



*INTERMEDIATE-ADVANCED*

**PUSH**

**PULL**

**LEGS**

**HYPERTROPHY PROGRAM**

JEFF NIPPARD

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# ABOUT ME

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**Jeff is a professional drug-free bodybuilder and powerlifter.** Through his informative and entertaining [Youtube channel](#) which has gathered a fan-base of over 800,000 subscribers, Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and getting healthier.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press and a 518 lb deadlift with an all time best Wilks score of 446.

With a *Bachelor of Science* degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through



training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block Periodization, concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field.

Jeff currently lives in Kelowna, Canada where he is producing informative YouTube videos and podcasts while preparing for his next competition season in natural bodybuilding in 2019.



# ABOUT THIS PROGRAM

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## WHAT THIS PROGRAM IS

The primary goal of this program is to maximize muscle hypertrophy for individuals in the intermediate-advanced stage of training advancement. The secondary goal of this program is to increase general strength on fundamental compound movements that involve large muscle masses. It's difficult to pin down exactly what "intermediate-advanced" means in terms of a specific training age due to the fact that training years in the gym are not equal across individuals. For example, some folks may have spent 10 years training in the gym, but that time may only actually be "worth" 1 or 2 years if they've spent the majority of their time pumping and going through the motions without focus or direction. But as a general guide, if you've been training for roughly 2-5 years, with a generally serious approach toward your training sessions,

you will benefit from this program. If you've been training without adequate structure for even a few months, it doesn't matter how long you've been in the gym, this program will get you on the right track.

Before we dive into the nuts and bolts of the program itself, I want to first make it clear what this training manual is intended to accomplish. As I'll allude to throughout the document, this program is divided into two 8-week training blocks, each with a specific primary aim.

## BLOCK 1

### **BLOCK 1 FOCUSES ON TWO MAIN GOALS:**

1. Complete mastery of exercise execution. This not only means performing the exercise with standard and proper technique for safety purposes, but also honing in on the most optimal way to engage the muscles we are targeting.
2. Development of a large work capacity and high volume tolerance. This work capacity will set us up for success in Block 2 of the program, where volume is decreased as intensity (effort) is increased.

## BLOCK 2

Block 2 begins with a deload week to emphasize recovery leading into the most psychologically and physically demanding phase of the program. Unlike Block 1 (which will require a degree of restraint and special attention to careful execution), the main idea with Block 2 is to apply a high degree of effort, by taking many sets closer to failure. Now that you have mastered technique and built a volume tolerance it is time to lock in mentally and give it your all.

# WHAT THIS PROGRAM ISN'T

If you've been in the gym less than 1-2 years, I'd recommend running through my [Fundamentals Hypertrophy Program](#) at least once before advancing to this routine to ensure that you have already established an adequate strength and technique base before jumping into the more advanced programming methods used here.

This Legs Push Pull Training Program is not intended to be an all-inclusive resource for all things training related. I initially wrote this document as a supplemental resource to my [Science Applied YouTube Series](#) and my [Fundamentals YouTube Series](#), meaning that there will be information covered in the series that won't be recapitulated here.

At the time of this writing, I plan to release The Fundamentals Book (title subject to change) later in 2018 or early 2019 which will cover anything and everything training related from A to Z. The main purpose of this program is to provide a tangible, actionable routine that can be executed without having to understand all of the underpinnings of my programming science and philosophy. Be sure to sign up for my [mailing list](#) to be the first to get the book when it drops!

With that said, there is still plenty to chew on here: just about **110 PAGES** in total, including a full blown anatomy section (something I didn't have the chance to cover in a single YouTube Series in detail), a section explaining the specific programming principles at play (volume, intensity, frequency, etc.), video links for technique demonstration for each exercise and 34 unique scientific references.





# KEY TERMS

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**DB:** Dumbbell

**LSRPE:** Last set RPE

**PROGRESSIVE OVERLOAD:** The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps)

**ROM:** Range of motion

**RPE:** Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved.

**TEMPO:** The speed at which the lift occurs.

**ECCENTRIC:** The lowering ("negative") aspect of the lift

**CONCENTRIC:** The contracting ("positive") aspect of the lift

**EFFORT:** How hard you are pushing the set relative to failure. Measured with RPE or %1RM

**LOAD:** The weight of the external resistance

**INTENSITY:** Effort and load

**VOLUME:** Total amount of work performed. Usually approximated as sets x reps x load

**FREQUENCY:** How often you directly train a given muscle per 7 days

**HYPERTROPHY:** The growth of (muscle) tissue

**AMRAP:** As many reps as possible (with good form). Often performed as a test to determine max strength

**PRIMARY EXERCISE:** Main heavy compound movements that involve a large muscle mass (For Example: squats, bench presses and deadlifts)

**SECONDARY EXERCISE:** Compound exercises which involve less muscle mass (For Example: cable rows, lunges, hip thrusts, military presses, pull-ups, etc.)

**TERTIARY EXERCISE:** Isolation movements involving only one joint and primarily targeting a single muscle - these are usually used to isolate a specific, smaller muscle or to generate metabolic stress

**PERIODIZATION:** The organization of training over time

**WORK CAPACITY:** The ability to recover from a high volume of training



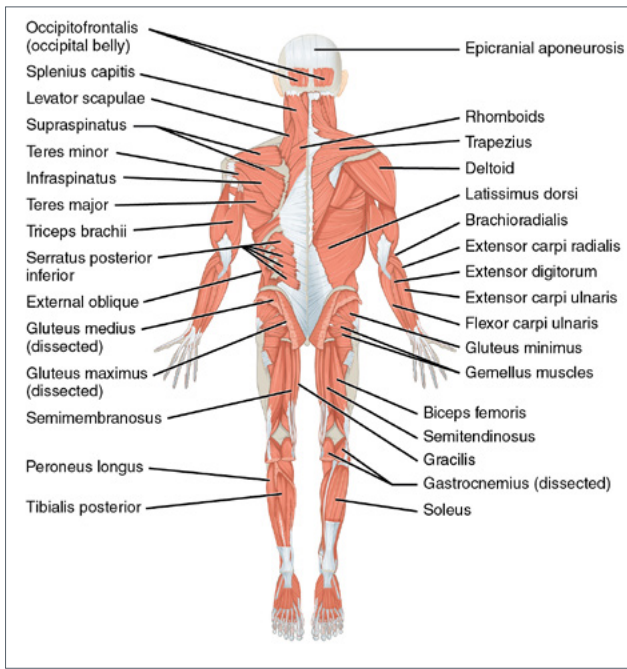
# FUNCTIONAL ANATOMY

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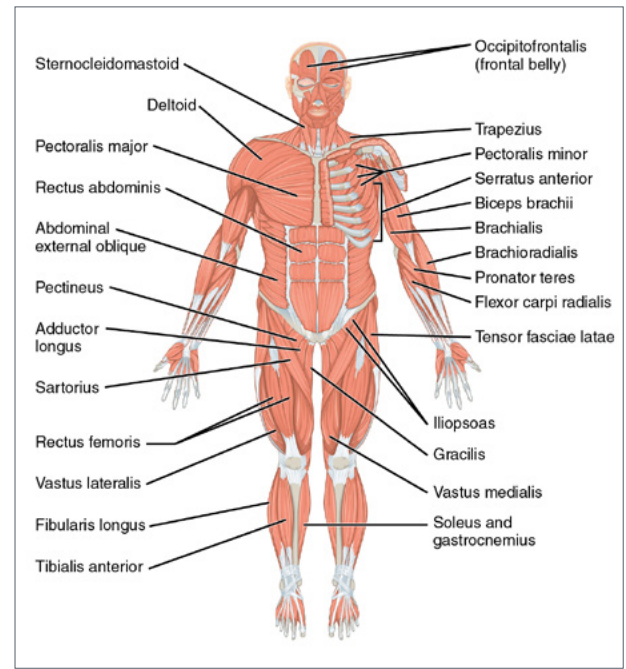
It's important to understand the functional anatomy and biomechanics of the main muscles we'll be targeting before we can understand how to best train them. Functional anatomy determines what muscles can do. There are two things to consider when looking at a muscle's functional anatomy - origin and insertion. Muscles attach to bone by tendons from at least two points. The origin is the fixed attachment which does not move and the insertion is the attachment which moves closer to the origin when a muscle contracts. This contracting phase, referred to as the concentric phase (known as the "positive" phase), is normally followed by the eccentric phase (lowering the weight - also known as the "negative" phase).



