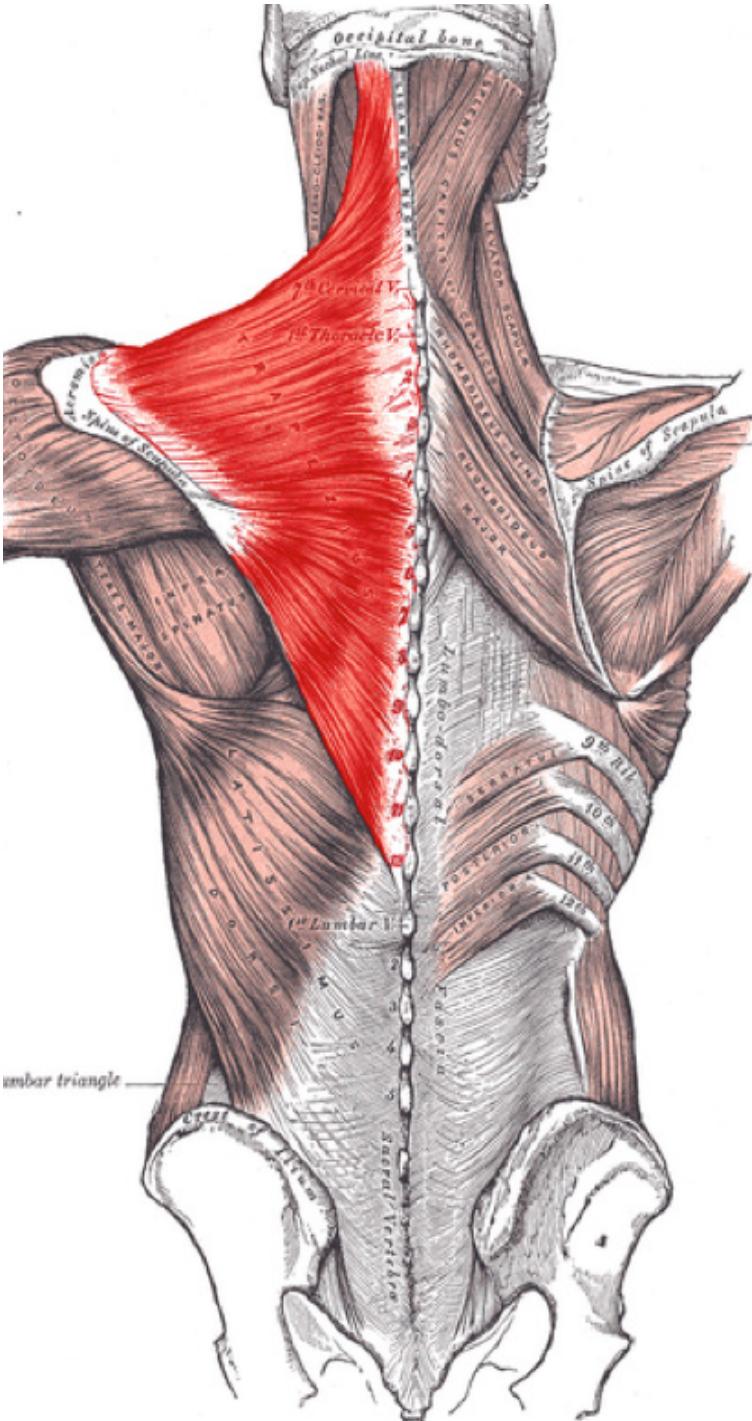


Figure 7: Trapezius Anatomy

LATS:

ORIGIN: Iliac crest and thoracolumbar fascia

INSERTION: Humerus

EXERCISES: Narrow neutral-grip pulldown, cable seated row, supinated pulldown, chest-supported T-bar row, pronated pulldown, single-arm pulldown, Hammer Strength machine row

TRAPS:

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

INSERTION: nuchal ligament

EXERCISES: Cable seated row, chest-supported T-bar row, Hammer Strength machine row, dumbbell lateral raise, dumbbell rear delt raise, seated face pull, cable reverse fly, high-to-low face pull, reverse pec deck, prone trap raise

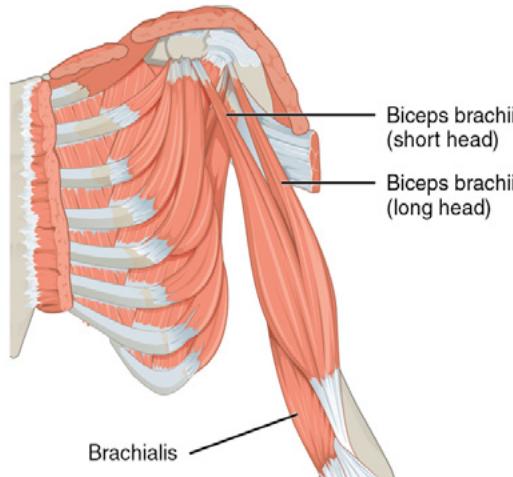


Figure 8: Biceps Anatomy

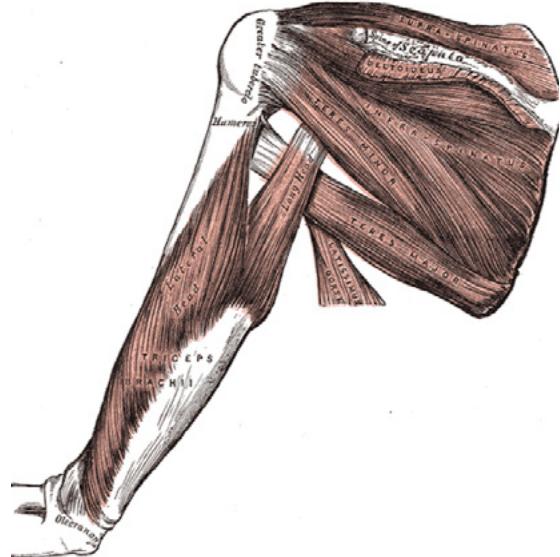
BICEPS: The biceps brachii are a two-headed muscle containing a long head and a short head. They collectively act to flex the elbows (bring the elbow from a straightened position to a bent position), and supinate the wrist (twist the pinky upwards). The brachialis, which runs underneath the biceps brachii,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

ORIGIN: coracoid process, supraglenoid tubercle

Insertion: Radial tuberosity

EXERCISES: Narrow neutral-grip pulldown, single-arm cable curl, supinated pulldown, hammer 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).



