**WARMUP BEFORE YOU LIFT**

Leg day warmup: I like to bike for 10 minutes, at around 3 minutes a mile, and then stretch and roll for another 20 minutes. If you want my stretching routine let me know.

Upper body warmup: WARMUP YOUR ROTATOR CUFFS. Lifting will fuck up your rotator cuffs if you don’t warm them up, especially if you’re skinny and lanky (lookin’ at you Danny boy). Watch this video: <https://www.youtube.com/watch?v=EhAPCPAskJU>. Roll out your upper body with a lacrosse ball and then stretch (sometimes I’m lazy and don’t roll out).

Before any compound lift (squat, bench, deadlift, etc.): start with the empty bar and hit like 10 reps, do one more set with a decent amount of weight (~40% of your max) for 10 reps, and then start your working set.

**PROGESSION IS KEY**

Lifting is only effective with progressive overload. This means that you have to try to push weight every time you lift (especially with your compound lifts).

**FORM OVER WEIGHT**

Check your ego at the door. Lifting is way more effective when you prioritize form—get people to take videos of you, check yourself in the mirror when you’re working out, etc. Whatever you do, make sure your form is as good as you can make it. Look up videos to find form advice or ask me. If pushing weight causes you to sacrifice form, don’t push weight. Also pretty much during any exercise **RETRACT YOUR SHOULDER BLADES**. There are almost zero instances where this isn’t beneficial.

**WHAT YOU’RE THINKING ABOUT MATTERS**

Don’t just fly through your sets. Think about activating relevant muscle groups when you’re hitting a set. When you’re doing lat pulldowns for example, actively think about contracting your lats.

**EAT A SHIT TON**

Getting in the gym is half the battle. You HAVE to eat a bunch to make it count. Honestly if you have a high metabolism it doesn’t really matter what you eat, just eat a bunch of it, and if possible, make it protein rich.

**Routine**

Ok so out of the workouts listed, do Legs, Back/Biceps, and Chest/Triceps OR Chest/Shoulders once a week (assuming you’re only working out with my stuff three times a week). You can mess around with the sets and reps. Sometimes I’ll do 12 reps, 10, 8, 6, and then 4, increasing weight every time, instead of 4x8. Surprising your muscles is crucial. Also feel free to pick and choose accessory exercises.

**Legs**

Barbell Squat 5 (sets ) x 5 (reps) ~80% of max

Romainian Deadlifts 4x8

Walking Lunges 25lb dumbbells (walk back and forth over a ~10 yard distance, three times)

Leg Extensions (machine) 4x12

Hamstring Curls (machine) 4x12

Some kind of Calf workout on a machine

**Chest/Triceps**

(Barbell Bench Press 5x5 ~80% of max

Incline Dumbell Press 4x8)

**OR** (alternate between these two sets of exercises)

(Incline Barbell Bench Press 5x5 ~70% of max

Dumbbell press 4x8 (this is dumbbell bench press))

Then do these…

Chest press machine, one hand at a time 4x8

Chest Cable Exercises 4x12 (1)

Chest Cable Exercises 4x12 (2) (Look up different kinds of chest cable exercises to do)

Ez bar Skullcrushers 4x8 **OR** dips 3xAMRAP (As many reps as possible)

Tricep Pushdowns (sometimes called tricep pulldowns) 4x8

**Chest/Shoulders**

Overhead Press 5x5 ~80% of max

Dumbbell press 5x5

Seated dumbbell overhead press 4x8

Dumbbell Front Raise 4x8

Dumbbell Lateral Raise 4x8

Chest Press

Chest Cable Exercises 4x12 (1)

**Back/Biceps**

(Since you said you already deadlift a good amount, I’m going to give you my upper back focused back day, if you want my back day that includes lower back, let me know)

Pullups 4xAMRAP (this is a warmup, so don’t kill yourself on this)

Barbell Row 5x5

Seated cable row 4x8

Dumbbell row 4x8

Lat pulldowns 4x8

Dumbbell back fly 4x12

Ez Bar Curls 4x8 **OR** Dumbell Hybrid Curls 4x8

Concentration Curls 3x5 SS (superset) Concentration Curls 3x5 at a much lower weight **OR**

Bicep Cable Exercises 4x12

**PPL (Push Pull Legs Routine)**

This is one blows at first, but your body will adjust. You can either lift 6 days in a row then rest, doing each PPL A and B back to back, or you can throw in a rest day after you finish PPL A (this will cause you to end up lifting on different days each week) then do PPL B. On 5x5 deadlift and squat days, deadlift and squat can take upwards of 30 minutes. This is fine. These are meant to be the majority of the workout.

**PPL A**

**PUSH**

Barbell Bench Press 5x5 ~80% of max

Incline Dumbell Press 4x8

Chest press machine, one hand at a time 4x8

Chest Fly 4x12

Ez bar Skullcrushers 4x8 **OR** dips 3xAMRAP (As many reps as possible)

Tricep Pushdowns (sometimes called tricep pulldowns) 4x8

**PULL**

Deadlift 5x5

Pullups 4xAMRAP

Seated cable row 4x8

Dumbbell row 4x8

Lat pulldowns 4x8

Concentration Curls 3x5 SS (superset) Concentration Curls 3x5 at a much lower weight **OR**

Reverse curls 4x8 (Forearm exercise)

**LEGS**

Barbell Squat 4 x 12 ~60% of max

Romainian Deadlifts 4x8

Walking Lunges 25lb dumbbells (walk back and forth over a ~10 yard distance, three times)

Leg Extensions (machine) 4x12

Hamstring Curls (machine) 4x12

Some kind of Calf workout on a machine

**PPL B**

**PUSH**

Incline Barbell Bench Press 5x5 ~70% of max

Dumbbell press 4x8 (this is dumbbell bench press)

Chest press machine 4x8 (both hands at the same time)

Chest Cable Exercise 4x12

Dips 3xAMRAP (As many reps as possible)

Dumbbell Skullcrushers

**PULL**

Pullups 4xAMRAP (this is a warmup, so don’t kill yourself on this)

Barbell Row 5x5

Seated cable row 4x8

Dumbbell row 4x8

Lat pulldowns 4x8

Dumbbell back fly 4x12

Ez Bar Curls 4x8 **OR** Dumbell Hybrid Curls 4x8

Concentration Curls 3x5 SS (superset) Concentration Curls 3x5 at a much lower weight **OR**

Bicep Cable Exercises 4x12

**LEGS**

Barbell Squat 5 (sets ) x 5 (reps) ~80% of max

Romainian Deadlifts 4x8

Leg Extensions (machine) 4x12

Hamstring Curls (machine) 4x12

Some kind of Calf workout on a machine