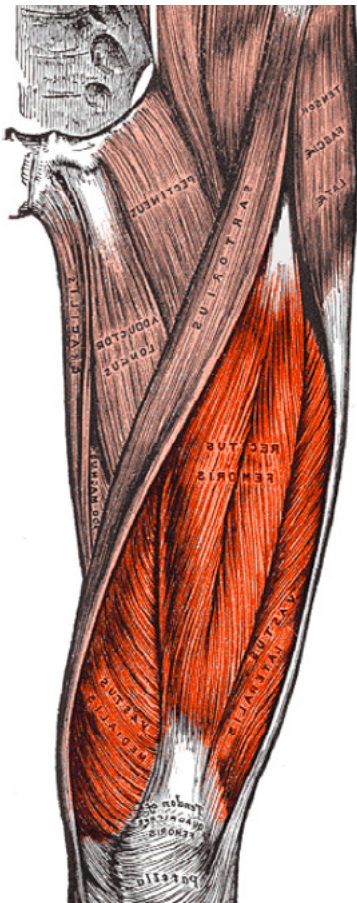
**Figure 1A:** The Main Posterior Muscles



**Figure 1B:** The Main Anterior Muscles



**Figure 2:** Quadriceps Anatomy



**QUADRICEPS:** The quadriceps (“quads” for short) are comprised of four muscles, often referred to as “heads”: the vastus lateralis (“quad sweep”), vastus medialis (“tear drop”), rectus femoris (the middle portion of your upper thigh), and vastus intermedius (which runs underneath the rectus femoris). The quads act to extend the knee, taking the leg from a bent position to a straight position. Each muscle of the quad has its own unique insertion which we won’t worry about too much here. Just remember that the main action of the quads is to extend (straighten) the knee.

**ORIGIN:** The vasti muscles originate on the body of femur (“thigh bone”). The rectus femoris originates on the ilium of the “hip bone”

**INSERTION:** Tibial tuberosity

**EXERCISES:** Back squat, front squat, single-leg leg press, single-leg leg extension, walking lunge, leg extension, tempo back squat, reverse lunge, enhanced-eccentric leg extension, slow eccentric goblet squat



**HAMSTRINGS:** The hamstrings are actually a complex of four muscles: semimembranosus, semitendinosus, and biceps femoris (which consists of a long head and a short head). The hamstrings collectively act to both flex the knee (take the leg from a straightened position to a bent position, as in a leg curl) and extend the hip (pushing your hips forward, as in a deadlift).

**ORIGIN:** The semitendinosus, semimembranosus, and long head of the biceps femoris originate on the ischial tuberosity. The short head of the biceps femoris originates on the linea aspera.

**INSERTION:** The semitendinosus and semimembranosus both insert on the tibia, while both the long and short heads of the biceps femoris insert at the fibula.

**EXERCISES:** Deadlift, seated leg curl, cable pull through, Swiss ball single-leg leg curl, round-back 45° hyperextension, enhanced-eccentric lying leg curl, Romanian deadlift

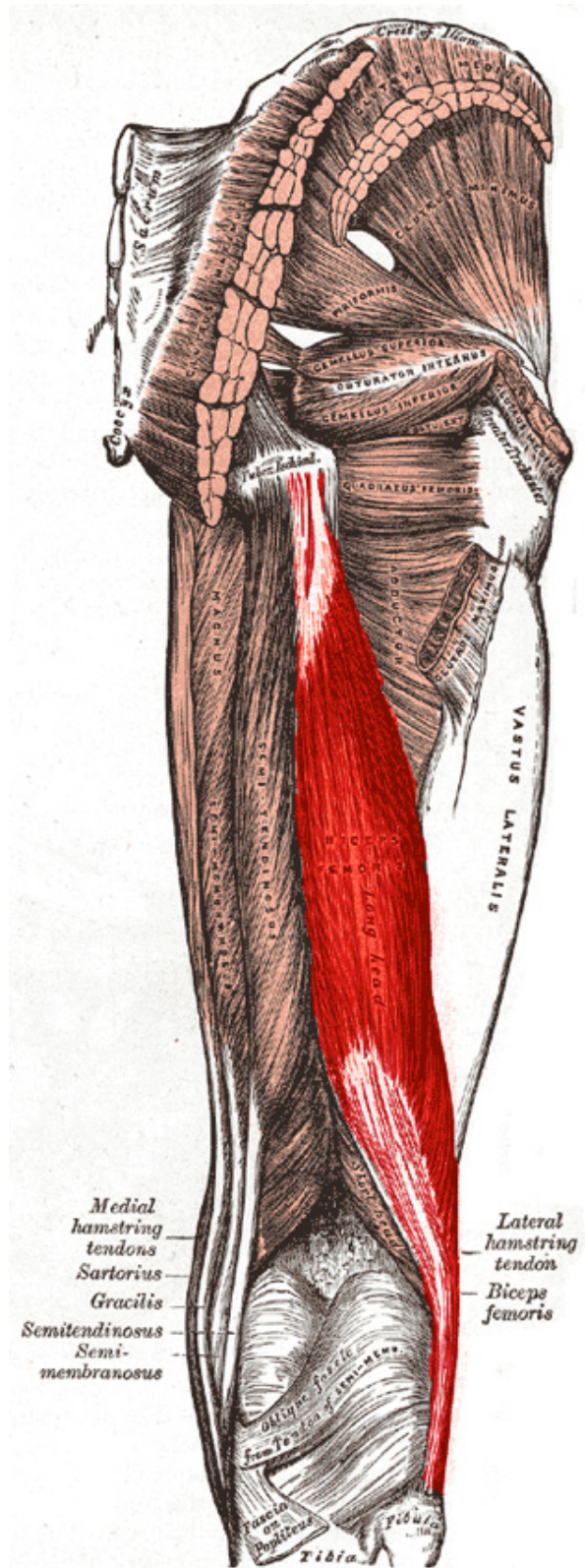


Figure 3: Hamstrings Anatomy

**GLUTEALS:** The gluteals (or “glutes”) are also a complex of muscles consisting of the gluteus maximus, gluteus medius, and gluteus minimus. As the name suggests, the gluteus maximus is the largest of the three, followed by the gluteus medius, and the smallest gluteus minimus. The gluteus maximus has multiple origins including the pelvis, sacrum, coccyx, and thoracolumbar fascia and multiple insertions including the upper femur and IT band. Because of this, it is able to perform a wide variety of functions, but primarily:

- Hip extension (push your hips forward)
- Hip abduction (move your thigh away from the midline)
- Hip external rotation (rotating your thigh bone outwards)
- Posterior pelvic tilt (tucking your butt “in”)

The smaller glute medius still occupies a hefty portion of the rear hip musculature and functions primarily as a stabilizer during dynamic movement and as a hip abductor. It originates on the pelvis and inserts on the femur. It is most effectively trained with exercises that require a high degree of stability, especially unilateral movements such as walking lunges, and exercises that train hip abduction, such as machine hip abductions.

**ORIGIN:** The gluteus maximus, medius, and minimus originate on the ilium.

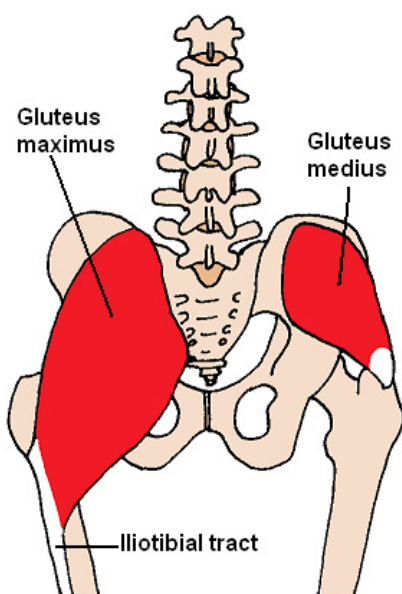


Figure 4: Gluteals Anatomy

**INSERTION:** The gluteus maximus and gluteus minimus insert to the iliotibial tract (IT band) and the gluteal tuberosity on the femur. The gluteus medius inserts to the greater trochanter on the femur.