ORIGIN: Infraglenoid tubercle, radial groove

Figure 9: Triceps Anatomy

Insertion: Olecranon process on ulna

EXERCISES: Dumbbell shoulder press, close-grip push-up, dumbbell skull crusher, dumbbell incline press, machine shoulder press, cable rope tricep extension

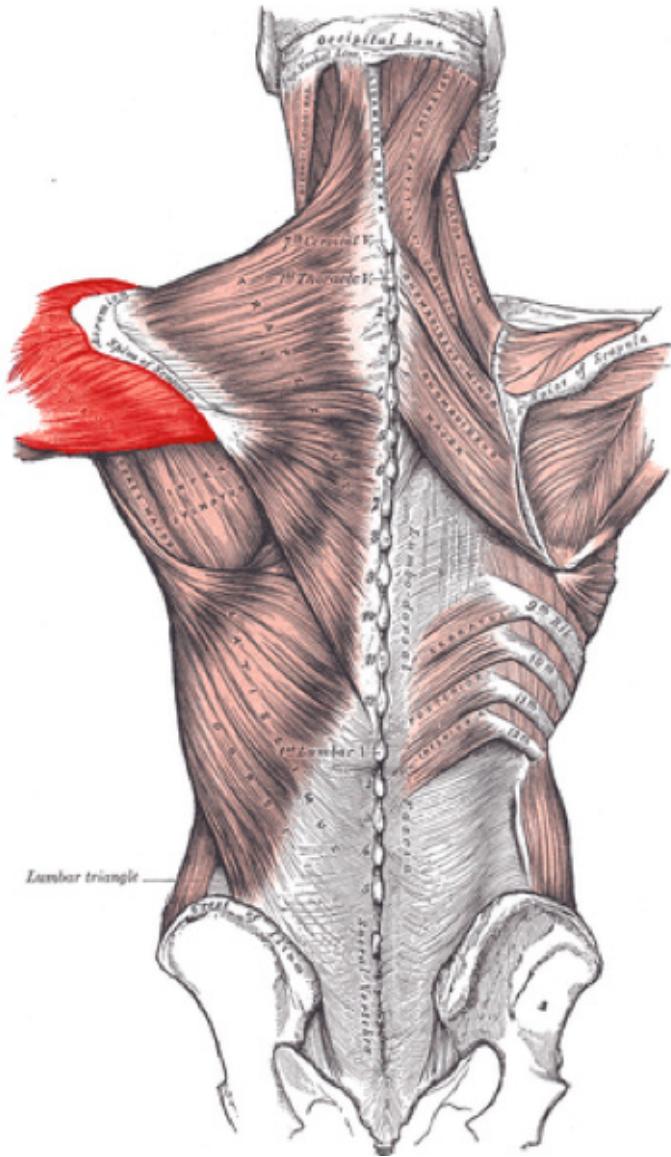


Figure 10: Deltoid Anatomy

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).

ORIGIN: Clavicle, acromion process, spine of scapula

INSERTION: deltoid tuberosity of humerus

EXERCISES: Dumbbell shoulder press, close-grip push-up, dumbbell lateral raise, dumbbell rear delt raise, seated face pull, dumbbell incline press, cable lateral raise, cable reverse fly, high-to-low face pull, constant-tension dumbbell lateral raise, dumbbell front raise

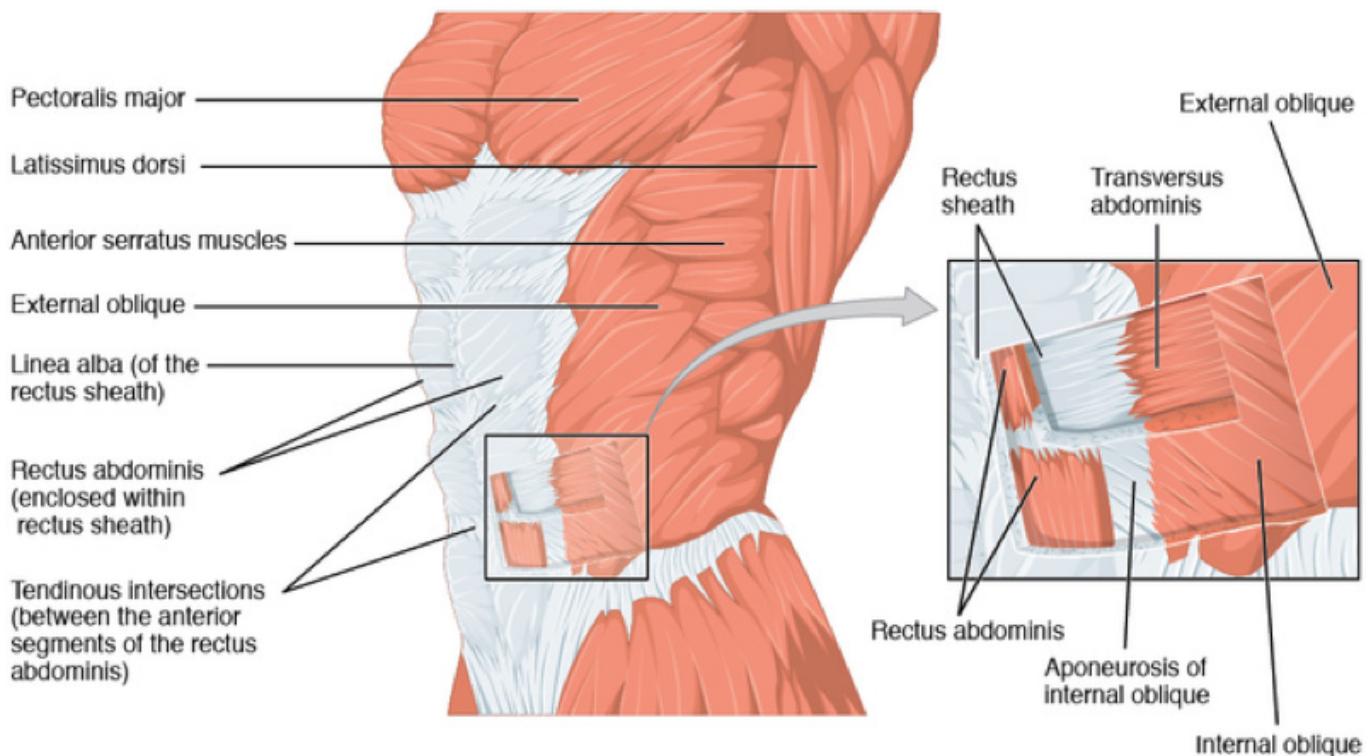


Figure 11: Abdominal Anatomy

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 – 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: Bicycle crunch, hollow body hold, Russian twist, hanging leg raise

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, seated calf raise



Figure 12: Anatomy of the Calf Muscles



F.A.Q.

1: How do I know if I am progressing?

A: You want to think of this journey as 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 you want to use for tracking your progress is strength. If you're getting stronger, while using good technique, 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 but simply focusing on steady strength progression will be your best proxy for determining muscular progress.

2. How do you use progressive overload?

See "Progression" on page 67.

3. What does RPE mean?

See RPE-Based exercises on page 64.

4. 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). As an intermediate-advanced level trainee, the likelihood of achieving substantial body recomposition is smaller, but still possible. So, in all, a caloric surplus is recommended for optimal progress, but some progress can still occur at caloric maintenance and even in a caloric deficit.

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

A: Muscle soreness is largely attributed to eccentric contractions **[1]** and contractions at long muscle lengths **[2]**. Delayed onset muscle soreness (DOMS) isn't required for hypertrophy to occur, but the associated muscle damage might play a role in hypertrophy **[3]**. With that said, the main goal of this program is to build muscle and strength, 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

[4] and increase ROM **[5]**, 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. What if I don't have resistance bands?

A: They're important! You should buy a pair - they are readily available at exercise equipment stores and on Amazon. This is a good place to start, and you can add more to your repertoire from here of varying resistances. Stephanie uses the "GRIPPY HIP CIRCLE" which can be found here: <https://markbellslingshot.com/collections/hip-circles>

8. What gym training gear should I use?

A: Other than resistance bands, gym gear 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 link: <http://Rise.ca/jeff>

9. 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.

10. Why isn't there much exercise variation from week to week?

A: Changing exercises from week to week is more likely to flatten out the strength progression curve. This is to ensure both progression by adding volume incrementally to these specific movements and mastery of these movements in terms of form and technique. There is large variation in exercise selection between Blocks 1 and 2 to avoid monotony and create a novel training stimulus to finish the program strong.

