	FARRES'S NCH PRI	ESS x AR	MS PRO		BLOCK 1: V	OLUME ACC	UMULATION	PHASE / W	EEK 2: DAY	5 1+5	
CHEST BACK ARMS	SETS	REPS	RPE/%1RM	REST	1	2	3	- 4	5	NOTES	LS E
BARBELL BENCH PRESS	4	٠	75.00%	3-5MIN						45" ELBOW TUCK PULL YOUR SHOULDERS	
WIDE PULLDOWN	3		RPES	2-3MIN							
BARBELL INCLINE PRESS	2		RPES	2-3MIN						2-SECOND LOWERING PHASE. ELECWS TUCKED -30*	
PULL-OVER	1	10	RPES	2-3MIN						BACK AND DOWN, PULL WITH YOUR ELBOWS OUT	
пр	2	10	8967	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEDRESORD	
SKULL CRUSHER	2		8967	1-2MIN						KEEP YOUR ELBOW'S OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT HOTIONLESS	
HAMMER CURL	2	10	RPES	1-2MIN						CURL THE WESCHT "OUT", NOT "UP" FOCUS ON SQUEEZING YOUR DELTOKOS TO MOVE THE WESCHT	
LATERAL RAISES	3	12	RPES	1-2MIN						SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
TOTAL	SET VOLUME:	21									
ADUCTORS	SETS 3	REPS 13	RPE/K1RM RPE7	2-3 MIN		Ľ				SIT DOWN AND BACK	
HAMSTRING	3	20	RPES	1-2 MIN						NOTES SIT DOWN AND BACK FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WYSCHT	
MACK SQUAT	3	5	755	3-4MIN						RIS CAGE AND CHIN TUCKED	
CALF RAISES	1	20	RPES	1-2 MIN						FOCUS ON SQUEEZING YOUR CALFS TO MOVE THE WEIGHT	
LEG EXTENSION	3	20	RPES	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
TOTAL	SET VOLUME:	15									
CHEST ARMS BARBELL	SETS	REPS	RPE/%1RM	REST	- 1	2	3	4	5	NOTES	E E
BENCH PRESS	,	3	85%	3-5MIN						45" ELBOW TUCK START WITH THE BAR ON THE PINS.	
SMITH BARBELL PIN PRESS	2	٠	8967	2-3MIN						SPEED OFF OF THE CHEST	
PACE PULL	1	15	RPES	1-2MIN						PULL YOUR ELBOWS UP AND BACK, FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	٠	10127	2-3MIN						RETRACTION RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS".	
DUMBBELL LATERAL RAISE	1	12	RPES	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
REVERSE PEC DECK	3	15	RPES	1-2MIN						TAKE YOUR SCAPLEAE THROUGH A ROM	
SKULL CRUSHER	2	10	RPES	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT	
HAMMER CURL	2	10	RPES	1-2MIN						ELBOWS OVER YOUR MEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS CURL THE WEIGHT 'OUT', NOT 'UP	
CUICCE	SET VOLUME:										
BACK TRAPS	SETS	REPS	RPE/%1RA	REST	1	2	3	4	5	NOTES	LS E
PAUSE BARBELL BENCH PRESS	,	5	67.50%	3-SMIN						PAUSE, FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	1	12	RPES	2-3MIN						3-SECOND PAUSE, FOCUS ON SPEED OFF THE CHEST PULL YOUR SHOULDERS DOWN AGAINST	
DUMBBELL INCLINE PRESS	2	12	89127	2-3MIN						PRESSING EVENLY, 30" ELBOW TUCK	
										PIRST 10 REPS  PETRACT  YOUR  SCAPLLAE  AND PULL  YOUR	
ROW ROW	1	10-10	RPES	1-2MIN						FIRST 10 REPS RETRACT YOUR SCAPLARE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPLAR ROW (YOUR ARMS DONT MODEL KEEP YOUR	
CABLE FLYE	3	15	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	10127	1-2MIN						HEEP YOUR SHOULDER AND ELECW LOCKED IN PLACE	
PACE PULL	3	15	RPES	1-2MIN						KIEP YOUR SCAPILAL BETACLE AND DESPESSED KIEP YOUR SHOULDER AND ELEOW LOCKED IN FLACE PULL YOUR FLEGWIS UP AND BACK. FOCUS ON SCAPILAR BETRACTION	
TOTAL	SET VOLUME:	23	_		_	_				RETRACTION	_
ARM DAY	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	SHOULDER WIDTH GRIP,	
CLOSE GRIP BENCH PRESS	3		RPES	3-5MIN						WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE	
PREACHER CURL	2	12	10127	1-2MIN						PREACTIVATI ON, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PLMP WITHLIGHT WEIGHT	
STANDING EZ										2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN	

PRESS									ELEOW TUCK	
MACHINE ROW	3	10-10	RPES	1-2MIN					PREST 10 REPS RETRACT RETRACT SCAPILLAE AND PULL YOUR ELBOMS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPILLAR ROM (YOUR ARAS DON)	
CABLE FLYE	3	15	RPE7	1-2MIN					KEEP YOUR SCAPLEAE RETRACTED AND DEPRESSED	
V-BAR PRESSOCIWN	2	15	RPE7	1-2MIN					KEEP YOUR SHOULDER AND ELEOW LOCKED IN PLACE	
PACE PULL	3	15	RPES	1-2MIN					PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
TOTAL	SET VOLUME:	23			 					
ARM DAY	CETC	REES	RPE/%1RM	OCCT	2	-		-	NOTES	LSRF
CLOSE GRIP BENCH PRESS	3	a a	RPES	3-SMIN		3	•	,	SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE	
PREACHER CURL	2	12	89127	1-2MIN					PREACTIVATI ON, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PLIKE WITHLIGHT WENGHT	
STANDING EZ BAR CURL	4		89127	2-3MIN					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1- 2 EFFECTIVE CHEAT REPS AT END OF SET	
BAYESIAN CABLE CURL	1	12-15	RPES	1-2MIN					PACE AWAY PROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM.	
TRICEP PRESSDOWN	4	10	89127	1-2MIN					USE BAR ATTACHMENT , 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWSLOCK ED IN PLACE, HISIMIZE SWINGING	
OVERHEAD ROPE TRICEP EXTENSION	2	15	89127	1-2MIN					PERFORM. BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM.	
LATERAL RAISES	3	15	RPES	1-2MIN					FOCUS ON SQUEEZING	
LAYED LATERAL RAISES	2	15	RPE7	1-2MIN					FOCUS ON SQUEEZING	
TOTAL	SET VOLUME:	23								
iona	_ rocome:									