**EXERCISES:** Squat, deadlift, hip thrust, walking lunge, cable pull through, round-back 45° hyperextension, reverse lunge, lateral band walk, pause barbell hip thrust, machine glute kickback

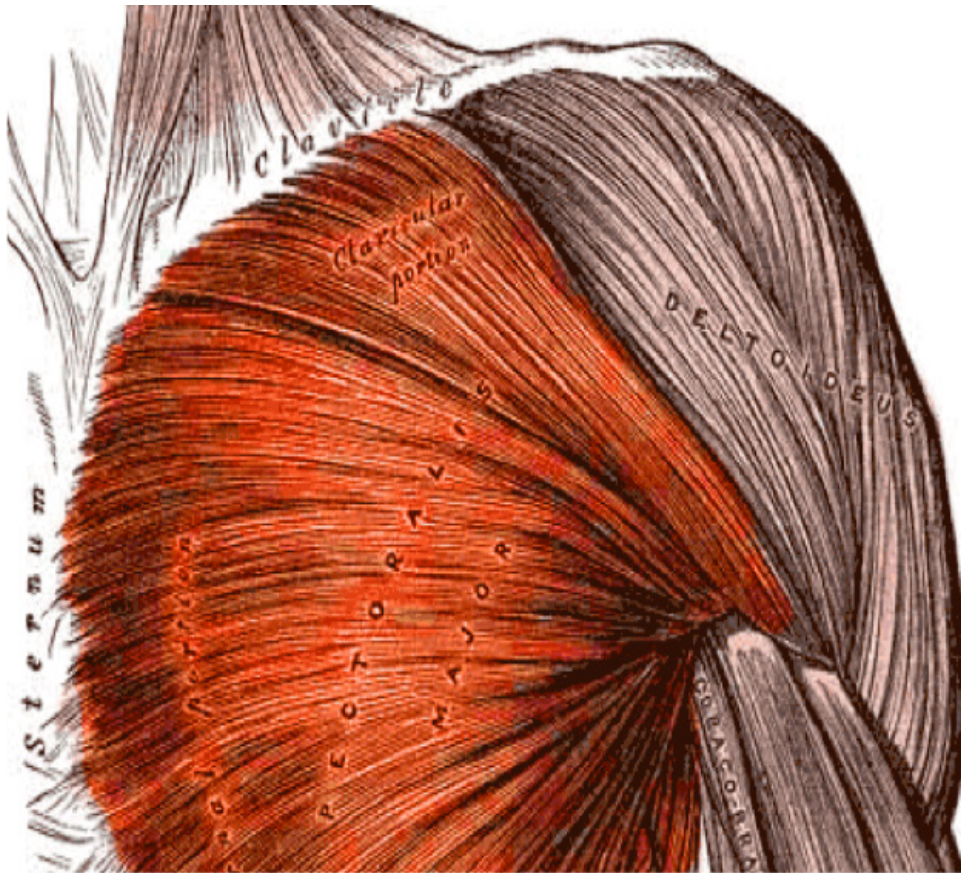


Figure 5: Pectoral Anatomy

**PECTORALIS:** There are two pectoralis muscles (pecs for short) located on your chest: the pectoralis major and the pectoralis minor. The pectoralis major can be divided into two heads: the clavicular head or “upper chest” (which originates at the clavicle) and the sternal head or “lower chest” (which originates at the sternum). The pecs act to adduct the upper arm

(bring the upper arm across the body), and to internally rotate the shoulder joint. The clavicular fibers also aid in shoulder flexion (raising your upper arm up), but the sternal fibers do not.

**ORIGIN:** The pectoralis major originates on the sternum and clavicle. The pectoralis minor originates on the 3rd-5th ribs.

**INSERTION:** The pectoralis major inserts on the humerus. The pectoralis minor inserts to the coracoid process (front of your shoulder).

**EXERCISES:** Barbell bench press, dumbbell seated shoulder press, dip, low-to-high cable flye, close-grip bench press, dumbbell incline press, pec deck, barbell incline press, close-grip smith machine press.



**BACK:** The back is comprised of a massive web of muscles, so for the sake of simplicity we will only look at the largest back muscles. The latissimus dorsi (lats for short) is a big muscle which runs from just underneath your arm pit all the way down to the bottom of your back. The lats primarily act to extend the shoulder (bring your upper arm downward) and adduct the shoulder (moving your elbows towards your mid back).

The trapezius (traps for short), is another large muscle running from the base of the skull down to the middle of your inner back. When people think about the traps, they tend to only think of the upper fibers, but the middle and lower fibers take up a very large surface area as well. The traps act to elevate the scapulae (shrugging your shoulders), retract the scapulae (pull the shoulder blades back), and extend the shoulder (pull your arms backward when your elbows are raised).