11. What do I do after I finish the program?

A: You have the option of running back through the same program again for another 16 weeks, after determining your new 1 rep maxes on the main lifts. After running through this program for 3-5 cycles or once progress stalls, you may want to graduate to one of my Elite Hypertrophy Programs (coming soon) or Full-Body Specialization Programs (coming soon). Get on my mailing list for updates.

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 4" of each block. 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.

13. I can't do "X Exercise". What should I replace it with?

Please see "Exercise Substitutions" on page 73.

14. What is the LSRPE column for?

A: The idea here is to reflect on your last set RPE and ask yourself how many more reps you think you could have gotten. It is a useful way to account for how hard you're working on the final set and how well it matches the target RPE.

15. I find hip thrusts awkward. Is there any alternative exercise?

Yes, but give it your best effort first. The barbell hip thrust has been shown again¹ and again² to be highly effective as a glute builder for a reason. If you find the bar uncomfortable, you can purchase a hip pad (<http://bit.ly/BarbellPadRed>). Alternatively, you can do banded hip thrusts, or as a final alternative, the leg extension machine (<https://www.youtube.com/watch?v=m81wYloZJvM>).

16. What does A1, A2 mean?

This indicates a superset should be performed. Do not rest after completing the first set of the A1 exercise and move right into the first set of the A2 exercise. Then rest for the time period indicated in the A2 row.

17. I recently had a breast augmentation surgery. Can I still do this program?

If you had a breast augmentation surgery within the past 4 weeks, it is wise to ask your surgeon if you are able to exercise. Typically, you will need to ease back into upper body training, and stick to the more stable lower body exercises. Tucking your elbows while pressing can alleviate discomfort caused from surgery.

Please direct all other questions to info@strcng.com. Please avoid directing questions about this program to social media as it is not a reliable means of making contact or getting the correct information. Please allow 3-5 business days for a reply.



WARM-UP

The main purpose behind warming up is to increase core body temperature, improve performance and reduce risk of injury [6] [7]. Because your circadian rhythm largely determines your core body temperature, when you wake up, it is at its lowest and increases throughout the day. There seems to be a “sweet spot” for core body temperature in terms of safety and performance, so try not to train too hot or too cold. Generally speaking, breaking a light sweat through some form of cardio activity/machine is a good idea before jumping into any heavy lifting. Doing at least 5-10 minutes of low-moderate intensity cardio is especially prudent if you train early in the morning [8].

Warm-ups may also serve as a way to increase muscle activation. Dynamic warm-up drills (active stretches that take joints through a range of motion) can improve performance and increase force output [9]. Don’t simply “go through the motions.” The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) [4] and brief foam rolling with a specific focus on “tight areas” before a session can both improve range of motion [10] and prevent injury [11]. Light foam rolling for 2-3 minutes prior to lifting is recommended.

Before the first exercise for each bodypart perform a basic loading pyramid:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier
- Such a warm up is only required for Primary Exercises
- For example, if you were working up to 4 sets of 4 reps on the deadlift, using 200 lbs, you could warm up as follows:
 - Bar (45 lbs) x 15 reps - 95 lbs x 5 reps
 - 135 lbs x 4 reps
 - 185 lbs x 3 reps
 - Then begin working sets with 200 lbs for 4 reps
- On a %1RM basis, warm up pyramids can be structured like this:
 - Bar (45 lbs) x 15 reps
 - 40% lbs x 5 reps
 - 50% lbs x 4 reps
 - 60% lbs x 3 reps
 - 70-75% lbs x 2 reps
 - Begin working sets
- Note: Remember that such an extensive warm up is only required for **Primary Exercises.**

WARM UP PROTOCOL

WORKOUT	EXERCISE	SETS	REPS / TIME	NOTES
	LOW INTENSITY CARDIO	-	5-10 MINS	YOUR MACHINE OF CHOICE
LOWER BODY WARM-UP	WALL-SIT	2	30 SEC	SIT AT PARALLEL
	FRONT/BACK LEG SWING	2	12	12 EACH LEG
	SIDE/SIDE LEG SWING	2	12	12 EACH LEG
	STANDING GLUTE SQUEEZE	2	30 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
	LOW INTENSITY CARDIO	-	5-10 MINS	YOUR MACHINE OF CHOICE
UPPER BODY WARM-UP	PRONE TRAP RAISE	2	15	LIGHT WEIGHT
	CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
	OVERHEAD SHRUG	2	15	LIGHTWEIGHT OR NO WEIGHT

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

1

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	75%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD (CORE)	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

2

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	72.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	77.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

3

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	80%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 1

WOMEN'S SPECIALIZATION PROGRAM

WEEK

4

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 1-3

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	3	5	80%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
BARBELL HIP THRUST	3	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		DUMBBELL HIP THRUST
BARBELL ROMANIAN DEADLIFT	2	10-12	8RPE	2MIN					KEEP YOUR SPINE NEUTRAL		DUMBBELL ROMANIAN DEADLIFT
CABLE STANDING GLUTE KICKBACK	2	12-15	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
SEATED HIP ABDUCTION MACHINE	2	20-25	8RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		ANKLE WEIGHT STANDING HIP ABDUCTION
BICYCLE CRUNCH	3	15-20	8RPE	1MIN					DON'T YANK YOUR NECK		CRUNCH

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEADLIFT	4	4	82.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG DEADLIFT
FRONT SQUAT	3	10-12	8RPE	3MIN					SIT STRAIGHT DOWN		GOBLET SQUAT
KNEE-BANDED BODYWEIGHT HIP THRUST	2	25-30	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED DUMBBELL HIP THRUST
SEATED LEG CURL	3	10-12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
LATERAL BAND WALK	3	20	8RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE SEATED HIP ABDUCTION	3	15	7RPE	2MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL STANDING SHOULDER PRESS	4	8-10	8RPE	2MIN					USE A FULL ROM		DUMBBELL SEATED SHOULDER PRESS
NARROW NEUTRAL-GRIP PULLDOWN	4	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SUPINATED PULLDOWN
CLOSE-GRIP PUSH-UP	3	8-10	7RPE	2MIN					TUCK YOUR ELBOWS		MACHINE CHEST PRESS
CABLE SEATED ROW	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		MACHINE HIGH ROW
A1: DUMBBELL LATERAL RAISE	3	15	9RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		MACHINE LATERAL RAISE
A2: DUMBBELL REAR DELT RAISE	3	15	9RPE	2MIN					KEEP YOUR SCAPULAE PROTRACTED		REVERSE PEC DECK
SEATED FACE PULL	3	15-20	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		PRONE TRAP RAISE
B1: SINGLE-ARM CABLE CURL	2	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		DUMBBELL SUPINATED CURL
B2: OVERHEAD CABLE TRICEP EXTENSION	2	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		1-ARM OVERHEAD DUMBBELL EXTENSION

