The ultimate combination of strength and aesthetics

Program Description: "I'm just lifting for strength" or "I'm just lifting for aesthetics" are two phrases that are used too often in gyms today. Strengthsthetics - a revolutionary program designed to increase your overall physical strength while simultaneously increasing your lean muscle mass (aesthetics) - is here to give you both. Through a scientifically backed approach known as linear periodization, this program will take you through three different phases. The first phase takes you through the high repetition spectrum of hypertrophy based training, while the second phase takes you through both the intermediate and low repetition spectrum of hypertrophy based training. Finally, in the third phase, you are in a pure "strength" phase while performing your power reps. "Power" reps exist in each of the three phases and they are to be performed with the sole intention of improving your power and strength. Mixed with the power reps, each phase will also have "slow" sets that are to be performed at an incredibly slow tempo as to increase the time your muscles spend under tension, thus increasing blood flow and the breakdown of your muscle fibers, as well as provide you the opportunity to make the mind-muscle connection and increase levels of hypertrophy.

The program can be performed in either of the following two splits:

#### Split Option 1 (Recommended)

- Day 1- Chest/Tri 1
- Day 2 Quads/Shoulders
- Day 3 Back/Bi 1
- Day 4 Rest
- Day 5 Chest/Tri 2
- Day 6 Hammies/Shoulders
- Day 7 Back/Bi 2
- Day 8 Rest

#### Split Option 2

- Day 1- Chest/Tri 1
- Day 2 Quads/Shoulders
- Day 3 Back/Bi 1
- Day 4 Chest/Tri 2
- Day 5 Hammies/Shoulders
- Day 6 Back/Bi 2
- Day 7 Rest

#### Tempo

- Power reps are to be performed in an explosive manner with the intention of moving the equipment used at a high speed. Fast bar speed is especially important for lifts such as the bench press, barbell row, squats, deadlifts, and others that use a similar movement pattern.
- Slow reps are to be performed at a 5-1-3 tempo. That is the eccentric phase will take 5 seconds, the amortization phase will take 1 second (the squeeze), and the concentric phase will take 3 seconds.

#### **Rest Periods**

- Power reps for the first 8 weeks, the rest periods between power sets should be 1-2 minutes. During weeks 9-12, the rest periods between power sets should be 2-4 minutes.
- Slow reps for all 12 weeks, the rest periods between slow sets should be 30 seconds 1 minute.

<sup>\*</sup>On a dietary note, I recommend putting yourself into a small to moderate caloric surplus for this workout program so that you can pack on additional muscle mass\*

Name:

					st/Tri 1				
Г	-	Week 1		Week		Week	T	Week	
Exercise	Equipment		Veight	Reps	Weight	Reps	Weight	Reps	Weigh
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Bench Press	Barbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Incline Bench	Barbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Tricep Pushdown	Rope	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Chest Flyes	Dumbbell	12 Power		12 Power		12 Power		12 Power	
chestriyes	Dullibbell	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Skull Crushers	Straight Bar	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
Plate Presses	Plate(s)	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
1 arm Tricon		12 Slow		12 Slow		12 Slow		12 Slow	
1-arm Tricep	Dumbbell	12 Slow		12 Slow	T	12 Slow		12 Slow	
Kickbacks		12 Slow		12 Slow		12 Slow		12 Slow	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

Name:									
					st/Tri 1				
Fyonsina	F	Week		Week		Week		Wee	k 8
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
		8 Power		8 Power		8 Power		8 Power	
D		8 Power		8 Power		8 Power		8 Power	
Bench Press	Barbell	8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Incline Bench	Barbell	8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Tricep Pushdown	Rope	8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Chest Flyes	Dumbbell	8 Power		8 Power		8 Power		8 Power	
chest riyes	Danibbeli	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Skull Crushers	Straight Bar	8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
Plate Presses	Plate(s)	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	-
1-arm Tricep		25 Slow		25 Slow		25 Slow		25 Slow	
Kickbacks	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
KICKDackS		25 Slow		25 Slow		25 Slow		25 Slow	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