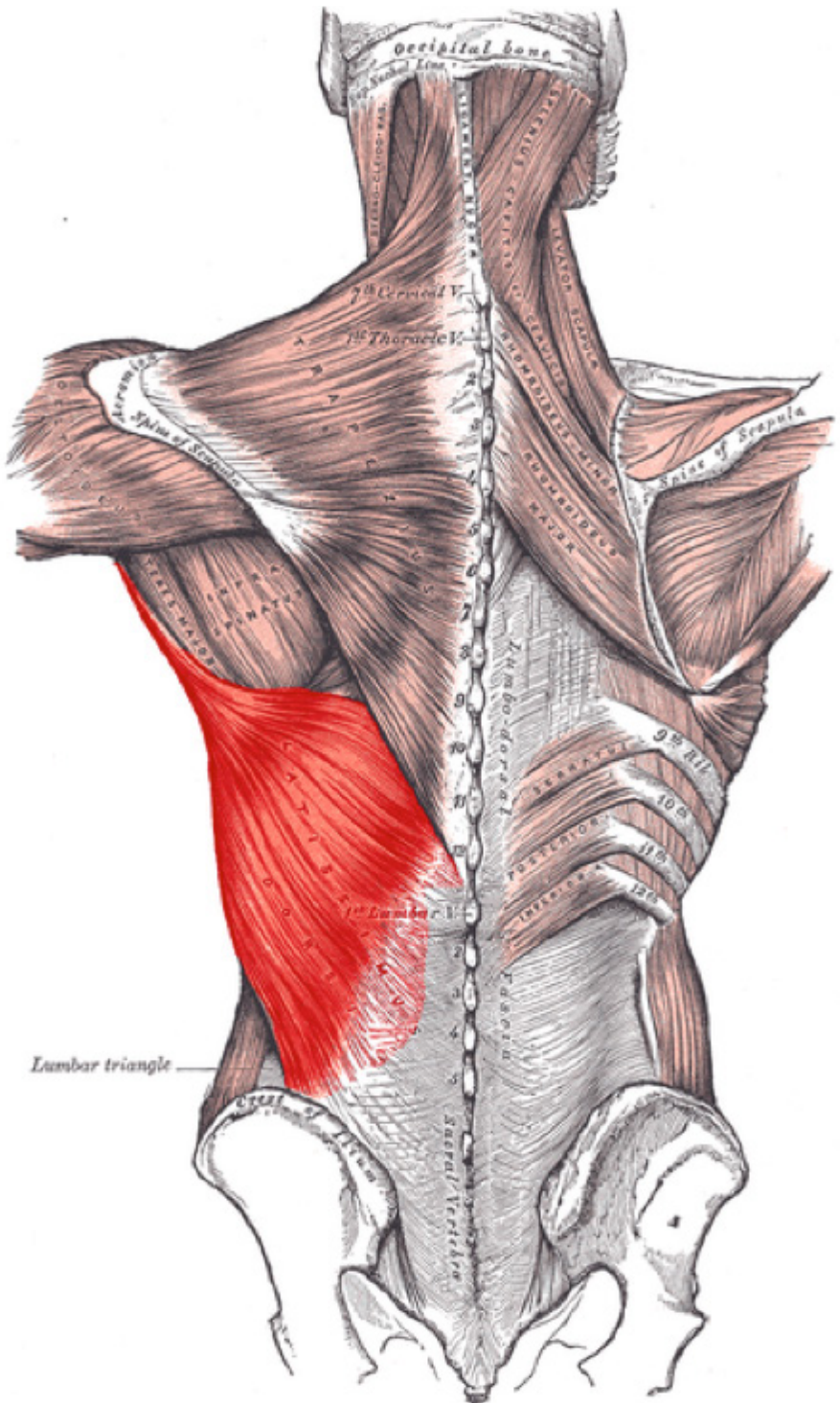


Figure 6: Latissimus Dorsi Anatomy



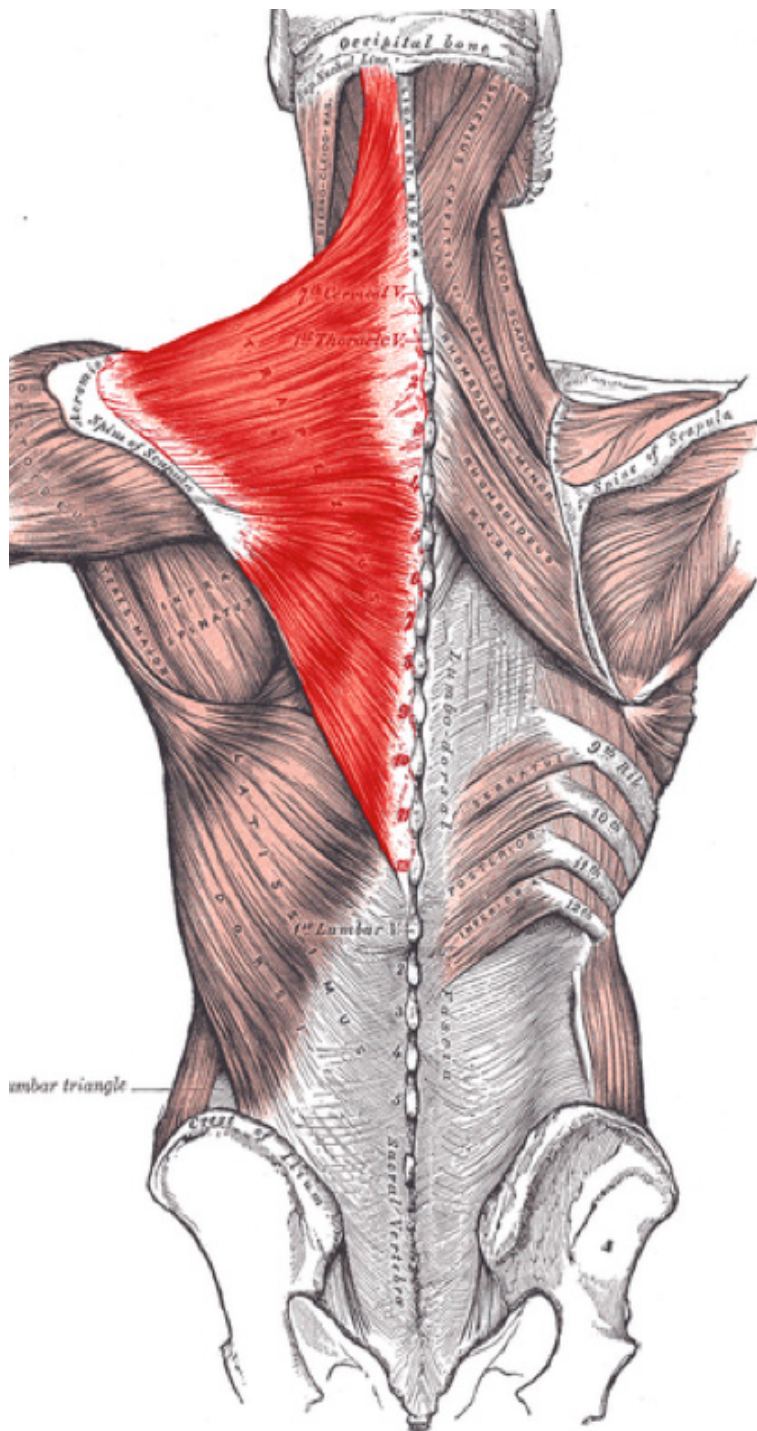


Figure 7: Trapezius Anatomy

## LATS:

**ORIGIN:** : Iliac crest and thoracolumbar fascia

**INSERTION:** Humerus

**EXERCISES:** Supinated pulldowns, chest-supported T-bar row, seated face pull, deadlift (isometric contraction to prevent shoulder flexion)

## TRAPS:

**ORIGIN:** Occipital bone (upper traps), corresponding supraspinous ligaments for the mid and lower traps

**INSERTION:** nuchal ligament

**EXERCISES:** Pull-up, pendlay row, machine high row, seated face pull, neutral-grip pulldown, cable seated

row, kneeling straight-arm cable pull-over, cable reverse flye, dumbbell one-arm row, chest-supported T-bar row w/band, low-to-high reverse flye, single-arm pulldown, seal row, reverse pec deck(prevent scapular depression)

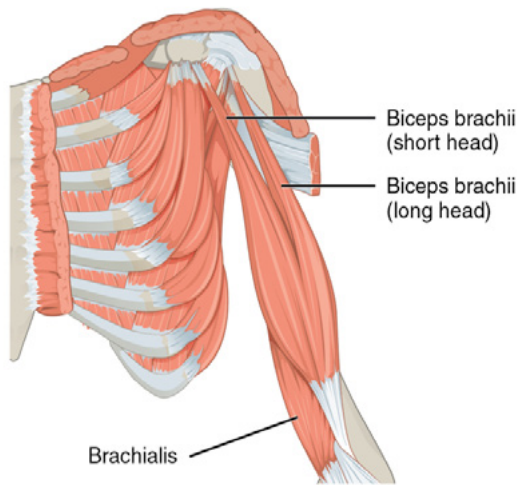


Figure 8: Biceps Anatomy

**BICEPS:** The biceps brachii are a two-headed muscle containing a long head and a short head. They collectively act to flex the elbows (bring the elbow from a straightened position to a bent position), and supinate the wrist (twist the pinky upwards). The brachialis, which runs underneath the biceps brachii, is also a strong elbow flexor.

**ORIGIN:** coracoid process, supraglenoid tubercle

**INSERTION:** Radial tuberosity

**EXERCISES:** Supinated grip EZ bar curl, dumbbell preacher curl, single-arm cable curl, hammer curl, dumbbell supinated curl, high cable curl, dumbbell hammer curl

**TRICEPS:** The triceps lie on the back of your upper arm and are made up of three heads: a long head, a medial head, and a lateral head. The triceps collectively act to extend the elbow (bring the elbows from a bent position to a straightened position).