TOTAL SET VOLUME: 27

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 4-6

BLOCK 1 - 4 WEEK VOLUME ACCUMULATION PHASE

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DEFICIT BODYWEIGHT BULGARIAN SPLIT SQUAT	3	10-12	7RPE	2MIN					FOCUS ON STRETCHING YOUR GLUTES		DUMBBELL STEP-UP
SMITH MACHINE HIP THRUST	3	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		LEG EXTENSION HIP THRUST
BODYWEIGHT REVERSE HYPEREXTENSION	3	15-20	8RPE	2MIN					SQUEEZE YOUR GLUTES TO RAISE YOUR LEGS		BAND GLUTE KICKBACK
45° HYPEREXTENSION	3	12-15	7RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		BACK EXTENSION
BAND SEATED HIP ABDUCTION	3	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		SEATED HIP ABDUCTION MACHINE
HOLLOW BODY HOLD	3	15SEC	7RPE	1MIN					FLEX YOUR SPINE		PLANK

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

LOWER #4	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
STIFF LEG DEADLIFT	3	6-8	8RPE	3MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BODYWEIGHT WALKING LUNGE	2	12-15	7RPE	2MIN					REPS EACH LEG, STRETCH YOUR GLUTES		SINGLE-LEG LEG PRESS
KNEE-BANDED BODYWEIGHT HIP THRUST	4	15-20	8RPE	2MIN					CHIN AND RIBS TUCKED		BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	3	8-12	7RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
CABLE HIP ABDUCTION	3	10-15	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	8-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
DUMBBELL INCLINE PRESS	3	8-10	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
SUPINATED PULLDOWN	3	10-12	8RPE	2MIN					PULL WITH YOUR ELBOWS AGAINST YOUR SIDES		SINGLE-ARM PULLDOWN
MACHINE SHOULDER PRESS	3	8-10	8RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
CHEST-SUPPORTED T-BAR ROW	3	12-15	8RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
A1: RESISTANCE BAND LATERAL RAISE	3	7/7/7	8RPE	0MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		CABLE LATERAL RAISE
A2: SEATED CABLE FACEPULL	3	7/7/7	9RPE	2MIN					7 BOTTOM 1/2 REPS, 7 TOP 1/2 REPS, 7 FULL REPS		BAND REVERSE FLY
B1: SINGLE-ARM CABLE CURL	3	10	8RPE	0MIN					FOCUS ON SQUEEZING YOUR BICEPS		HAMMER CURL
B2: CABLE ROPE TRICEP EXTENSION	3	12	8RPE	2MIN					FOCUS ON SQUEEZING YOUR TRICEPS		DUMBBELL SKULL CRUSHER

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION PROGRAM

WEEK

1

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 1-3

BLOCK 2 - WEEK 1 DELOAD

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	7RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	6RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	6RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	6RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	6RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	7RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	6RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	7RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	7RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	72.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	7RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	8RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	7RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 1: DAYS 4-5

BLOCK 2 - WEEK 1 DELOAD

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

2

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	75%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 2: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	7RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	7RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	8RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	7RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	8RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	8RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	8RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	70%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	7RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	7RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	7RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	8RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

3

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	80%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	77.5%	4MIN					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2MIN					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2MIN					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1MIN					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1MIN					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 3: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	80%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	75%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

BLOCK 2

WOMEN'S SPECIALIZATION
PROGRAM

WEEK

4

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 1-3

BLOCK 2 - MAX EFFORT PHASE

LOWER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	4	82.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
STIFF LEG DEADLIFT	2	6-8	8RPE	2MIN					BRACE YOUR LATS, HIGH HIPS		DUMBBELL STIFF LEG SUMO DEADLIFT
BARBELL HIP THRUST	2	12-15	8RPE	2MIN					CHIN AND RIBS TUCKED		SMITH MACHINE HIP THRUST
DUMBBELL 45° HYPEREXTENSION	2	15-20	8RPE	2MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
ECCENTRIC-ACCENTUATED LYING LEG CURL	2	8-10	8RPE	1MIN					3-SECOND LOWERING PHASE		SLIDING LEG CURL
MACHINE SEATED HIP ABDUCTION	2	25-30	9RPE	1MIN					EXTERNALLY ROTATE YOUR HIPS		KNEE-BANDED HIP ABDUCTION
RUSSIAN TWIST	2	20	8RPE	1MIN					ROTATE YOUR TORSO		BICYCLE CRUNCH

TOTAL SET VOLUME: 12

TOTAL TRAINING TIME:

UPPER #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SEATED DUMBBELL SHOULDER PRESS	3	4-6	9RPE	2MIN					USE A FULL ROM		MACHINE SHOULDER PRESS
PRONATED PULLDOWN	3	6-8	8RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		SINGLE-ARM PULLDOWN
DUMBBELL INCLINE PRESS	2	10-12	8RPE	2MIN					SHOULDER BLADES BACK AND DOWN		MACHINE CHEST PRESS
CHEST-SUPPORTED T-BAR ROW	2	12-15	9RPE	2MIN					FOCUS ON RETRACTING/PROTRACTING YOUR SCAPULAE		CABLE SEATED ROW
DUMBBELL SKULL CRUSHER	2	8-12	9RPE	1MIN					KEEP YOUR ELBOWS IN A FIXED POSITION		V-BAR PRESSDOWN
HAMMER CURL	2	10-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR BICEPS		EZ BAR CURL
A1: CABLE LATERAL RAISE	3	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		DUMBBELL LATERAL RAISE
A2: HIGH-TO-LOW FACE PULL	3	12-15	9RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		DUMBBELL BENT OVER REAR DELT RAISE

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

LOWER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
SUMO DEADLIFT	2	6	80%	4min					BRACE YOUR LATS, HIGH HIPS		STIFF LEG SUMO DEADLIFT
DEFICIT CURTSY LUNGE	2	10-12	8RPE	2min					ELEVATE 3-5". STRETCH YOUR GLUTES		DB DEFICIT BULGARIAN SPLIT SQUAT
KNEE-BANDED MACHINE HIP THRUST	2	50	9RPE	2min					DRIVE YOUR KNEES OUT		KNEE-BANDED BODYWEIGHT HIP THRUST
SWISS BALL LEG CURL	2	8-12	9RPE	1min					FOCUS ON SQUEEZING YOUR HAMSTRINGS		SEATED LEG CURL
MACHINE GLUTE KICKDOWN	2	15-20	9RPE	1min					FOCUS ON SQUEEZING YOUR GLUTES		MACHINE GLUTE KICKBACK
LATERAL BAND WALK	2	25-30	8RPE	1min					EXTERNALLY ROTATE YOUR HIPS		CABLE HIP ABDUCTION
MACHINE STANDING CALF RAISE	3	10-12	8RPE	1min					PRESS ALL THE WAY UP TO YOUR TOES		MACHINE SEATED CALF RAISE

TOTAL SET VOLUME: 13

TOTAL TRAINING TIME:

WOMEN'S SPECIALIZATION PROGRAM

WEEK 4: DAYS 4-5

BLOCK 2 - MAX EFFORT PHASE

DAY 4

UPPER #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
CLOSE-GRIP BENCH PRESS	3	5	82.5%	2MIN					TUCK YOUR ELBOWS		BARBELL BENCH PRESS
SINGLE-ARM PULLDOWN	3	10-12	9RPE	2MIN					PULL WITH YOUR ELBOWS DOWN AND IN		NEUTRAL-GRIP PULLDOWN
MACHINE SHOULDER PRESS	2	12-15	9RPE	2MIN					USE A FULL ROM		ARNOLD PRESS
HAMMER STRENGTH MACHINE ROW	2	12-15	9RPE	2MIN					PULL WITH YOUR ELBOWS OUT		DUMBBELL ONE-ARM ROW
REVERSE PEC DEC	3	12-15	9RPE	1MIN					KEEP YOUR SCAPULAE PROTRACTED		SEATED FACE PULL
PRONE TRAP RAISE	3	15-20	10RPE	1MIN					PULL YOUR ELBOWS UP AND OUT		BAND REAR DELT PULL APART
A1: CONSTANT-TENSION DUMBBELL LATERAL RAISE	3	20-25	10RPE	0MIN					FOCUS ON SQUEEZING YOUR DELTS		CONSTANT-TENSION MACHINE SHOULDER PRESS
A2: DUMBBELL FRONT RAISE	3	15-20	10RPE	1MIN					FOCUS ON SQUEEZING YOUR DELTS		PLATE FRONT RAISE