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				Ches	st/Tri 1				
		Week	(9	Week :	10	Week	11	Week	12
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		4 Power		4 Power		4 Power		4 Power	
Bench Press	Barbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
Incline Bench	Barbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
Tricep Pushdown	Rope	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Chest Flyes	Dumbbell	5 Power		5 Power		5 Power		5 Power	
Chestriyes	Dallibbell	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
Skull Crushers	Straight Bar	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
Plate Presses	Plate(s)	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
	Tate(3)	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
1-arm Tricep	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Kickbacks	Danibben	25 Slow		25 Slow		25 Slow		25 Slow	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	
Bench Press	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
Deficit Freds	Daibeir	25 Slow		25 Slow		25 Slow		25 Slow	
Incline Bench	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
memie Benen	Darbeil	25 Slow		25 Slow		25 Slow		25 Slow	
Tricep Pushdown	Rope	25 Slow		25 Slow		25 Slow		25 Slow	
THEED TUSTICOWIT	Корс	25 Slow		25 Slow		25 Slow		25 Slow	
Chest Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
	Dambbell	25 Slow		25 Slow		25 Slow		25 Slow	
Skull Crushers	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	
Skall Glasilets	ott digitt bal	25 Slow		25 Slow		25 Slow		25 Slow	

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				Bad	ck/Bi 1				
		Week 1		Week	2	Week	3	Week	4
Exercise	Equipment	Reps W	/eight	Reps	Weight	Reps	Weight	Reps	Weigh
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Barbell Row	Barbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Wide-grip Lat		12 Power		12 Power		12 Power		12 Power	
Pulldown	Cable	12 Power		12 Power		12 Power		12 Power	
i diidowii		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Twist Curls	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Seated V-Rows	Cable	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Straight Bar Curls	Straight Bar	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
Incline Back Flyes	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
	Pull-up	15 Slow		15 Slow		15 Slow		15 Slow	
<b>Assisted Pullups</b>	machine	15 Slow		15 Slow		15 Slow		15 Slow	
	maciline	15 Slow		15 Slow		15 Slow		15 Slow	
		12 Power		12 Power		12 Power		12 Power	
One-arm DB row	Dumbbell	12 Power		12 Power		12 Power		12 Power	
One-arm DD TOW	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	

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		Week 5	5	Week	6	Weel	<b>&lt;</b> 7	Weel	<b>&lt;</b> 8
Exercise	Equipment		Veight	Reps	Weight	Reps	Weight	Reps	Weigh
		8 Power		8 Power		8 Power		8 Power	J
<b>.</b>		8 Power		8 Power		8 Power		8 Power	
Barbell Row	Barbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Wide-grip Lat		8 Power		8 Power		8 Power		8 Power	
Pulldown	Cable	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Twist Curls	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Seated V-Rows	Cable	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Straight Bar Curls	Straight Bar	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
Incline Back Flyes	Dumbbell	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
	Pull-up	12 Slow		12 Slow		12 Slow		12 Slow	
Assisted Pullups	machine	12 Slow		12 Slow		12 Slow		12 Slow	
	macmile	12 Slow		12 Slow		12 Slow		12 Slow	
		8 Power		8 Power		8 Power		8 Power	
One-arm DB row	Dumbbell	8 Power		8 Power		8 Power		8 Power	
5.76 drill DD 10W	Danibbell	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	