**ORIGIN:** Infraglenoid tubercle, radial groove

**INSERTION:** Olecranon process on ulna

**EXERCISES:** Dip, barbell bench press, dumbbell isolateral skull crusher, close-grip bench press, military press, dumbbell incline press, cable triceps kickback, close-grip smith machine press, barbell floor skull crusher, rope overhead triceps extension, slow eccentric dip, triceps V-bar pressdown

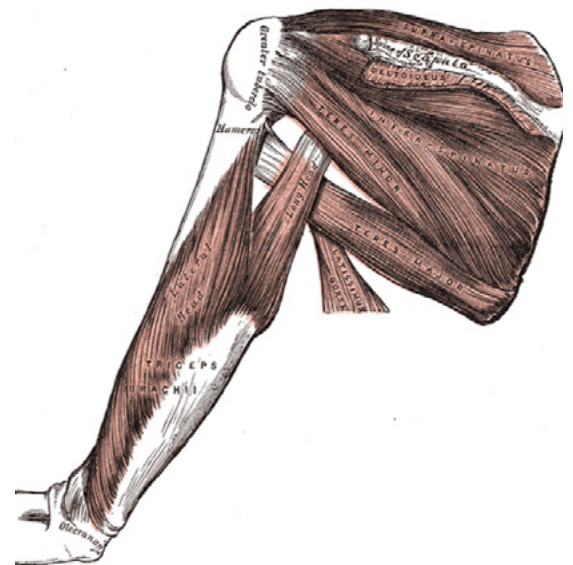


Figure 9: Triceps Anatomy

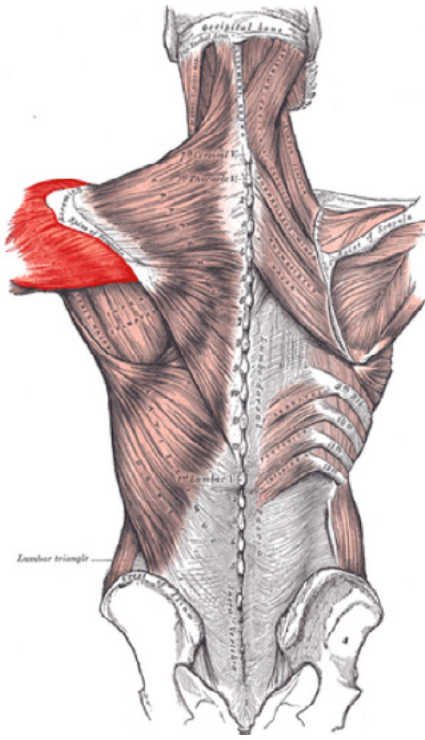


Figure 10: Deltoid Anatomy

**DELTOIDS:** The deltoids (or delts for short) are comprised of 3 different heads, the anterior deltoid (the “front” delt), the lateral deltoid (also known as the “middle” delt, and often mistakenly called the “medial delt”), and the posterior delt (also known as the “rear” delt). The anterior delt acts to flex the shoulder (raise the arm up), the lateral delt acts to abduct the upper arm (raise your upper arm out directly to your sides), and the posterior delt acts to abduct the shoulder (pull the shoulder back when the elbows are raised).

**ORIGIN:** Clavicle, acromion process, spine of scapula

**INSERTION:** Deltoid tuberosity of humerus

**EXERCISES:** Barbell bench press, dumbbell seated shoulder press, dip, dumbbell lateral raise, close-grip bench press, military press, cable lateral raise, barbell bench press, Arnold press, close-grip smith machine press, Egyptian lateral raise

**ABS:** The abs are a huge web containing many muscles which all have a similar function. When talking about the abs, we are typically referring to the rectus abdominis - which is the muscle that makes the “6-pack”. The rectus abdominis acts to flex the spine, rotate the torso, and resist spinal extension (prevent your lower back from arching inwards).

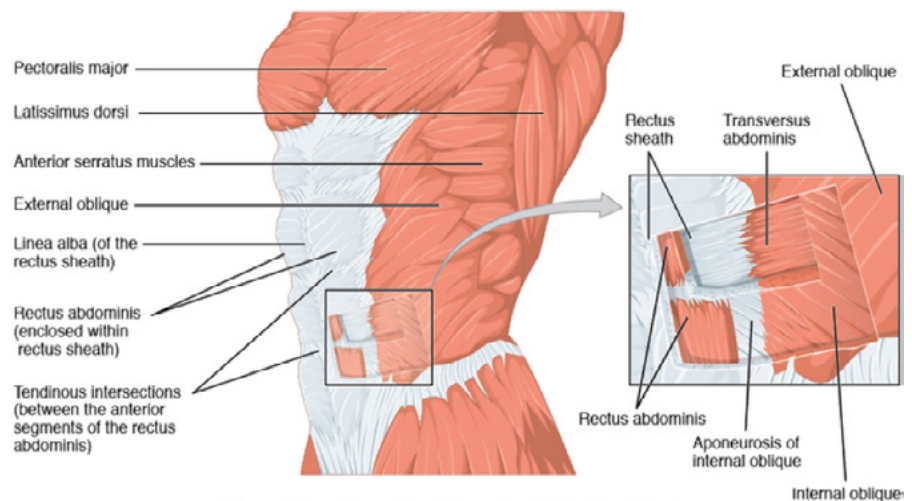


Figure 11: Abdominal Anatomy



**ORIGIN:** Crest of pubis

**INSERTION:** Xiphoid process

**EXERCISES:** Crunches, planks



**CALVES:** The calves are a complex consisting of two muscles - the gastrocnemius (or gastroc for short) and the soleus. The gastrocnemius is the big muscle underneath the back of your knee and the soleus is a smaller, flatter muscle which runs underneath the gastroc down to your ankle. Both the gastroc and soleus act to plantarflex the ankle (point your toes down).

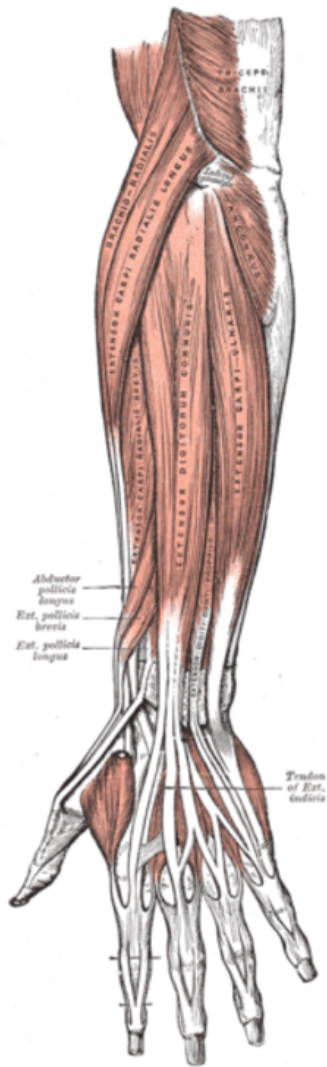
**ORIGIN:** Lateral and medial condyle of femur

**INSERTION:** tendo calcaneus

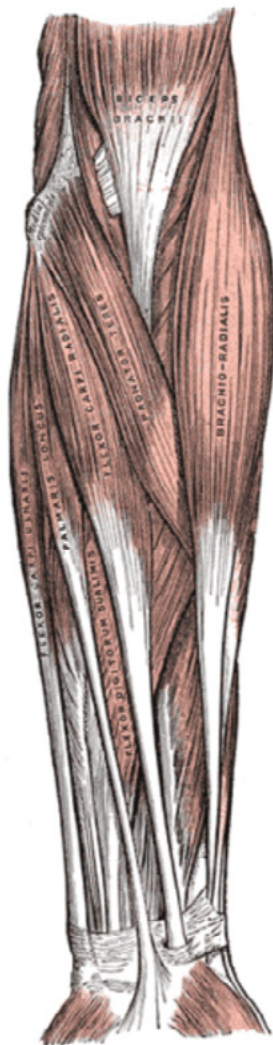
**EXERCISE:** Standing calf raise, tempo standing calf raise

**Figure 12:** Anatomy of the Calf Muscles





**Figure 13:** Posterior Forearm Anatomy



**Figure 14:** Anterior Forearm Anatomy

**FOREARMS:** The web of musculature of the forearms perform a few primary functions: wrist flexion, wrist extension, wrist supination, and elbow flexion. Wrist flexion is pulling your palm towards your inner elbow; wrist extension is the opposite: pulling your palm away from your inner elbow; wrist supination is rotating your hand such that your pinky is higher than your every other finger, and elbow flexion is pulling your forearm closer towards your shoulder (“curling”). The forearm elbow flexors are stronger when the wrist is in a pronated (palms down) position.

**ORIGIN:** most of the posterior muscles originate on the lateral epicondyle of the

humerus. Most of the anterior muscles originate on the common flexor tendon.

