

TOTAL RIBATEJO ANNIHILATION

Mon *Full-body – Quads, Chest, Upper Back, Biceps, Abs, Triceps & Side Delts*

1. Barbell Squats 3-4x4-8
2. Weighted Dips 3-4x6-8 + DB Rows 3-4x8-12
3. Barbell Curls 3-4x6-10 + Decline Weighted Sit-ups 3x8-12
4. Overhead Extension 3x8-12 + Cable Lateral Raises 3-4x10-15

INCLINE CURL DAY (and some other stuff too)

Wed *Full-body — Hamstrings, Chest, Back, Shoulders, Arms & Neck*

1. Seated/Lying Leg Curls 3-4x8-12
2. Incline Bench Press (Paused) 3x6-10 + Weighted Pull-ups 3x4-8
3. BB/DB OHP 3x4-10 + Incline Curl 2-3x4-12
4. Preacher Hammer Curl 3x8-15 + Skullcrushers 3x10 + Neck Curl 3-4x15-20

GOLEGÁ DETONATION

Fri *Full-body (Lower Focused) — Hamstrings, Quads, Upper Back, Delts & Abs*

1. Romanian Deadlifts 4x6-12 OR Deadlift 5x5
2. Leg Press OR Hack Squat 4x8-12
3. Cable Row 4x8-12 OR T-Bar Row 4x6-10
4. Upright Rows 3x12-15 + Hanging Knee Raises 3xAMRAP

BEEF CANNON BOBBY

Sat *Upper Arms — Chest, Triceps, Lats, Forearms, Triceps, Biceps, Triceps*

1. Close Grip Bench 4x6-10 + DB Pullovers 4x8-12
2. Hammer Curls 3x10-15 + Rope Pushdowns 3x8-15
3. EZ-Bar Preacher Curls 5x6-10 + French Press 5x8-12