

- ◇ 1.1 Update: refined exercise selection to avoid overuse and pain.
- ◇ 1.2 Update: measured approach.

M	IT'S NOT ABOUT THE HEAVY WEIGHT
1.	Barbell Squats 2-3x15-20
2.	Bench Press 1x5-8, 2x70% + Weighted Pull-ups 3x5-8
3.	Rope Pushdowns 3x8-12 + Incline Curls (3 sets)
4.	DB Lateral Raises (3 sets) + Decline Weighted Sit-ups 3x8-12
W	I COMMAND YOU TO GROW
1.	Leg Curls 3x8-12
2.	DB OHP Press 3x8-12 + DB Row 3x8-12
3.	Hammer Curls 3x8-15 + EZ-Bar BTN Skullcrushers 3x8-12
4.	Neck Curls 3x15-20
F	HUMAN HYDRAULIC PRESS
1.	Deadlift OR Block Pulls OR Trapbar Deadlift 3x5
2.	Leg Extensions 3x15-20
3.	Dips 3xAMRAP + Weighted Pull-ups 3x6-8
4.	EZ-Bar Preacher Curls 5x6-10 + DB French Press 5x8-12
5.	Cable Lateral Raises (2 sets) + Cable Thickenators (2 sets)

SET COUNT:

- Quads: 5-6 sets
- Posterior chain: 4 sets
- Chest: 6 sets
- Shoulders: 10 sets
- Upper-back: 9 sets
- Biceps: 9 sets
- Triceps: 9 sets
- Forearms: 3 sets
- Neck: 3 sets
- Calves: 0 sets

TEMPLATE:

- Legs
- Push + Pull
- Biceps + Triceps
- Accessory