**INSERTION:** There are numerous and varied insertion points, but most muscles insert somewhere on the fingers

**EXERCISES:** Pull-up, deadlift, reverse grip EZ bar curl, dumbbell preacher curl, hammer curl, wrist extension/flexion, high cable curl, dumbbell pronated curl, dumbbell hammer curl, dumbbell supinated curl



# F.A.Q.

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## **1: How do I know if I am progressing?**

A: Bodybuilding is a marathon, not a sprint. It can be difficult to accurately determine if you are making visual progress day-to-day or even week-to-week. Taking physique progress photos every 4-6 weeks and comparing them side by side is a good way to detect visual differences that you simply wouldn't notice in the mirror. But ultimately, because of the relationship between strength gain and muscle gain, the main metric I want you to use for tracking your progress is strength. If you're getting stronger, you're progressing. It is strongly recommended to log every workout either in writing (print the program out or use a separate notebook) or in an app, so you don't have to rely on memory to keep track of personal strength records. Taking body measurements a few times a year can also be helpful (arms, thigh, waist, neck) but simply focusing on steady strength progression will be your best proxy for determining muscular progress.

## **2: How much muscle can I expect to gain?**

A: How you respond to training will be largely determined by genetic factors. As a rough ballpark estimate for untrained male individuals, 1-2 lbs of muscle gain per month is reasonable (12-24 lbs of muscle gained in your first year). For early intermediates with about 1 year of lifting experience, progress will likely slow down to roughly 0.5-1 lbs of muscle gain per month (6-12 lbs of muscle gained in your second year). For practical purposes, women can divide muscle gain estimates in half.

## **3: What gym equipment should I use?**

A: Gym equipment is optional as there are no required pieces of equipment to gain muscle and increase strength. With that being said, investing in a 10mm prong or lever belt, knee sleeves, squat shoes, and straps can be beneficial in allowing you to lift more weight for certain exercises.

You can find all of my recommended equipment at the following links:

<http://Rise.ca/jeff>

## **4: I have a belt. When should I wear it?**

A: Optionally use a lifting belt for working sets on exercises like squats, deadlifts and overhead (military) presses. Strength is a specific skill, so practice every rep in exactly the same way (meaning, if you're going to use a belt at all, use it consistently and for the same movements). I wouldn't recommend wearing on a belt on light warm-up sets.

## **5: I am not getting sore from my workouts. Is the program not working?**

A: Muscle soreness is largely attributed to eccentric contractions [1] and long muscle length contractions [2]. Delayed onset muscle soreness (DOMS) isn't

required for hypertrophy to occur, but the associated muscle damage might play a role in hypertrophy [3]. With that said, the main goal of the program is to establish a strength foundation, not to get you feeling sore. In fact, reduced soreness over time indicates that your body is adapting and recovering, which is actually a good thing for continued progress.

### **6: I am getting very sore from my workouts. Should I skip the gym until I am not sore?**

A: You may experience increased soreness when you first begin the program because it is presenting a new stress to your body. Foam rolling can help reduce DOMS [4] and increase ROM [5], so if you are consistently getting sore week after week, consider adding a short 3-5 minute foam rolling routine at the end of the workouts. Otherwise, training while sore is not inherently problematic for muscle growth unless it puts you at an increased risk of injury. If you're having a difficult time getting into position for any of the planned exercises, or finding it difficult to complete a full ROM due to pain, do not train. Otherwise, in the case of mild soreness, perform a slightly longer warm up for each exercise and use your own discretion with avoiding injury being a top priority. One extra rest day will not set you back very far, but a serious injury will.

### **7: Should I eat in a caloric deficit, maintenance, or surplus while running this program?**

A: Eating in a slight caloric surplus will yield the best results and best recovery, however, if your main goal is fat loss, eating in a caloric deficit will be necessary. As a beginner, you can continue to make strength and size progress while in a moderate caloric deficit and achieve body recomposition (lose fat and build muscle at the same time) if protein intake is sufficient (0.8-1g/lb bodyweight as a ballpark). As an intermediate-advanced level trainee, the likelihood of achieving substantial body recomposition is smaller, but still possible. So, in all, a caloric surplus is

recommended for optimal progress, but some progress can still occur at caloric maintenance and even in a caloric deficit.

### **8: The warm-up isn't enough for me. Can I add to it?**

A: You can add warm-up exercises to the protocol but your warm-up shouldn't take any longer than 10-20 minutes. It is important to stay injury-free, so don't rush into your workout.

### **9. Why is there such little exercise variation from week to week?**

A: Changing exercises from week to week is more likely to flatten out the strength progression curve. This is to ensure both progression by adding volume incrementally to these specific movements and mastery of these movements in terms of form and technique. There is large variation in exercise selection between Blocks 1 and 2 to avoid monotony and create a novel training stimulus to finish the program strong.

### **10. Isn't this too much volume?**

A: Please see "A disclaimer about volume" on page 91.

### **11. Isn't this too little volume?**

A: Please see "A disclaimer about volume" on page 91.

### **12. What do I do after I finished the program?**

A: You have the option of running back through the same program again for another 16 weeks, after determining your new 1 rep maxes on the main lifts. After running through this program for 3-5 cycles or once progress stalls, you may want to graduate to one of my Elite Hypertrophy Programs (coming soon) or Full-Body Specialization Programs (coming soon). Get on my mailing list for updates.



### **13. What are the blank boxes in the middle of each program for?**

A: They are for you to track your weights each week, so you can focus on strength progression from week 1 to week 8 of each block. Of course, this will only work if you print the program out. The other option would be to keep a notebook and simply pencil in your lifts each week. Keeping up with this habit of tracking is going to be an extremely important part of your success on this program.

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### **14. I can't do "X Exercise". What should I replace it with?**

A: Please see "Exercise Substitutions" on page 96.

### **15. Why doesn't the program use all of the same exercises as the workouts in your Science Applied series?**

A: First, it's important to keep in mind that there is way more than one way to program for hypertrophy and the Science Applied Series simply put together one way to do that. With that said, I am assuming that most people have already run through those workouts at least once and are ready for something new and fresh that isn't just freely available on my channel. Still, there are many exercises and techniques that I have carried over directly from those videos because of how effective they are.

## **16. Is this supposed to be run as a “Push Pull Legs” or a “Legs Push Pull” program?**

A: I'd like you to run the program in this order:

**Day 1** - Legs

**Day 2** - Push

**Day 3** - Pull

**Day 4** - Legs

**Day 5** - Push

**Day 6** - Pull

**Day 7** - Rest

**Repeat**

The order is adjusted is to provide more recovery time between the legs and pull days, which will have some degree of overlap on certain exercises such as the deadlift. If you don't feel recovered enough between Day 4 and 5, you can take an optional rest day here until you feel more accustomed to this frequency and order. For the rest of the program, we will refer to the split as “Legs Push Pull” for consistency.

***Please direct all other question to [info@strcng.com](mailto:info@strcng.com). Please avoid directing questions about this program to my social media as it is not a reliable means of making contact with me or getting the correct information. Please allow 3-5 business days for a reply.***



# WARM UP

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Before we look at exactly how you should warm-up, it's important to consider what warming up is meant to accomplish. The main purpose behind warming up is to increase core body temperature, improve performance and reduce risk of injury [6] [7]. Because your circadian rhythm largely determines your core body temperature, when you wake up, it is at its lowest and increases throughout the day. There seems to be a "sweet spot" for core body temperature in terms of safety and performance, so try not to train too hot or too cold. Generally speaking, breaking a light sweat through some form of cardio activity/machine is a good idea before jumping into any heavy lifting. Doing at least 5-10 minutes of low-moderate intensity cardio is especially prudent if you train early in the morning [8].

Warm-ups may also serve as a way to increase muscle activation. Dynamic warm-up drills (active stretches that take joints through a range of motion) can improve performance and increase force output [9]. Don't simply "go through the motions." The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) [4] and brief foam rolling with a specific focus on "tight areas" before a session can both improve range of motion [10] and prevent injury [11]. Light foam rolling for 2-3 minutes prior to lifting is recommended.