				Ba	ck/Bi 1				
		Week 9	9	Week	10	Week	11	Week	12
xercise	Equipment	Reps \	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		4 Power		4 Power		4 Power		4 Power	
<b>Barbell Row</b>	Barbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Wide grip Lat		4 Power		4 Power		4 Power		4 Power	
Wide-grip Lat Pulldown	Cable	4 Power		4 Power		4 Power		4 Power	
Pulldowli		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
<b>Twist Curls</b>	Dumbbell	4 Power		4 Power		4 Power		4 Power	1
		4 Power		4 Power		4 Power		4 Power	-
		4 Power		4 Power		4 Power		4 Power	
Seated V-Rows	Cable	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Straight Bar Curls	Straight Bar	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	-
Incline Back Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
	-	25 Slow		25 Slow		25 Slow		25 Slow	
	5 !!	25 Slow		25 Slow		25 Slow		25 Slow	
<b>Assisted Pullups</b>	Pull-up	25 Slow		25 Slow		25 Slow		25 Slow	
	machine	25 Slow		25 Slow		25 Slow		25 Slow	
		4 Power		4 Power		4 Power		4 Power	
One-arm DB row	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Dawladi Daw	D. J. H	25 Slow		25 Slow		25 Slow		25 Slow	
Barbell Row	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
Wide-grip Lat	6.11	25 Slow		25 Slow		25 Slow		25 Slow	
Pulldown	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
Total A. Co. A.	D	25 Slow		25 Slow		25 Slow		25 Slow	
Twist Curls	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Cooked M.D.	6-11	25 Slow		25 Slow		25 Slow		25 Slow	
Seated V-Rows	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
Charlet B. C. 1	C	25 Slow		25 Slow		25 Slow		25 Slow	
Straight Bar Curls	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	

				Quads	/Shoulde	'S			
		Week	1	Week		Week	3	Week	. Δ
Exercise	Equipment		Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		12 Power		12 Power		12 Power	gc	12 Power	TTCIBIT
D1-C		12 Power		12 Power		12 Power		12 Power	
Back Squats (Bench	Barbell	12 Power		12 Power		12 Power		12 Power	
Optional)		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Leg Extensions	Machine	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Shoulder Press	Barbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow	1	25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Lateral Daises	Daniel II all	12 Power		12 Power		12 Power		12 Power	
Lateral Raises	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Hack Squats	Smith	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Shoulder Flyes	Dumbbell	12 Power		12 Power		12 Power		12 Power	
Silouidei Fiyes	Dullibbell	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm Lateral		12 Slow		12 Slow		12 Slow		12 Slow	
Raises	Cable	12 Slow		12 Slow		12 Slow		12 Slow	
1/01262		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Power		12 Power		12 Power		12 Power	
Bench Squats	Dumbbell	12 Power		12 Power		12 Power		12 Power	
penen squats	Dunibben	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

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				Quads	/Shoulder	'S			
		Week 5	5	Week	6	Weel	· 7	Weel	k 8
Exercise	Equipment	Reps \	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		8 Power		8 Power		8 Power		8 Power	
Back Squats (Bench		8 Power		8 Power		8 Power		8 Power	
Optional)	Barbell	8 Power		8 Power		8 Power		8 Power	-
		15 Slow		15 Slow		15 Slow		15 Slow	1
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Leg Extensions	Machine	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
-1		8 Power		8 Power		8 Power		8 Power	
Shoulder Press	Barbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Lateral Raises	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
	_	8 Power		8 Power		8 Power		8 Power	
Hack Squats	Smith	8 Power		8 Power		8 Power		8 Power	
	-	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Shoulder Flyes	Dumbbell	8 Power		8 Power		8 Power		8 Power	
, ==		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm Lateral		8 Slow		8 Slow		8 Slow		8 Slow	
Raises	Cable	8 Slow		8 Slow		8 Slow		8 Slow	
		8 Slow		8 Slow		8 Slow		8 Slow	
		8 Power		8 Power		8 Power		8 Power	
Bench Squats	Dumbbell	8 Power		8 Power		8 Power		8 Power	
7	_ =	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

