

GUNNFIT – STRENGTHSTHETICS

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)	Split Option 2
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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.

*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*

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	Chest/Tri 1
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		Week 1	Week 2	Week 3	Week 4
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Exercise	Equipment	WEEK 1				WEEK 2			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
1. Squat	Barbell	3	135	3	135	3	135	3	135
2. Bench Press	Barbell	3	135	3	135	3	135	3	135
3. Deadlift	Barbell	3	135	3	135	3	135	3	135
4. Overhead Press	Barbell	3	135	3	135	3	135	3	135
5. Pull-up	Bar	3	135	3	135	3	135	3	135
6. Rowing Machine	Rowing Machine	3	135	3	135	3	135	3	135
7. Lunges	Barbell	3	135	3	135	3	135	3	135
8. Plank	Mat	3	135	3	135	3	135	3	135
9. Push-ups	Mat	3	135	3	135	3	135	3	135
10. Core Exercises	Mat	3	135	3	135	3	135	3	135

Bench Press	Barbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Incline Bench	Barbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Tricep Pushdown	Rope	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Chest Flyes	Dumbbell	12 Power	12 Power	12 Power	12 Power
		12 Power	12 Power	12 Power	12 Power
		15 Slow	15 Slow	15 Slow	15 Slow
		25 Slow	25 Slow	25 Slow	25 Slow

Skull Crushers	Straight Bar	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

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	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	

1-arm Tricep Kickbacks	Dumbbell	12 Slow	12 Slow	12 Slow	12 Slow
		12 Slow	12 Slow	12 Slow	12 Slow
		12 Slow	12 Slow	12 Slow	12 Slow

Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

Workout Notes

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GUNNFIT - STRENGTHSTHETICS

Name: _____

Chest/Tri 1									
Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press	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	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Incline Bench	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	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Tricep Pushdown	Rope	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Chest Flyes	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Skull Crushers	Straight Bar	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
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	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
1-arm Tricep Kickbacks	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		10 Slow		10 Slow		10 Slow		10 Slow	
		Max effort		Max effort		Max effort		Max effort	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name: _____

Chest/Tri 1									
Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Incline Bench	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Tricep Pushdown	Rope	4 Power		4 Power		4 Power		4 Power	
		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	
		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	
		5 Power		5 Power		5 Power		5 Power	
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 Kickbacks	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Push-ups	Bodyweight	10 Slow		10 Slow		10 Slow		10 Slow	
		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	
		25 Slow		25 Slow		25 Slow		25 Slow	
Incline Bench	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Tricep Pushdown	Rope	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Chest Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Skull Crushers	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name: _____

Back/Bi 1									
		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Barbell Row	Barbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Wide-grip Lat Pulldown	Cable	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Twist Curls	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Seated V-Rows	Cable	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Straight Bar Curls	Straight Bar	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Incline Back Flyes	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
Assisted Pullups	Pull-up machine	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
One-arm DB row	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name: _____

Back/Bi 1									
Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Barbell Row	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	
Wide-grip Lat Pulldown	Cable	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	
Twist Curls	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	
Seated V-Rows	Cable	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	
Straight Bar Curls	Straight Bar	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	
Incline Back Flyes	Dumbbell	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
Assisted Pullups	Pull-up machine	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
One-arm DB row	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name: _____

Back/Bi 1									
Exercise	Equipment	Week 9		Week 10		Week 11		Week 12	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Barbell Row	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Wide-grip Lat Pulldown	Cable	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Twist Curls	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	
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	
		4 Power		4 Power		4 Power		4 Power	
Incline Back Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Assisted Pullups	Pull-up machine	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm DB row	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	
Barbell Row	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Wide-grip Lat Pulldown	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Twist Curls	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Seated V-Rows	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Straight Bar Curls	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Workout Notes

GUNFIT - STRENGTHSTHETICS

Name:

Quads/Shoulders									
		Week 1		Week 2		Week 3		Week 4	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats (Bench Optional)	Barbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Leg Extensions	Machine	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Shoulder Press	Barbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Lateral Raises	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Hack Squats	Smith	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Shoulder Flyes	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
One-arm Lateral Raises	Cable	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
Bench Squats	Dumbbell	12 Power		12 Power		12 Power		12 Power	
		12 Power		12 Power		12 Power		12 Power	
		15 Slow		15 Slow		15 Slow		15 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name: _____