Before the first exercise for each bodypart perform a basic loading pyramid:

- Pyramid up in weight with 3-4 light sets, getting progressively heavier
- Such a warm up is only required for Primary Exercises
- For example, if you were working up to 4 sets of 350 lbs for 5 reps on the squat, you could warm up as follows:
  - Bar (45 lbs) x 15 reps
  - 135 lbs x 5 reps
  - 225 lbs x 4 reps
  - 275 lbs x 3 reps
  - 315 lbs x 2 reps
  - Then begin working sets with 350 lbs for 5 reps
- On a %1RM basis, warm up pyramids can be structured like this:
  - Bar (45 lbs) x 15 reps
  - 40% lbs x 5 reps
  - 50% lbs x 4 reps
  - 60% lbs x 3 reps



- 70-75% lbs x 2 reps
  - Begin working sets
- Note: Remember that such an extensive warm up is only required for Primary Exercises.

# WARM UP PROTOCOL

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EXERCISE	SETS	REPS/TIME	NOTES
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONALLY USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**  
**1**

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	70%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	2	8	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	6	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	7	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	7	0 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	7	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	7	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	8	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	8	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	7	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	7	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	8	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	9	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	9	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	60%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
CABLE PULL THROUGH	3	20	8	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	7	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	7	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	7	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	70%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	7	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	7	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	8	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	7	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:



**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**2**

**BLOCK 1**

8 WEEK TECHNIQUE PHASE

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	2	8	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	80%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	77.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	60%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	72.50%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	80%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:



**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**3**

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	2	8	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	82.50%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	80.00%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	75.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**4**



DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	2	8	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 20

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	4	82.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	6	77.50%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	5	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	3	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	3	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	3	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**5**

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	72.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	3	10	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	67.50%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:



DAY 5	PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	
	CLOSE-GRIP BENCH PRESS	3	8	70.00%	2-3MIN						SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
	MILITARY PRESS	3	6	80.00%	2-3MIN						SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
	PEC DECK	4	15	8	1-2MIN						FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
	CABLE LATERAL RAISE	4	8	9	1-2MIN						FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
	CABLE TRICEPS KICKBACK	3	20	9	1-2MIN						STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
	BICYCLE CRUNCH	3	12	8	1-2MIN						OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6	PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE	
	NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN						PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
	A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN						FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
	A2: CABLE SEATED ROW	3	10	8	2-3MIN						FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
	KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN						LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
	SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN						USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
	CABLE REVERSE FLYE	3	20	8	0MIN						FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
	SINGLE-ARM CABLE CURL	3	12	7	1-2MIN						STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN						FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT		

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**6**

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	72.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	3	10	65%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	3	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	3	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	72.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	67.50%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	70.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	80.00%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**

**7**



DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
DEADLIFT	3	10	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	82.50%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	4	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	4	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	80.00%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65.00%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	75.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:

**BLOCK 1**

# LEGS/PUSH/PULL **PROGRAM**

**WEEK**  
**8**

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	6	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
DEADLIFT	3	10	70%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
BARBELL HIP THRUST	3	10-12	8	2-3MIN					TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
DUMBBELL WALKING LUNGE	2	20 EACH LEG	9	1-2MIN					TAKE MEDIUM STRIDES, MINIMIZE THE AMOUNT YOU PUSH OFF YOUR REAR LEG	
A1: LEG EXTENSION	3	15	9	0MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
A2: SEATED LEG CURL	3	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	10	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	5	85.00%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
DUMBBELL SEATED SHOULDER PRESS	3	8-10	8	2-3MIN					BRING THE DUMBBELL ALL THE WAY DOWN, KEEP YOUR TORSO UPRIGHT	
WEIGHTED DIP	3	6-10	7	1-2MIN					TUCK YOUR ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°, KEEP YOUR SCAPULAE RETRACTED	
LOW-TO-HIGH CABLE FLYE	4	12-15	9	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
DUMBBELL ISOLATERAL SKULL CRUSHER	4	12	9	1-2MIN					USE 1 DUMBBELL IN EACH HAND. KEEP YOUR ELBOWS IN A FIXED POSITION IN LINE WITH THE TOP OF YOUR HEAD, PRESS THE DUMBBELL OVER YOUR HEAD (NOT IN FRONT OF YOUR FACE)	
DUMBBELL LATERAL RAISE	3	15	8	1-2MIN					TILT THE DUMBBELL SUCH THAT YOUR PINKY COMES UP FIRST	
AB WHEEL ROLLOUT	3	6	8	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED (SQUEEZE YOUR GLUTES), CUT THE ROM SHORT IF YOU CAN'T MAINTAIN THIS POSITION	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	4	6-8	8	2-3MIN					PULL YOUR ELBOWS DOWN AND IN, MINIMIZE SWINGING	
PENDLAY ROW	3	8-10	8	2-3MIN					INITIATE THE MOVEMENT WITH SCAPULAR RETRACTION, PULL TO YOUR LOWER CHEST, KEEP YOUR TORSO MOTIONLESS	
MACHINE HIGH ROW	3	10-12	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATS	
SEATED FACE PULL	3	20	9	1-2MIN					PULL YOUR ELBOWS UP AND OUT, RETRACT YOUR SCAPULAE	
A1: REVERSE GRIP EZ BAR CURL	3	20	10	0MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: SUPINATED EZ BAR CURL	3	15	10	1-2MIN					ARCH THE BAR "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	
DUMBBELL PREACHER CURL	3	12	8	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	6	82.50%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
FRONT SQUAT	3	6-8	65.00%	2-3MIN					SIT DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
CABLE PULL THROUGH	3	20	9	1-2MIN					FOCUS ON ANTERIORLY TILTING YOUR PELVIS DURING THE ECCENTRIC, POSTERIORLY DURING THE CONCENTRIC	
SINGLE-LEG LEG PRESS	3	10-12	8	1-2MIN					HIGH FOOT PLACEMENT	
SINGLE-LEG LEG EXTENSION	3	15	8	1-2MIN					START WITH YOUR WEAKER LEG, FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
SWISS BALL SINGLE-LEG LEG CURL	3	12	8	1-2MIN					START WITH YOUR WEAKER LEG, PREVENT YOUR HIPS FROM TOUCH THE GROUND	
STANDING CALF RAISE	3	15	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 22

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
CLOSE-GRIP BENCH PRESS	3	8	80.00%	2-3MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
MILITARY PRESS	3	6	82.50%	2-3MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
DUMBBELL INCLINE PRESS	3	10-12	8	1-2MIN					KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
PEC DECK	4	15	8	1-2MIN					FOCUS ON BRINGING YOUR INNER ELBOWS TOGETHER - NOT YOUR HANDS	
CABLE LATERAL RAISE	4	8	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
CABLE TRICEPS KICKBACK	3	20	9	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOWS BEHIND YOUR TORSO	
BICYCLE CRUNCH	3	12	8	1-2MIN					OPPOSITE KNEE TO ELBOW, FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 23

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
NEUTRAL-GRIP PULLDOWN	4	10-12	8	2-3MIN					PULL YOUR ELBOWS DOWN AGAINST YOUR SIDES	
A1: CABLE SEATED ELBOWS OUT ROW	3	10	8	0MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS UP AND OUT	
A2: CABLE SEATED ROW	3	10	8	2-3MIN					FOCUS ON SCAPULAR RETRACTION, PULL WITH YOUR ELBOWS DOWN AND IN	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15	7	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
SNATCH GRIP BARBELL SHRUG	3	15	8	1-2 MIN					USE A 1.5X SHOULDER WIDTH GRIP, CONTROL THE WEIGHT AND "SHRUG UP TO YOUR EARS"	
CABLE REVERSE FLYE	3	20	8	0MIN					FOCUS ON SWEEPING THE WEIGHT OUT Laterally	
SINGLE-ARM CABLE CURL	3	12	7	1-2MIN					STAND UPRIGHT, KEEP YOUR ELBOW BEHIND YOUR TORSO	
HAMMER CURL	3	8	7	1-2MIN					FOCUS ON SQUEEZING YOUR BICEPS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 25

TOTAL TRAINING TIME:



BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

1

## DELOAD WEEK

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	4	3	75%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	60%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	7	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	7	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	6	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	6	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	2	8	6	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 14