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				Quads	/Shoulder	s			
		Week 9	)	Week	10	Week	11	Week	12
Exercise	Equipment	Reps V	Veight	Reps	Weight	Reps	Weight	Reps	Weigh
Back Squats (Bench		4 Power		4 Power		4 Power		4 Power	
Optional)	Barbell	4 Power		4 Power		4 Power		4 Power	
Орсіонаі)		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
Leg Extensions	Machine	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
<b>Shoulder Press</b>	Barbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
		5 Power		5 Power		5 Power		5 Power	
Lateral Raises	Dumbbell	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
		4 Power		4 Power		4 Power		4 Power	
<b>Hack Squats</b>	Smith	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
		4 Power		4 Power		4 Power		4 Power	
Shoulder Flyes	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
One own leteral		5 Slow		5 Slow		5 Slow		5 Slow	
One-arm Lateral	Cable	5 Slow		5 Slow		5 Slow		5 Slow	
Raises		5 Slow		5 Slow		5 Slow		5 Slow	
		4 Power		4 Power		4 Power		4 Power	
Bench Squats	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		12 Slow		12 Slow		12 Slow		12 Slow	
Leg Extensions	Machine	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Name:				Cho	st/Tri 2				
		Week	1	Week		Week	2	Week	. 1
Exercise	Equipment		Weight	Reps	Weight		Weight	Reps	Weight
		12 Power	W CIBITE	12 Power	Weight	12 Power	weigitt	12 Power	weight
		12 Power		12 Power		12 Power		12 Power	
Dumbbell Press	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Incline Dumbbell	Dumbbell	12 Power		12 Power		12 Power		12 Power	
Press		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power	-	12 Power		12 Power	
Tricep Pushdown	Cable w/	12 Power		12 Power		12 Power		12 Power	
•	Bar	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
C-bl- Flore		12 Power		12 Power		12 Power		12 Power	
Cable Flyes	Cables	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	:
		12 Power		12 Power		12 Power		12 Power	
Overhead Trians		12 Power		12 Power		12 Power		12 Power	
Overhead Tricep Extensions	Dumbbell	12 Power		12 Power		12 Power		12 Power	
Extensions		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
<b>Chest Crushers</b>	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
Tricep Pushups	Bodyweight	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

				Che	st/Tri 2				
		Week	<b>5</b>	Week	6	Week	7	Weel	k 8
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Dumbbell Press	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Incline Dumbbell		8 Power		8 Power		8 Power		8 Power	
Press	Dumbbell	8 Power		8 Power		8 Power		8 Power	
11000		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
	Cable w/	8 Power		8 Power		8 Power		8 Power	
Tricep Pushdown	Bar	8 Power		8 Power		8 Power		8 Power	
	Dai	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Cable Flyes	Cables	8 Power		8 Power		8 Power		8 Power	
cubic Tryes	Cables	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Overhead Tricep		8 Power		8 Power		8 Power		8 Power	
Extensions	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
Chest Crushers	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
Tricep Pushups	Bodyweight	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

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		Week		Week 1	10	Week	11	Week	12
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
		4 Power		4 Power		4 Power		4 Power	
Dumbbell Press	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Incline Dumbbell		4 Power		4 Power		4 Power		4 Power	
Press	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
	Cable w/	4 Power		4 Power		4 Power		4 Power	
Tricep Pushdown	Bar	4 Power		4 Power		4 Power		4 Power	
	Dai	4 Power		4 Power		4 Power		4 Power	
		5 Power		5 Power		5 Power		5 Power	
Cable Flyes	Cables	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
Overhead Tricep		5 Power		5 Power		5 Power		5 Power	
Extensions	Dumbbell	5 Power		5 Power		5 Power		5 Power	
Extensions		5 Power		5 Power		5 Power		5 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
<b>Chest Crushers</b>	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
Tricep Pushups	Bodyweight	Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		10 Slow		10 Slow		10 Slow		10 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	
Dumbbell Press	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Dullippell Fless	Dullippell	25 Slow		25 Slow		25 Slow		25 Slow	
Incline Dumbbell	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Press	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Tricon Bushdows	Cable w/	25 Slow		25 Slow		25 Slow		25 Slow	
Tricep Pushdown	Bar	25 Slow		25 Slow		25 Slow		25 Slow	
Cable Flues	Cablas	15 Slow		15 Slow		15 Slow		15 Slow	
Cable Flyes	Cables	25 Slow		25 Slow		25 Slow		25 Slow	
Overhead Tricep	Dung b b all	15 Slow		15 Slow		15 Slow		15 Slow	
Extensions	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	