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

DAY 5

LOWER #3	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	ALTERNATE EXERCISE
BACK SQUAT	2	8	77.5%	3MIN					SIT YOUR HIPS BACK AND DOWN		SMITH MACHINE SUMO SQUAT
DUMBBELL 45° HYPEREXTENSION	2	20-25	9RPE	3MIN					ROUNDED UPPER BACK, EXTEND YOUR HIPS		REVERSE HYPEREXTENSION
PAUSE BARBELL HIP THRUST	2	10-12	8RPE	2MIN					3-SECOND PAUSE		PAUSE MACHINE HIP THRUST
CABLE PULL-THROUGH	2	20-25	8RPE	1MIN					STRETCH YOUR GLUTES		DB SUMO RDL
SEATED LEG CURL	2	12-15	9RPE	1MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS		LYING LEG CURL
KNEE-BANDED GLUTE BRIDGE / BANDED HIP ABDUCTION	2	30/30	9RPE	1MIN					FOCUS ON GETTING A BIG GLUTE PUMP		KNEE-BANDED FROG PUMP / FROG PUMP
HANGING LEG RAISE	2	6-8	8RPE	1MIN					FOCUS ON FLEXING YOUR SPINE		CABLE CRUNCH

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:



PROGRAM EXPLAINED

WHY WOMEN SHOULD TRAIN DIFFERENTLY THAN MEN

Before getting into programming specifics, it's important to highlight a two key training differences between men and women so that the programming methods used can be best understood.

1. Women generally do better with higher reps

Women who resistance train generally have larger and a greater number of type 1 (slow twitch) muscle fibers than men [12], [13].

Women can use this fiber type difference to their advantage by performing, on average, more reps per set. Also, because women also tend to be able to perform more reps at a given relative load than men, it means that they are capable of

performing more reps before “hitting the wall”. [14]

2. Women can generally handle more training volume

Women have a recovery advantage as well due to higher levels of estrogen. Estrogen has been shown to reduce protein breakdown during training and protect against muscle damage, implying that greater workloads can be recovered from per training session.

This program is divided into two 4-week training blocks, each with unique and specialized priorities.

BLOCK 1

As mentioned previously, Block 1 focuses primarily on building up a large work capacity through progressive load increases at a relatively high set volume, while providing a high level of exercise. This work capacity will equip us with the abilities needed to optimize results in Block 2 of the program, where volume is decreased as intensity (effort) is increased.

Tying in with the ideas above, you will see that Block 1 uses higher rep ranges, yielding a large amount of total volume and a massive hypertrophic stimulus early in the program. [15] In addition to getting crazy pumps, varying exercises will keep training fun while working different segments of different muscles through varying strength curves. This will also minimize the risk of over-use injury and enforce mastery of a wide range of movement patterns. This block can be run straight through (6 training days straight):

Day 1 - Lower Body

Day 2 - Lower Body

DAY 3 - UPPER BODY

Day 4 - Lower Body

Day 5 - Lower Body

DAY 6 - UPPER BODY

DAY 7 - REST

REPEAT

BLOCK 2

Block 2 begins with a deload week to emphasize recovery leading into the most psychologically and physically demanding phase of the program. The deload week sees a reduction in volume and intensity (effort) so that recovery can be optimized leading into the upcoming, more challenging phase.

The main idea with Block 2 is to apply a high degree of effort by taking sets much closer to failure. Now is time to set some PRs! Now that you have mastered form and built a “volume tolerance” it is time to really give it your all. Block 2 uses a much more aggressive progression modality and takes advantage of non-linear periodization (daily undulating periodization). This can be seen as a more advanced progression from the linear focus of Block 1 to continue driving strength and size progress forward.

Training near failure is a necessary prerequisite for optimizing hypertrophy [16], so while the sets in Block 2 will be pushed much closer to failure, we are talking about “muscular failure”, not “movement failure”. I.e. You want think about failure as the point where your muscles can no longer perform a full concentric rep with adequate technique.

It can be argued that periodic variation is one of the most central tenants of periodization and program design. In one 2012 review, sports scientist John Kiely notes: "Training variation is a critical component of long- term planning, but if adaptive energy is too widely distributed, gains may be excessively diluted." [17] In short, a good program will provide variety to avoid monotony while maintaining overall structure to ensure progression. For this reason, many new exercises and variations are introduced in Block 2 while still keeping a core of basic movements and a continuation of many of the progression schemes established in Block 1.



TECHNIQUE

HOW DO YOU KNOW IF YOU HAVE “GOOD FORM”?

Some trainers take the extreme stance that zero momentum or cheating should be used when lifting, regardless of how well controlled the cheating is. Others insist that because the goal is to overload, cheating is fine since it allows you to move more weight. As with many things training-related, the real answer is that it is always context dependent (exercise dependent).

Primary Exercises: Practice perfect technique on all reps (for example, squats, presses and deadlifts).

Secondary and Tertiary Exercises: Mild momentum is permitted to get the weight moving, but always control the weight on the eccentric.

Exactly what constitutes “good form” will depend on the specific exercise being performed and the person performing the exercise. Still, a helpful practice is to record your lifts and compare your technique to the technique demonstrated in the videos provided (below). You can also have a more experienced friend or coach give you feedback while keeping in mind that you should “feel exercises” in the muscle, not in tendons or ligaments.

DOES MIND-MUSCLE CONNECTION MATTER?

The mind-muscle connection is a widely debated topic when it comes to movement execution and proper technique. Should you focus “internally” by thinking about what muscles you’re supposed to be targeting with each exercise? Or should you focus “externally” by thinking about using your body as a whole? As usually is the case, I think that the answer is not black and white and depends on context. Generally speaking, the mind muscle connection should only be used sparingly (if at all) on primary exercises like 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 and through a full range of motion. For all tertiary exercises (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. For the record, 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) as opposed to “external cueing” (such as simply moving the barbell upwards) [18]. And recent data has suggested that use of a mind-muscle connection can be used to enhance muscle hypertrophy. So while it may not be appropriate for all exercises, practicing and cultivating a strong mind-muscle connection is advised if your goal is to achieve the best muscular development possible.



TRAINING VARIABLES

FREQUENCY:

What is optimal training 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 [19]. One potential limitation of training frequency research is that studies are always volume equated, so the subjects are actually doing the same amount of total work. In the real world, it is less likely that volumes would be equal when frequencies are different. Higher frequency training typically allows us to do more volume within a week. To illustrate this point, just imagine doing 4 sets of squats 5 days per week compared to doing 20 sets of squats in 1 session. So frequency research really tells us that:

1. While there may be no special benefit to training a muscle more than twice per week with the same amount of volume, practically speaking, hitting a muscle with a higher frequency almost always does allow for higher weekly volumes.
2. Training a muscle more than once per week is more optimal for hypertrophy, even when volume is the same.