Quads/Shoulders									
Exercise	Equipment	Week 5		Week 6		Week 7		Week 8	
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats (Bench Optional)	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	
Leg Extensions	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	
Shoulder Press	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	
Lateral 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	
Hack Squats	Smith	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	
Shoulder Flyes	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	
One-arm Lateral Raises	Cable	8 Slow		8 Slow		8 Slow		8 Slow	
		8 Slow		8 Slow		8 Slow		8 Slow	
		8 Slow		8 Slow		8 Slow		8 Slow	
Bench Squats	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	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name:

		Quads/Shoulders							
		Week 9		Week 10		Week 11		Week 12	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats (Bench Optional)	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Leg Extensions	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	
Shoulder Press	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Lateral Raises	Dumbbell	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
Hack Squats	Smith	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Shoulder Flyes	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	
One-arm Lateral Raises	Cable	5 Slow		5 Slow		5 Slow		5 Slow	
		5 Slow		5 Slow		5 Slow		5 Slow	
		5 Slow		5 Slow		5 Slow		5 Slow	
Bench Squats	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	
Leg Extensions	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	

Workout Notes

[illegible]

	Chest/Tri 2
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		Week 5	Week 6	Week 7	Week 8
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[illegible]

Dumbbell 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	

Incline Dumbbell 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	

Tricep Pushdown	Cable w/ Bar	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	

Cable Flyes	Cables	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	

Overhead Tricep Extensions	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	

Chest Crushers	Dumbbell	15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	
		15 Slow		15 Slow		15 Slow		15 Slow	

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	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	

Push-ups	Bodyweight	10 Slow	10 Slow	10 Slow	10 Slow
		10 Slow	10 Slow	10 Slow	10 Slow
		Max effort	Max effort	Max effort	Max effort

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	Chest/Tri 2
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		Week 9	Week 10	Week 11	Week 12
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Week 12

		4 Power		4 Power		4 Power		4 Power	
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GUNNFIT - STRENGTHSTHETICS

Name: _____

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

<p>Workout Notes</p>	
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GUNNFIT - STRENGTHSTHETICS

Name:

		Back/Bi 2							
		Week 5		Week 6		Week 7		Week 8	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Reverse Barbell Row	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	
Neutral-grip Lat Pulldown	Cable	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	
Seated Concentration Curl	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	
Seated Wide-grip Rows	Cable	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	
Preacher Curls	Straight Bar	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	
Rear-delt Flyes	Machine	12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	
Pullups	Bodyweight	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		Slow to fail		Slow to fail		Slow to fail		Slow to fail	
One-arm DB Twist Row	Dumbbell	8 Power		8 Power		8 Power		8 Power	
		8 Power		8 Power		8 Power		8 Power	
		12 Slow		12 Slow		12 Slow		12 Slow	
		12 Slow		12 Slow		12 Slow		12 Slow	

Workout Notes

GUNNFIT - STRENGTHSTHETICS

Name:

Back/Bi 2									
		Week 9		Week 10		Week 11		Week 12	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Reverse Barbell Row	Barbell	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Neutral-grip Lat Pulldown	Cable	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		3 Power		3 Power		3 Power		3 Power	
Seated Concentration Curls	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	
Seated Wide-grip 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	
Preacher Curls	Straight Bar	4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
		4 Power		4 Power		4 Power		4 Power	
Rear-delt Flyes	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		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	
		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	
		4 Power		4 Power		4 Power		4 Power	
Reverse Barbell Row	Barbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Neutral-grip Lat Pulldown	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Seated Cocentration Curls	Dumbbell	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Seated Wide-grip Rows	Cable	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	
Preacher Curls	Straight Bar	25 Slow		25 Slow		25 Slow		25 Slow	
		25 Slow		25 Slow		25 Slow		25 Slow	

Workout Notes

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GUNNFIT - STRENGTHSTHETICS

Name: _____

Hammies/Shoulders									
		Week 9		Week 10		Week 11		Week 12	
Exercise	Equipment	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Deadlifts	Barbell	4 Power		4 Power		4 Power		4 Power	
		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 Raises	Dumbbell	5 Power		5 Power		5 Power		5 Power	
		5 Power		5 Power		5 Power		5 Power	
		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 Raises	Dumbbell	5 Slow		5 Slow		5 Slow		5 Slow	
		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	

Workout Notes