

0806L FARMER 1

BENCH PRESS & ARMS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 2: DAYS 1-5

CHEST	SETS	REPS	SPRINT/1RM	REPT	1	2	3	4	5	NOTES	L500
BARBELL BENCH PRESS	4	8	75.00%	3-5000						45" DOWN TUCK	
WIDE PULLDOWN	3	8	80%	2-2000						PULL YOUR SCAPULERS DOWN AND IN	
BARBELL HULLAY PRESS	2	8	80%	2-2000						1 SECOND LOWERING PULSE ELBOW TUCKED-90	
PULL OVER	3	10	80%	3-2000						SCAPULA BACK AND DOWN PULL WITH YOUR ELBOWS OUT	
DP	2	10	80%	1-2000						KEEP YOUR SCAPULA RETRACTED AND DEPRESSED	
SHOULDER CRUNCH	2	8	80%	1-2000						KEEP YOUR HEAD AND NECK KEEP YOUR THOULDER PAST MOTIONLESS	
HAMMER CURL	2	10	80%	1-2000						CURL THE WEIGHT TIGHT - NOT LOOSE	
LATERAL RAISE	3	12	80%	1-2000						FOCUS ON SCAPULERS YOUR ELBOWS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 31

LEGS	SETS	REPS	SPRINT/1RM	REPT	1	2	3	4	5	NOTES	L500
ADDUCTORS	3	15	80%	2-0-800						ST DOWN USE BRACE	
FRONT SQUAT	3	20	80%	1-0-800						FOCUS ON SCAPULERS YOUR MOTIONLESS	
BACK SQUAT	3	5	70%	3-8000						RIS CALF LASE OVER TUCKED	
CALF RAISE	3	20	80%	1-0-800						FOCUS ON SCAPULERS TO MOVE THE WEIGHT	
LEG EXTENSION	3	20	80%	1-2000						FOCUS ON SCAPULERS YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

CHEST	SETS	REPS	SPRINT/1RM	REPT	1	2	3	4	5	NOTES	L500
BARBELL BENCH PRESS	5	5	80%	3-5000						45" DOWN TUCK	
SHOULDER BENCH PRESS	2	8	80%	2-2000						START WITH THE BAR ON THE PUL FOCUS ON SCAPULERS PULL OFF OF THE CHEST	
FACE PULL	3	15	80%	1-2000						PULL YOUR SCAPULERS AND BACK FOCUS ON SCAPULERS RETRACTED	
MILITARY PRESS	2	8	80%	2-2000						ABOUT THE BAR AFTER TUCKED THINK ABOUT DRING A HEAD PRESS	
SHOULDER LATERAL RAISE	3	12	80%	1-2000						FOCUS ON SCAPULERS YOUR ELBOWS TO MOVE THE WEIGHT	
REVERSE PRE DECK	3	15	80%	1-2000						TAKE YOUR SCAPULERS THROUGH A DOWN	
SHOULDER CRUNCH	2	10	80%	1-2000						KEEP YOUR HEAD AND NECK KEEP YOUR THOULDER PAST MOTIONLESS	
HAMMER CURL	2	10	80%	1-2000						CURL THE WEIGHT TIGHT - NOT LOOSE	

TOTAL SET VOLUME: 32

CHEST	SETS	REPS	SPRINT/1RM	REPT	1	2	3	4	5	NOTES	L500
BARBELL BENCH PRESS	5	5	87.50%	3-5000						1 SECOND PULSE FOCUS ON PRESS OFF THE CHEST	
SHOULDER BENCH PRESS	3	12	80%	2-2000						PULL YOUR SCAPULERS DOWN YOUR ELBOWS	
SHOULDER HULLAY PRESS	2	12	80%	2-2000						FOCUS ON PULSING DOWN A 10" ELBOW TUCK	
MACHINE ROW	3	10-10	80%	1-2000						RETRACT YOUR SCAPULERS AND PULL DOWN OUT LAST 10 REPS ONLY GO THROUGH A SCAPULERS DOWN OVER AND DOWN	
CABLE FLUTE	3	15	80%	1-2000						KEEP YOUR SCAPULERS RETRACTED AND DEPRESSED	
TRAP PRESSDOWN	2	15	80%	1-2000						KEEP YOUR THOULDER AND ELBOW LOCKED IN ELBOW	
FACE PULL	3	15	80%	1-2000						PULL YOUR SCAPULERS AND BACK FOCUS ON SCAPULERS RETRACTED	

TOTAL SET VOLUME: 33

ARM BAR	SETS	REPS	SPRINT/1RM	REPT	1	2	3	4	5	NOTES	L500
CLOSE GRIP BENCH PRESS	3	8	80%	3-5000						DOWN WITH GRIP TUCKED BAR TO CHEST WITH ELBOW FLICE	
PREACHER CURL	2	12	80%	1-2000						RETRACTED ON SMOOTH AND CONTROLLED DOWN GET A SLIGHT PUMP WITH ELBOW DOWN	
STANDARD 12 BAR CURL	4	8	80%	2-2000						1 SETS WHEN DOWN 1 SETS THOULDER WITH LAST SET TAKEN TO TAKE A 2 EFFECTIVE ONSET REPS AT END OF SET	
TRAPBAR CABLE CURL	3	10-15	80%	1-2000						FACE AWAY FROM CABLE MACHINE, FEEL DIRECTLY AT BOTTOM END DOWN	
TRICEP PRESSDOWN	4	10	80%	1-2000						USE BAR AT TOP END 1 SETS DOWN 1 SETS DOWN KEEP ELBOWS LOCKED ON IN PLACE ARMWIDE	
OVERHEAD BENCH TRICEP EXTENSION	2	15	80%	1-2000						PERFORM BOTH ARMS AT ONCE PRESS BAR DOWN AT THE TOP END DOWN	
LATERAL RAISE	3	10	80%	1-2000						FOCUS ON SCAPULERS	
LATERAL RAISE	2	10	80%	1-2000						FOCUS ON SCAPULERS	

TOTAL SET VOLUME: 33