

**TRAINING SPLIT:** EVERY REP IN EVERY SET IS SLOW AND CONTROLLED. I WANT ALL REPS TO BE DONE WITH INTENT AND NOT "HOW FAST CAN I GET THIS SET OVER WITH".

1. Drop-set- perform set reps then immediately drop the weight and perform set reps. This is one set.
2. Superset- 2 exercises performed right after one another.
3. Rest pause set- perform set reps then pause for 15-30seconds then perform set reps again. This is one set.
4. Eccentric- about a 3 second count when ending the rep.

EX: leg press would be 3 second on the way down when knees are coming to chest.

EX: Upright row would be 3 second on the way down then you are extending elbows.

Top sets should be 80-85% of your 1RM. Reps should be between 7-10. Once you've achieved more than 7reps increase weight

- Back down sets should be 15-20% lighter than the previous set performed. Reps should be 8-12.

Once you've achieved more than 12reps increase weight

- Working sets are 65-75% of the maximal load you can handle at that time of the training session.

Reps should be 8-15 if you're over 15reps increase weight

- Keep a log of your lifts every week. Your focus in every set is good intent meaning form is perfect and the set is taken till failure without form being sacrificed.

## **-Push day:**

1. Incline barbell press
  - 1x top set 5-7 reps
  - 2x working sets 12-15 reps
2. Seated dumbbell shoulder press-
  - 1x set of 5-7 reps
  - 2x set of 12-15 reps
3. Chest fly:

- 3x working set 12-15 reps

4. BB upright row

- 2x 12-15 reps

5..Dumbbell lateral raise

- 3x working sets 12-15 reps

## **- Pull day:**

1.BB or DB bent over row:

- 1x top set 5-7reps
- 2x working set 12-15 reps

2. Mag grip wide grip row -

- 2x 12-15 drop set by 20-30lbs into reps till failure

3. Wide grip pulldown:

- 2x working sets 12-15 reps

4. BB chest supported Rear delt reverse flyes:

Linked: <https://youtu.be/BzPuC0X69Kg>

- 2x working set 12-15 reps

5.DB incline curls:

- 2x 12-15 reps
- 1x 15-20 reps

6.Preacher curl or cable bicep curls:

- 2x 15-20 reps

## **-Leg day 1:**

1. BB squat

- 1x top set of 5-7 reps
- 2x working sets of 12-15 reps

2. Leg extensions:

- 3x drop sets 12-15 reps drop weight by 20-30lbs for reps till failure

3. Low press wide- (3 second eccentric with a pause at bottom, explode at top)

- 1x top set 5-7 reps
- 2x working set 12-15 reps
- 1x 15-20 reps

4. Adductors:

- 2x working set 12-15reps

5.DB goblet-

- 1x brutal working set 12-15reps

## **- REST DAY**

## **- Delts, chest, triceps:**

1. BB or DB flat bench chest press:

- 1x 5-7 reps
- 2x 12-15 reps

2. Chest fly:

- 2x 12-15 reps drop set by 10lbs-20lbs reps till failure

2. Db shoulder press:

- 2x working sets 12-15 reps

4. Tricep push down

- 2x 2x 12-15 drop set by 20-30lbs into reps till failure

4. DB skull crushers -

- 2x working sets 12-15 reps

5. Incline machine chest press:

- 2x 12-15 reps

## **Leg day 2 :**

1. BB or DB RDL-

- 1x top set of 5-7 reps
- 2x working sets of 12-15 reps

2. Seated hamstring curl -

- 3x drop sets 12-15 reps drop weight by 20-30lbs for reps till failure

3. Hack Squat or pendulum squat-

- 2x working set 12-15reps

4. Walking lunges or single leg BULGERIANS

- 2x working sets of 20-24 reps in all (walking)
- 2x 10-15 reps

**- REST DAY**

**REPEAT SPLIT**