This program uses a Lower/Lower/Upper split, meaning the lower body will be trained 4x per week, and the upper body will be trained 2x per week. Because women have an overall increased ability to recover, and tend to have both more lower body strength relative to upper body strength, this split is ideal for women in the intermediate-advanced training stage.

EFFORT/INTENSITY

How hard should you push each set?

Because of the size principle (see below) and its implications for hypertrophy, pushing yourself reasonably close to failure becomes increasingly more important as training advancement accrues (this is emphasized more in Block 2). It's well established that mechanical tension is the central mechanism of hypertrophy [20]. On a large scale, increases in tension are achieved through progressive overload while on the cellular level, mechanical tension is closely tied to motor unit recruitment. A "motor unit" is made up of one motor neuron and all of the muscle fibers it innervates. Motor unit recruitment refers to the way motor units are activated to cause an increase in the contractile force a muscle can produce. This occurs according to the "size principle" of motor unit recruitment where the smallest slow-twitch muscle fibers are recruited first, then gradually faster twitch muscle fibers will be recruited as oxygen is depleted from the local area. With this principle in mind, training near failure (but not always to

failure, because of differential effects on fatigue) becomes increasingly important, as it will ensure that there is adequate motor unit recruitment in the larger faster twitch muscle fibers.

So how do you determine intensity?

This program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort.

%1RM BASED EXERCISES

Loads for two primary exercises (squats and deadlifts) are determined based on a percentage of your 1 rep max (1RM) for that exercise. The main advantage of using a %1RM approach is that progression is ensured in an objective manner week to week. Nothing is left up to how you're feeling that day – there is a set weight prescribed in the program, and it's your responsibility to hit it. This level of precision and structure is good for certain exercises because it allows for complete accountability.

How to determine your 1 rep max

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your 1 rep max is for that exercise. Of course, not everyone will know what their 1RM is at any given time. It may be tempting to simply test your 1RMs – lift as heavy as possible with good form for one repetition. Although this is a seemingly simple solution, testing one rep maxes can be unnecessarily risky, and there are at least 2 better options to give you a ballpark estimate of this number.

Always use a spotter's assistance when testing 1 rep maxes!

LET'S USE THE SQUAT AS AN EXAMPLE:

1. Do an AMRAP test as follows:
 - Warm up by pyramiding up in weight using estimated 1RM
 - Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1
 - Do a set of as many reps as possible with 90% of your estimated 1RM using a spotter for safety. (Alternatively, you can pick a weight you think you can do about 3-5 reps with, and do as many reps as possible using a spotter for safety)
2. Plug the results of the AMRAP test in to this 1RM calculator to determine your new working 1RM:

<http://www.exrx.net/Calculators/OneRepMax.html>

OR

1. Plug the results of a recent “tough set” taken close to failure in the 6 or lower rep range into this calculator, which will estimate your 1RM:

<http://www.exrx.net/Calculators/OneRepMax.html>

Note: If you do the AMRAP tests before beginning the program, do them on its own day and then rest at least 2 days before beginning Week 1, Day 1.

RPE-BASED EXERCISES

In contrast to the objective nature of the %1RM-based method, the scientific literature tends to use two subjective scales for calculating effort: rate of perceived

exertion (RPE) and reps in reserve (RIR). This program uses RPE to gauge effort for all secondary and tertiary exercises. The RPE scale is ranked from 1-10, with 1 implying nearly no effort was used, and 10 implying maximal effort was achieved (training to failure) [21]. I think this can be more easily conceptualized as RPE9 meaning work at about 90% of your maximal effort, RPE8 bring about 80% of maximal effort, etc.

Another way to think about RPE is as the inverse of “reps in reserve” (RIR). RIR is a scale which attempts to gauge how many additional reps you would be able to complete after ending the set [22]. While research has shown that RIR is not very accurate for newer lifters [23], I think it is a good tool to understand at this point in your training career. So, to clarify, an RPE of 9 would mean you had 1 rep left in reserve. An RPE of 8 would mean you had 2 reps in reserve, etc.

In the program, the last set RPE column (LSRPE) is left blank for you to fill in. The idea here is to reflect on your last set and ask yourself how many more reps you think you could have gotten. It is a useful way to account for how hard you’re working on the final set and how well it matches the target RPE.

An Important Disclaimer About Training Intensity (Effort)

While a strong work ethic is admirable, more effort is not always better. Properly applied effort is what we are always looking for. This means that training to failure (or near failure) should be reserved for when it fits within the context of the program as a whole. Always use the RPE provided to determine how hard you should be pushing each set.

VOLUME

Volume loosely refers to the total amount of work you’re doing. This is often approximated as sets x reps x load, but is often simply thought of as the total number

of sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy, [24] however, multiple sets (3-5 sets) per muscle group are thought to be required to maximize hypertrophy [25].

It is important to remember that not all volume is created equal and more volume isn't always the answer. A 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. Additionally, the 10 x 10 group lost muscle (on average) in their legs [26], so there appears to be a volume limit past which more volume is not helpful for hypertrophy.

When it comes to per-week volume, James Krieger recommends an absolute minimum of 10 sets per week per muscle group [27], but Dr. Bret Contreras recommends upwards of 30 sets [28]. Because of the large degree of overlap between bodyparts on compound exercises, tracking set volume per bodypart has its complications and limitations. For this reason, we will be measuring total sets per workout. These numbers will be instructive for you when moving on to further blocks of training or other programs so that you can have an idea of how your body responds to the per-session “lower body volume” and “upper body volume” laid out in this routine.

You can learn more about basic volume 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>

PROGRESSION

From week to week the primary goal is progressive overload which is widely considered to be the single most important factor for building muscle and gaining strength. Progressive overload can be achieved through three main avenues:

1: Increasing absolute load:

Increasing absolute load can be seen simply as adding more weight to the bar, dumbbells or machine. This will be the “bread and butter” of your progression from week to week. As discussed in the “Volume” section, increasing load will increase volume, as long as sets and reps are kept constant. Since the primary compound movements have the greatest loading potential (due to utilizing more muscle groups), it’s particularly important to gain strength over time on these exercises.

2: Increasing reps with the same load:

Certain exercises ultimately lead to form breakdown if you focus too much on increasing weight. For these movements, progressing by adding reps will yield more total volume more effectively. “Secondary” exercises have less overloading capacity due to a few factors (balance, range of motion, muscle groups utilized, etc.), so it is best to work in a rep range prior to adding weight (which we will discuss shortly).

3: Improving the mind-muscle connection and form

Although the mind-muscle connection doesn’t directly impact any variable in the volume equation, it can still yield greater hypertrophy indirectly. We discussed exactly what the mind-muscle connection is in the “Does Mind-Muscle Connection Matter?” section, but improving the mind-muscle connection and/or technique can apply more tension onto the desired muscle, meaning that if it is improving, it should count as a form of progressive overload.

REP RANGES

When a rep range is given, the goal is to add reps while keeping the weight the same until the top end of the range is reached for all sets. From there, you will add weight and go back to the low end of the rep range. In the real world, it might not work out that neatly. As long as you're adding some weight or some reps over time on average (meaning it doesn't have to increase EVERY week) you're doing it right.

TARGET REPS WITH A %1RM

When a single rep target and a %1RM is given, then you simply have to use that load and hit the target rep count. The progression is built into the program for these primary exercises.