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		Week 1		Week	2	Week	3	Week	4
Exercise	Equipment	Reps W	/eight	Reps	Weight	Reps	Weight	Reps	Weigh
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Reverse Barbell Row	Barbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Neutral-grip Lat		12 Power		12 Power		12 Power		12 Power	
Pulldown	Cable	12 Power		12 Power		12 Power		12 Power	
1 dildowii		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Seated		12 Power		12 Power		12 Power		12 Power	
Concentration Curl	Dumbbell	12 Power		12 Power		12 Power		12 Power	
concentration curr		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Seated Wide-grip		12 Power		12 Power		12 Power		12 Power	
Rows	Cable	12 Power		12 Power		12 Power		12 Power	
1/04/3		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Preacher Curls	Straight Bar	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
Rear-delt Flyes	Machine	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		12 Power		12 Power		12 Power		12 Power	
Pullups	Bodyweight	12 Power		12 Power		12 Power		12 Power	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		12 Power		12 Power		12 Power		12 Power	
One-arm DB Twist	Dumbbell	12 Power		12 Power		12 Power		12 Power	
Row	Dullippell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	

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		Week 5		Week	6	Weel	<b>c</b> 7	Weel	<b>×</b> 8
Exercise	Equipment	Reps W	/eight	Reps	Weight	Reps	Weight	Reps	Weigh
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Reverse Barbell Row	Barbell	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Neutral-grip Lat		8 Power		8 Power		8 Power		8 Power	
Pulldown	Cable	8 Power		8 Power		8 Power		8 Power	
1 dildowii		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Seated		8 Power		8 Power		8 Power		8 Power	
Concentration Curl	Dumbbell	8 Power		8 Power		8 Power		8 Power	
concentration curr		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
Seated Wide-grip		8 Power		8 Power		8 Power		8 Power	
Rows	Cable	8 Power		8 Power		8 Power		8 Power	
VOM2		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
Preacher Curls	Straight Bar	8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
Rear-delt Flyes	Machine	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
		8 Power		8 Power		8 Power		8 Power	
Pullups	Bodyweight	8 Power		8 Power		8 Power		8 Power	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
		8 Power		8 Power		8 Power		8 Power	
One-arm DB Twist	المحالم معروبا	8 Power		8 Power		8 Power		8 Power	
Row	Dumbbell	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	

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				Ba	ck/Bi 2				
		Week	9	Week	10	Week	11	Week	12
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		4 Power		4 Power		4 Power		4 Power	
Reverse Barbell Row	Barbell	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Neutral-grip Lat		4 Power		4 Power		4 Power		4 Power	
Pulldown	Cable	4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Seated		4 Power		4 Power		4 Power		4 Power	
Concentration Curls	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Seated Wide-grip		4 Power		4 Power		4 Power		4 Power	
Rows	Cable	4 Power		4 Power		4 Power		4 Power	
110003		4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Preacher Curls	Straight Bar	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
Rear-delt Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Pullups (Add weight)	Bodyweight	4 Power		4 Power		4 Power		4 Power	
T dilaps (Add Weight)	bodyweight	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
One-arm DB row	Dumbbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Reverse Barbell Row	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
Meverse Darbell NOW	Barben	25 Slow		25 Slow		25 Slow		25 Slow	
Neutral-grip Lat	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
Pulldown	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
Seated Cocentration	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
Curls	Dullibbell	25 Slow		25 Slow		25 Slow		25 Slow	
Seated Wide-grip	Cabla	25 Slow		25 Slow		25 Slow		25 Slow	
Rows	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
Proacher Curls	Ctroight Da-	25 Slow		25 Slow		25 Slow		25 Slow	
Preacher Curls	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	

