CHEST BACK ARMS BARBELL BONCH PRESS WIDE PULLDOWN BARBELL INCLINE PRESS		ESS x AR	MS PRO	GRAM	BLOCK 1: VI	DLUME ACCI	UMULATION	PHASE / W	EK 4: DAYS	1-5	
BARBELL BENCH PRESS WIDE PULLDOWN											
WIDE PULLDOWN	SETS 4	REPS 6	RPE/%1RM 85.00%	REST 1-5MIN	1	2	3	4	5	NOTES 45° ELBOW	E E
	3		RPES	2-3MIN						TUCK PULL YOUR SHOULDERS DOWN AND IN	
	2		RPES	2-3MN						2-SECOND LOWERING PHASE ELBOWS TUCKED -30"	
PULL-OVER	3	10	RPES	2-3MIN						SCAPULAE BACK AND DOWN, PULL WITH YOUR ELBOWS OUT	
DP	2	10	RPET	1-2MN						SCAPULAE RETRACTED	
SULL										DEPRESSED	
CRUSHER	2		RPET	1-2MN						ELEPTON ELEOWS OVER YOUR HEAD. REEP YOUR SHOULDER JOINT HOTIONLESS CURL THE WEIGHT "OUT", NOT	
HAMMER CURL	2	10	RPES	1-2MN						TOUT, NOT TUP FOCUS ON SQUEEZING	
LATERAL RAISES TOTAL	3 SET VOLUME:	12	RPES	1-2MN						FOCUS ON SQUEEZING YOUR DESTRIES TO MOVE THE WEIGHT	
LEGS	SETS	REPS	RPE/K1RM	REST	1	2	3	4	5	NOTES	LS
ADUCTORS	3	15	RPE7	2-3 MIN						SIT DOWN AND BACK FOCUS ON	
HAMSTRING	1	20	RPES	1-2 MIN						NOTES SIT DOWN AND BACK FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
MACK SQUAT	3	5	755	3-4MN						USE A PAO. RIS CAGE AND CHIN TUCKED DOWN FOCUS ON SQUEEZING	
CALF RAISES	3	20	RPES	1-2 MIN						YOUR CALFS TO MOVE THE WEIGHT	
LEG EXTENSION TOTAL	3 SET VOLUME:	20	RPES	1-2MN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
CHEST	SETS	REPS	RPE/K1RM	REST	1	2	3	4	5	NOTES	LS E
BARBELL BENCH PRESS	3	3	85%	3-SMIN							
SMETH BARBELL PIN PRESS	2		RPET	2-3MN						45' ELBOW TIJEK START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
PACE PULL	1	15	RPES	1-2MN						PULL YOUR ELEOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	6	1917	2-3MN						RESET THE BAR AFTER EACH REP. THINK ABOUT	
Program :										DOING A	
LATERAL RAISE	3	12	RPES	1-2MN						FOCUS ON SQUEEZING YOUR DELTOIDS TO HOVE THE WEIGHT TAKE YOUR SCAPULAE THROUGH A ROM HETE YOUR	
REVERSE PEC DECK	3	15	RPES	1-2MN						ELEGINS OVER	
SKULL CRUSHER	2	10	RPES	1-2MN						YOUR HEAD. MEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2 SET VOLUME:	10	RPES	1-2MN						CURL THE WEIGHT TOUT, NOT TUP	
CHEST BACK			RPE/%1RM								LSI
TRAPS	SETS	REPS		REST	1	2	3	4	5	3-SECOND PAUSE, FOCUS	LS E
BARBELL BENCH PRESS	5	5	72.50%	1-5MN						ON SPEED OFF THE CHEST PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
SUPPRATED PULLDOWN DUMESTLL	2	12	RPES RPE7	2-3MN 2-3MN						PRESSING	
DUMENTLL INCLINE PRESS	•		, ac	2-364						EVENLY, 30" ELBOW TUCK	
MACHINE ROW	3	10-10	RPES	1-2MN						PIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCARINAR	
										REPS ONLY GO THROUGH A SCAPULAR ROIR (YOUR ARMS DON'T MOVE)	
CABLE FLYE	3	15	RPET	1-2MN						MOVE) RZEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSOOWN	2	15	RPET	1-2MN						SHOULDER AND ELBOW	
PACE PULL	1	15	RPES	1-2MN						PULL YOUR ELEOWS UP AND BACK. FOCUS ON SCAPULAR	
	SET VOLUME:									RETRACTION	
ARM DAY	SETS	REPS	RPE/K1RM	REST	1	2	3	4	5	NOTES SHOULDER WIDTH GRIP,	LS
	3		RPES	1-5MN						NOTES SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE PREACTIVATIO	
CLOSE GRIP BENCH PRESS		12	89127	1-2MIN						PREACTIVATIO N, SWOOTH AND CONTROLLED REPS, GET A SLIGHT PLIMP WITHJIGHT WEIGHT	
CLOSE GRIP BDNCH PRESS PREACHER CURL	2				Ι -					2 SETS WIDER GRIP, 2 SETS SHOULDER	
PREACHER	4	8	8917	2-3MN						GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET	
PREACHER CURL		12-15	SPET	2-3MIN 1-2MIN						CHEAT REPS AT END OF SET FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROW	
PREACHER CURL STANGONG EZ BAR CURL	4									FACE AWAY FROM CABLE MACHINE, FEEL STRETCH	
PREACHER CURL STANDING EX BAYCSIAN BAYCSIAN CARLE CURL TRICEP PRESSCOWN OVERHEAD RICHT TRICEP ECTEMENT	4	12-15	SPEE	1-2MN						CHAT RES CHAT RES CHAT RES TACE AND FACE AND FAC	
PREACHER CURE STANSING EZ BAY CURE BAY CURE TRICEP PRESSIONN ONE PRICEP ECTHOGON LATERAL BAYES LAYES LAYES LAYES LAYES LAYES	3	12-15	SPEE	1-2MN 1-2MN						CHAT REPS AT END OF SET FACE AWAY FROM CASLE MACHINE, FEEL STRETCH AT BOTTOM END ROD USE SAR ATTACHMENT, 2 SETS WIRE, 2 SETS MARSON, REEP ELBOWGLOCKE DIN PLACE, MINIMEZ SWINGING.	