

REINA, PHASE 2 (pt.1)

TRAINING

The focus of this plan is to improve **strength**, mobility, functionality, and flexibility. Every session will include a 15min. warm-up, followed by a 10min. stretching routine. Stretching is imperative to improving your functionality and providing your muscles with the recovery they need to grow, TAKE YOUR STRETCHING SERIOUSLY. During your lifts you must be focused on chasing the discomfort that comes with growing new muscle. You should never hurt from your training, but your muscles should be SEVERELY fatigued. If you can't push yourself past exhaustion, your muscles will not learn to adapt to the new stress being applied to them, thus your "gains" will be slower and smaller (we don't want that). In all of your exercises focus on feeling the STRETCH/ACTIVATION/SQUEEZE.

Day One

- Incline DB Bench Press 3x10
- Pec-Dec Machine 3x12
- Standing Overhead Barbell Press 3x10
- Seated Single-Arm Tricep Extension 3x8e
- Bench Push-ups 3xFailure
- Squat to Press 3x10
- Rehab Focus:
 - Farmers Carry 3x20steps
 - *Superset* Rope Slams 3x1min.

Day Two

- Bodyweight Walking Lunges 3x15e
- Bosu Squats 3x10 (SLOW)
- Single Leg Leg-Press 3x8e (Medium Weight)
- Lying Hamstring Curls 3x10
- Good Mornings 4x15
- TRX Single Leg Squats 3x8e
- Rehab Focus:
 - Russian Twists with Medicine Ball 3x10e
 - Decline Sit-Ups 3x15
 - Single Leg Calf Raises 3x15e

Day Three

- Lat Pulldown (slow negative) 3x15
- T-ROW Machine 3x10
- Standing Cable Bicep Curls 3X12
- Seated DB Hammer Curls 3x8e

- Bent over Barbell Rows 3x10
- Kettlebell Squat-to-Upright Row 3x10

Day Four (Functionality)

- Low-to-High Side Chops (Kettlebell) 3x8e
- Weighted Box Squats 3x10
- Plank Hold 3x1min.
- Medicine Ball Alt. Pushups 3x8e
- Spiders (Knee to Elbow) 3x8e
- Raised Leg Lifts 3x10

Daily Stretching Routine (After EVERY lifting session)

- Seated Narrow Hamstring Stretch
- Wide Hamstring Stretch
- Cross-Body Glute Stretch
- Hip Flexor Stretch
- On-Wall Pec Stretch
- *Banded Shoulder Circuit