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		Week	. 1		s/Should		2		
Exercise	Equipment			Week		Week		Week	
LACTUSE	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weigh
		12 Power		12 Power		12 Power		12 Power	
Deadlifts	Barbell	12 Power		12 Power		12 Power		12 Power	
Deadilits	Darbeil	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power	-	12 Power		12 Power	ļ
Lying Hamstring		12 Power		12 Power		12 Power		12 Power	
Curls	Machine	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
Military Press	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Alternating Front	Dumbbell	12 Power		12 Power		12 Power		12 Power	
Raises	Danibben	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
	Barbell or	12 Power		12 Power		12 Power		12 Power	
Romanian Deadlifts	Hex	12 Power		12 Power		12 Power		12 Power	
	Hex	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		12 Power		12 Power		12 Power		12 Power	
Front Plate Raises	Plate	12 Power		12 Power		12 Power		12 Power	
Hollt Flate Naises	Plate	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm Lateral		12 Slow		12 Slow		12 Slow		12 Slow	
	Dumbbell	12 Slow		12 Slow		12 Slow		12 Slow	
Raises		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Power		12 Power		12 Power		12 Power	
Wolking Lungs	D. malala all	12 Power		12 Power		12 Power		12 Power	
Walking Lunges	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

	Hammies/Shoulders								
		Week 5		Week 6		Week 7		Weel	k 8
Exercise	Equipment		Veight	Reps	Weight	Reps	Weight	Reps	Weigh
Deadlifts	Barbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Lying Hamstring Curls	Machine	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Military Press	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Alternating Front Raises	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Romanian Deadlifts	Barbell or Hex	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Front Plate Raises	Plate	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm Lateral Raises	Dumbbell	8 Slow		8 Slow		8 Slow		8 Slow	
		8 Slow		8 Slow		8 Slow		8 Slow	
		8 Slow		8 Slow		8 Slow		8 Slow	
Walking Lunges	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

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	Hammies/Shoulders									
Exercise		Week 9		Week 10		Week 11		Week 12		
	Equipment	Reps W	Veight	Reps	Weight	Reps	Weight	Reps	Weight	
Deadlifts		4 Power		4 Power		4 Power		4 Power		
	Barbell	4 Power		4 Power		4 Power		4 Power		
		3 Power		3 Power		3 Power		3 Power		
Lying Hamstring Curls	Machine	4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
		3 Power		3 Power		3 Power		3 Power		
Military Press	Dumbbell	4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
		3 Power		3 Power		3 Power		3 Power		
Alternating Front	Dumbbell	5 Power		5 Power		5 Power		5 Power		
Raises		5 Power		5 Power		5 Power		5 Power		
Naises		5 Power		5 Power		5 Power		5 Power		
Romanian Deadlifts	Barbell or Hex	4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
		3 Power		3 Power		3 Power		3 Power		
Front Plate Raises	Plate	4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
One-arm Lateral	Dumbbell	5 Slow		5 Slow		5 Slow		5 Slow		
Raises		5 Slow		5 Slow		5 Slow		5 Slow		
		5 Slow		5 Slow		5 Slow		5 Slow		
Walking Lunges	Dumbbell	4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
		4 Power		4 Power		4 Power		4 Power		
Lying Hamstring Curls	Machine	12 Slow		12 Slow		12 Slow		12 Slow		
		15 Slow		15 Slow		15 Slow		15 Slow		
		25 Slow		25 Slow		25 Slow		25 Slow		