

## UPPER BODY DAY

\*\*\* chose one from each category. Do this routine for 2-3 weeks then

### MAX EFFORT NOTES:

start at a modest weight, 50% of what you will be for your max set

Gradually increase weight up to 90% of your one rep max

The first sets should be to warmup, so you shouldn't tire yourself out (50-60-75) with 8 reps as warmup then go to 90% for 1 sets of 3-5 re

if you don't know the terminology, just google it and watch a video o how to properly do the lift

### MAX EFFORT UPPER BODY

work up to max set of 3-5 reps

bench press  
barbell floor press  
rack lockouts  
board presses  
incline barbell bench  
close grip bench press  
decline bench press  
weighted dips

### SUPPLEMENTAL LIFT

3-4 sets of 6-10 reps

flat dumbbell bench press  
incline dumbbell bench press  
decline dumbbell bench press

### HORIZONTAL ROW

4 sets 10-15

chest supported rows  
bent-over dumbbell row  
seated cable row

### UPPER BACK

2-3 sets of 12-15

bent over cable fly  
standing face pulls  
cable scarecrow  
rope pulls to throat

## LOWER BODY DAY

### MAX EFFORT LIFT

work up to max set of 5 reps

trap bar dead lift  
front squat  
olympic deadlift  
straight bar dead lift  
squat

### UNILATERAL MOVEMENT

3-4 sets of 8-15 reps

sinlg leg squat, back elevated  
barbell step ups with knee lift  
barbell reverse lunges  
walking lunges  
speed skaters  
barbell step ups

### HAMSTRING/PCT

3-4 sets of 6-10 reps

leg curls

glute-ham raises

romanian deadlift

goodmornings

pull throughs

reverse hypers

switch lifts

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ps for work set

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