HOW TO BRING UP WEAK POINTS

Below are several techniques that are most effective for getting stubborn bodyparts to actually respond well to training:

1: High rep sets. Very high rep sets can provide a massive hypertrophic stimulus through large volumes and significant metabolic stress with low loads [29]. It is important to mindfully concentrate on each rep and utilize a strong mind-muscle connection - don't simply "go through the motions".

2: Enhanced-eccentrics/slow eccentrics. Enhanced eccentric training refers to when a training partner provides additional (manual) load during the eccentric. Enhanced eccentrics lead to favorable neural adaptations [30] and overload the arguably most anabolic phase of the lift [31].

If you don't have access to a training partner, simply slowing the eccentric down can

yield a similar result [32]. Don't simply slow the eccentric down - try to mimic being "too weak to do the concentric" during the eccentric.

3: Pre-exhaust assisting muscles (not target muscles). Historically, pre-exhausting a muscle involved doing an isolation movement on a desired muscle before doing a compound movement (for example, doing a glute kickback before doing squats). The research has actually shown this to be counter-productive since you will recruit more "assisting" muscles after fatiguing the desired muscle [33]. With this in mind, if you pre-exhaust assisting muscles (as opposed to target muscles) with an isolation exercise before doing a compound movement, the muscles that would otherwise assist the target muscle are now too fatigued to contribute. An example of this would be doing hamstring curls before doing a cable pull through to target the glutes more.

4: Quality warm-ups. Warm-ups are not only useful for increasing core body temperature. They should also be treated as a way to activate or "prime" your muscles to fire. Use your warm ups to focus on improving your mind-muscle connection and practicing ideal form.



EXERCISE SELECTION

Since muscles work synergistically as a team, exercises can be broken down to their primary movement patterns. It is important to note that differences in strength curve, angle, range of motion, form, etc. can alter these.

1. Squat - The squat mainly targets the quads and adductor magnus [34]. The hamstrings act as dynamic stabilizers which shorten at the hip, but stretch at the knee. This limits their ability to aid during the as well as activate during the squat which makes it an ineffective hamstring exercise.

- Barbell box squat
- Walking lunge
- Front squat
- Back squat
- Pistol squat

- Hack squat
- Smith machine sumo squat
- Reverse lunge

2. Bridge – Bridge exercises primarily target the glutes [35]. It is ideal to set up the back bench off a 12-16" platform. Make sure it is not too high, which can place stress on the lower back.

- Machine hip thrust
- Smith machine hip thrust
- Barbell hip thrust
- Knee-banded hip thrust

3. Hip Hinge – Hip hinge exercises are similar to bridging, except the loading tends to be in the vertical plane, and tends to take the hamstrings through a larger range of motion. Hip hinge exercises will generally target the hamstrings and glutes.

- Deadlift
- Sumo deadlift
- Romanian deadlift
- Romanian deadlift with band
- Cable pull through
- Rounded-back 45° hyperextension
- Reverse hyperextension
- Stiff leg deadlift
- Donkey kickback
- Back extension

4. Knee flexion – Knee flexion is the basic hamstring curl. This will target your hamstrings with minimal assistance from the glutes. Nordic ham curl variation

has been included as they are very difficult during the eccentric portion, which aid hypertrophy.

- Lying leg curl
- Swiss ball leg curl
- Seated leg curl

5. Hip abduction – Hip abduction serves to build the “upper shelf” of the glutes which is primarily made up of the glute medius and upper glute maximus. This can be targeted specifically with hip abduction movements **[36]**.

- Machine seated hip abduction
- Enhanced-eccentric machine seated hip abduction
- Lateral band walk
- Cable standing hip abduction
- Band seated hip abduction
- Knee-banded clam

6. Plantar flexion – Plantar flexion will target the calf complex. The calves are comprised into the gastrocnemius and the soleus. The gastrocnemius (or gastroc for short) is the larger muscle right underneath the back of your knee, and the soleus runs deeper than the gastroc down to the ankle. The soleus tends to be more “flat” in appearance, and can give the appearance of “cankles” if developed too much (seated calf raises). For this reason, standing calf raises are more ideal from a physique perspective, but seated calf raises can be substituted.

- Standing calf raise
- Seated calf raise



SUBSTITUTION EXERCISES

The program is written for the primary exercises listed to be used (to the far left in the program sheet), but alternate exercises are provided if you prefer them (to the far right in the program sheet). It is important to not substitute exercises intra-program if possible, so once you've made a decision on your exercises, try to stick to them and focus on gaining strength and improving your mind-muscle connection with your chosen exercises. Training is both a science and an art, so it is important to chose exercises which "agree" with your anthropometry. However, if you decide to run this program more than once, you can select different variations the second time running the program.



VIDEO DEMONSTRATIONS

LEGS:

SQUAT PATTERN:

Assisted Pistol Squat:

<https://www.youtube.com/watch?v=d3JrZciA610>

Barbell Box Squat:

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

Bodyweight Deficit Bulgarian Split Squat:

https://www.youtube.com/watch?v=ewx_1NTIkKc

Deficit Curtsy Lunge:

https://www.youtube.com/watch?v=VMuH_CzzNO4

Dumbbell Deficit Bulgarian Split Squat:

<https://www.youtube.com/watch?v=PzF6oIUcHOY>

Dumbbell Reverse Lunge:

<https://www.youtube.com/watch?v=9RNKFnd8Hbk>

Dumbbell Step Up:

<https://www.youtube.com/watch?v=geTUD9SOCIY>

Front Squat:

<https://www.youtube.com/watch?v=ue1fcU9fHDA>

Goblet Squat:

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

Knee-banded Goblet Squat:

<https://www.youtube.com/watch?v=TRuC4ddc8fs>

Leg Extension:

<https://www.youtube.com/watch?v=JJjiBawM8u4>

Machine Hack Squat:

<https://www.youtube.com/watch?v=wLwa6QL4j7U>

Smith Machine Sumo Squat:

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

Walking Lunge:

https://www.youtube.com/watch?v=heTvt_7lhA8

HIP HINGE:**45° Hyperextension:**

https://www.youtube.com/watch?v=lQ2e8JDb_BQ

Band Resisted 45° Hyperextension:

https://www.youtube.com/watch?v=bJF_YaU3BeM

Barbell Stiff Leg Deadlift:

<https://www.youtube.com/watch?v=E-IKh2yDzgo>

Cable Glute Kickback:

<https://www.youtube.com/watch?v=HftQsfn3nTI>

Cable Pull-Through:

<https://www.youtube.com/watch?v=c4fSGTDLNnw>

Deadlift:

<https://www.youtube.com/watch?v=CyEA0vqVKK0>

Glute Push Down:

<https://www.youtube.com/watch?v=ONQa7DSeL5Y>

Good Morning:

https://www.youtube.com/watch?v=TEFVVT_NuPg

Hack Squat Good Morning:

<https://www.youtube.com/watch?v=FSS7VoDtZGM>

Neck Banded RDL:

<https://www.youtube.com/watch?v=-3-U8J8CRkc>

Reverse Hyperextension:

<https://www.youtube.com/watch?v=x7JwmkjxjhQ>

Stiff Leg Sumo Deadlift:

<https://www.youtube.com/watch?v=4ozqwlA7S8Y>

BRIDGE:

Barbell Hip Thrust:

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

Dumbbell Frog Pump:

<https://www.youtube.com/watch?v=kgJJvA2wHwA>

Dumbbell Single-leg Hip Thrust:

<https://www.youtube.com/watch?v=uWmFy77RKg0>

Enhanced-Eccentric Machine Hip Thrust:

<https://www.youtube.com/watch?v=ObCEVrtcs8I>

Knee-banded Dumbbell Hip Thrust:

https://www.youtube.com/watch?v=oMfvEOLpr_E

Knee-banded Hip Thrust:

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

Knee-banded Hip Thrust / Abduction Superset:

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

Knee-banded Machine Hip Thrust:

<https://www.youtube.com/watch?v=TRuC4ddc8fs>

Machine Hip Thrust:

<https://www.youtube.com/watch?v=VtCgsCr2GtI>

Smith Machine Hip Thrust:

<https://www.youtube.com/watch?v=s6ZfIRdUuOE>

KNEE FLEXION:**Enhanced-Eccentric Lying Leg Curl:**

<https://www.youtube.com/watch?v=YyWa04ChX0Q>

Glute Ham Raise:

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

Lying Leg Curl:

<https://www.youtube.com/watch?v=rnNfJjOa05g>

Seated Leg Curl:

<https://www.youtube.com/watch?v=OBa8cP88EbY>

Single-leg Lying Leg Curl:

<https://www.youtube.com/watch?v=oiioaD43zSs>

HIP ABDUCTION:

Cable Standing Hip Abduction:

<https://www.youtube.com/watch?v=DkxcKY5Tt7Q>

Dumbbell 45° Hyperextension:

<https://www.youtube.com/watch?v=xS3eO8fdefc>

Dumbbell Quadruped Glute Kickback:

<https://www.youtube.com/watch?v=MdKEsullsq4>

Enhanced-Eccentric Seated Hip Abduction:

<https://www.youtube.com/watch?v=eBQo7lZ9jnA>

Knee-banded Lateral Walk:

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

Knee-banded Side-lying Clam:

https://www.youtube.com/watch?v=6N_HRWRRSYQ

Machine Seated Hip Abduction:

https://www.youtube.com/watch?v=qkqofv_ojOM

Seated Band Hip Abduction:

<https://www.youtube.com/watch?v=wRaA03JGkpk>

Side-Lying Hip Abduction:

https://www.youtube.com/watch?v=vy_P7D8cfAM

ABS:

Ab wheel rollout:

https://www.youtube.com/watch?v=yYtYIA_Eznl

Bicycle Crunch:

<https://www.youtube.com/watch?v=Ojzse3YhTB0>

Cable Crunch:

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

Plank:

<https://www.youtube.com/watch?v=LaQQANxEOE4>

Russian twist:

<https://www.youtube.com/watch?v=1ITqUh87anc>

CALVES:

Standing Calf Raise:

<https://www.youtube.com/watch?v=e4C3xn99eWc>

UPPER BODY PUSH:

Bench Press:

https://www.youtube.com/watch?v=COYZec_3l-Q

Bench Tricep Dips:

<https://www.youtube.com/watch?v=ihCoUhp5XrM>

Cable Lateral Raise:

<https://www.youtube.com/watch?v=Ha2AHDEAvBU>

Cable Overhead Tricep Extension:

<https://www.youtube.com/watch?v=qIW3z-ydg-M>

Close-grip Bench Press:

<https://www.youtube.com/watch?v=479GhwvzBLA>

Close-grip Push-up:

<https://www.youtube.com/watch?v=hb3vyfp8cm8>

Dumbbell Floor Press:

<https://www.youtube.com/watch?v=iFdHAMH7-fk>

Dumbbell Front Raise:

<https://www.youtube.com/watch?v=PH9IpLhJNmc>

Dumbbell Incline Press:

<https://www.youtube.com/watch?v=p2t9daxLpB8>

Dumbbell Lateral Raise:

<https://www.youtube.com/watch?v=TdKeG5bL2mg>

Dumbbell Seated Shoulder Press:

<https://www.youtube.com/watch?v=Fu2LHVgt8U8>

Dumbbell Skull Crusher:

<https://www.youtube.com/watch?v=QtZ7Wcbn6fQ>

Dumbbell Standing Shoulder Press:

<https://www.youtube.com/watch?v=GhpFtRr9c2Q>

Dumbbell Standing Single-Arm Shoulder Press:

<https://www.youtube.com/watch?v=FdwkoO1-G3k>

Egyptian Cable Lateral Raise:

<https://www.youtube.com/watch?v=0VvQ6oIHi4I>

EZ Bar Skull Crusher:

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

Machine Chest Press:

<https://www.youtube.com/watch?v=vNSZmlz7kFA>

Machine shoulder press:

<https://www.youtube.com/watch?v=fIrl4ohSI0j8>

Military Press:

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

Push-up:

<https://www.youtube.com/watch?v=ram24BPQJlc>

Resistance Band Lateral Raise:

<https://www.youtube.com/watch?v=N301JWAHtvE>

PULL:

Barbell Row:

https://www.youtube.com/watch?v=Qv_Q0SRUSHA

Cable bicep curl:

<https://www.youtube.com/watch?v=Wo7Yqkakh4o>

Cable Face Pull:

<https://www.youtube.com/watch?v=r3b944bM6To>

Cable Rear Delt Fly:

<https://www.youtube.com/watch?v=uCV40OQMGpM>

Cable Upright Row:

<https://www.youtube.com/watch?v=zmDfM2NlvmU>

Chest-Supported Row:

<https://www.youtube.com/watch?v=H1Qblm-CFBY>

Chin-up:

<https://www.youtube.com/watch?v=j1ZlwI0xnkA>

Dumbbell Alternating Curl:

<https://www.youtube.com/watch?v=1B1llnq33jA>

Dumbbell Bent Over Rear Delt Raise:

<https://www.youtube.com/watch?v=8vzldHfJluk>

Dumbbell Chest-Supported Row:

<https://www.youtube.com/watch?v=RYqWD9M982w>

Dumbbell Hammer Curl:

https://www.youtube.com/watch?v=_4qHATQw-9I

Dumbbell Seated Bicep Curl:

<https://www.youtube.com/watch?v=J5DaZuuA5ec>

EZ Bar Curl:

<https://www.youtube.com/watch?v=Dd0t5UOCEUc>

EZ Bar Preacher Curl:

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

Lat Pulldown:

<https://www.youtube.com/watch?v=iuWA-0RdD9I>

Machine High Row:

<https://www.youtube.com/watch?v=QH2s6F-oVNM>

Prone Trap Raise:

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

Pull-up:

<https://www.youtube.com/watch?v=95ya4Z1O6lc>

Resistance Band Rear Delt Raise:

<https://www.youtube.com/watch?v=tEUvV6NAFYM>

Reverse Pec Deck:

<https://www.youtube.com/watch?v=uOcMn3GePpU>

Single-arm Cable Curl:

<https://www.youtube.com/watch?v=Wo7Yqkakh4o>

Seated Cable Row:

<https://www.youtube.com/watch?v=0cdTJLHj2Dg>

Seated Face Pull:

<https://www.youtube.com/watch?v=x0WLWRbNdWM>



COMMENTS FROM STEPHANIE AND JEFF

For customer support please email info@strcng.com. As much as we love connecting on social media, we are not able to reliably respond to the questions received across platforms so please direct any questions to the email above. Please allow for 3-5 business days for a reply.

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



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WOMEN'S SPECIALIZATION PROGRAM

INTERMEDIATE TO ADVANCED

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