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	7	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	7	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	8	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	7	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	7	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	6	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	7	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	2	6-8	7	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	2	10-12	7	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	2	12-15	8	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	2	20	8	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
DUMBBELL SUPINATED CURL	2	12-15	8	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

## DELOAD WEEK

**DAY 4**

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	3	4	75%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	7	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	7	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	6	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	8	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	7	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 16

TOTAL TRAINING TIME:

**DAY 5**

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	3	4	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	72.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	2	8-10	6	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	7	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	8	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 17

TOTAL TRAINING TIME:

**DAY 6**

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	7	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	7	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	8	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	7	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	3	8	9	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	3	8	9	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	3	8	9	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

2

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	80%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	60%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	3	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	3	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	3	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:



DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	75.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	75%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	72.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

3

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	80%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	65%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	4	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	77.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

4



DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	82.5%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	65%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	77.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	77.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	77.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

5

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	82.5%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	67.5%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	4	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	80.0%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0 MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0 MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

6



DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	85.0%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	68%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	10	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	80.00%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	80.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	80.0%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

7

DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	5	3	85.0%	3-4MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
TEMPO BACK SQUAT	2	6	70.0%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	2	8	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, Laterally FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	4	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	82.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:

BLOCK 2

LEGS/PUSH/PULL  
**PROGRAM**

WEEK

8



DAY 1

LEGS #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
DEADLIFT	1	RPE 9 TEST	90 %	3-4MIN					LOAD UP 90% AND DO AN RPE 9 TEST. LEAVE 1 REP IN THE TANK AND TEST NEW STRENGTH! PERFECT FORM!	
TEMPO BACK SQUAT	2	6	70%	3-4MIN					FULL 2-SECOND LOWERING PHASE. SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
ROUND-BACK DUMBBELL 45° HYPEREXTENSION	2	20	8	1-2MIN					UPPER BACK ROUNDED, DRIVE YOUR HIPS INTO THE PAD LIKE A HIP THRUST	
SMITH MACHINE REVERSE LUNGE	2	15	9	1-2MIN					SIT BACK, START WITH YOUR WEAKER LEG	
ENHANCED-ECCENTRIC LEG EXTENSION	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
ENHANCED-ECCENTRIC LYING LEG CURL	2	12	9	1-2MIN					HAVE A TRAINING PARTNER PUSH DOWN ON THE PAD DURING THE ECCENTRIC	
LATERAL BAND WALK	2	15	8	1-2MIN					OR MACHINE HIP ABDUCTION, FOCUS ON DRIVING YOUR KNEES OUT	
TEMPO STANDING CALF RAISE	3	8	8	1-2MIN					2-SECOND LOWERING PHASE. PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 2

PUSH #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	1	AMRAP	85.0%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
ARNOLD PRESS	2	12	9	1-2MIN					START YOUR SHOULDERS INTERNALLY ROTATED, GRADUALLY EXTERNALLY ROTATE THEM AS YOU PRESS UP	
CLOSE-GRIP SMITH MACHINE PRESS	2	15	9	1-2MIN					SHOULDER WIDTH GRIP, ELBOWS DOWN AT YOUR SIDES	
LOW-TO-HIGH CABLE FLYE	2	15-20	10	1-2MIN					START EXTERNALLY ROTATED WITH YOUR ELBOWS DOWN AND OUT, PULL YOUR ELBOWS (NOT HANDS) UP AND IN WHILE SLIGHTLY INTERNALLY ROTATING YOUR SHOULDER	
BARBELL FLOOR SKULL CRUSHER	2	8-10	9	1-2MIN					PROTRACT YOUR SHOULDERS, KEEP YOUR ELBOWS INLINE WITH YOUR HEAD, ONLY MOVE AT THE ELBOW JOINT	
EGYPTIAN LATERAL RAISE	2	12-15	8	1-2MIN					LEAN AWAY FROM THE CABLE, FOCUS ON SQUEEZING YOUR DELTS	
ROPE OVERHEAD TRICEPS EXTENSION	2	12-15	9	1-2MIN					FOCUS ON STRETCHING YOUR TRICEPS AT THE BOTTOM OF THE MOVEMENT	
HANGING LEG RAISE	3	6	7	1-2MIN					FOCUS ON FLEXING YOUR SPINE	

TOTAL SET VOLUME: 15

TOTAL TRAINING TIME:

DAY 3

PULL #1	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
1 ARM LAT PULL-IN	2	15-20	5	1-2MIN					LIGHT SETS, DRIVE ELBOW DOWN AND IN TOWARD SIDE, LATERALLY FLEX INTO THE DIRECTION OF PULL	
PULL-UP	3	12	9	2-3MIN					ADD WEIGHT OR USE ASSISTANCE AS NEEDED	
DUMBBELL ONE-ARM ROW	3	6-8	9	1-2MIN					BRACE WITH YOUR NON-WORKING ARM, PULL YOUR ARMS BACK AT YOUR SIDES	
CHEST-SUPPORTED T-BAR ROW W/ BAND	3	10-12	9	1-2MIN					SEE SCIENCE APPLIED YT SERIES FOR VIDEO ON THIS	
LOW-TO-HIGH REVERSE FLYE	3	12-15	9	1-2MIN					THIS IS A CROSS BETWEEN A SHRUG, A ROW, AND A REVERSE CABLE FLY - SCAPULAR RETRACTION & UPWARD ROTATION, ABDUCTION OF THE HUMERUS	
ROPE UPRIGHT ROW	3	20	9	1-2MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP AND INITIATING THE MOVEMENT "OUT"	
DUMBBELL SUPINATED CURL	3	12-15	9	1-2MIN					THINK ABOUT DRIVING YOUR PINKY TO YOUR LATERAL DELT	
SPIDER CURL	3	15-20	8	1-2MIN					BRACE YOUR CHEST AGAINST AN INCLINE BENCH, CURL WITH YOUR ELBOWS SLIGHTLY IN FRONT OF YOU	

TOTAL SET VOLUME: 21

TOTAL TRAINING TIME:

DAY 4

LEGS #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	4	5	82.50%	3-4MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT Laterally	
ROMANIAN DEADLIFT	3	8	8	2-3MIN					FOCUS ON KEEPING YOUR SPINE NEUTRAL, ANTERIOR PELVIC TILT DURING THE ECCENTRIC	
PAUSE BARBELL HIP THRUST	2	10	9	2-3MIN					3-SECOND PAUSE. TUCK YOUR CHIN AND RIB CAGE DOWN, ONLY MOVE YOUR HIPS. USE A PAD	
SLOW ECCENTRIC GOBLET SQUAT	2	12 STEPS EACH LEG	8	1-2MIN					3-SECOND LOWERING PHASE. SIT DOWN, KNEES OUT, TORSO UPRIGHT	
SEATED LEG CURL	2	15	9	1-2MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
CABLE ROPE PULLTHROUGH	2	20	8	1-2MIN					FOCUS ON SQUEEZING YOUR GLUTES TO MOVE THE WEIGHT	
STANDING CALF RAISE	3	12	8	1-2MIN					PRESS ALL THE WAY UP TO YOUR TOES, STRETCH YOUR CALVES AT THE BOTTOM, DON'T BOUNCE	

TOTAL SET VOLUME: 18

TOTAL TRAINING TIME:

DAY 5

PUSH #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
BARBELL BENCH PRESS	4	5	82.5%	2-3MIN					TUCK ELBOWS AT A 45° ANGLE, KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
MILITARY PRESS / PUSH PRESS COMPLEX	3	4, 4	82.5%	2-3MIN					FIRST 4 REPS MILITARY PRESS, LAST 4 REPS PUSH PRESS (USE LEG DRIVE)	
SLOW ECCENTRIC DIP	3	8-10	8	1-2MIN					3-SECOND LOWERING PHASE. TUCK ELBOWS AT A 45° ANGLE, LEAN YOUR TORSO FORWARD 15°	
TRICEPS V-BAR PRESSDOWN	3	12-15	9	1-2MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
MACHINE LATERAL RAISE	3	15-20	9	1-2MIN					FOCUS ON SQUEEZING YOUR LATERAL DELT TO MOVE THE WEIGHT	
PLANK	3	30SEC	7	1-2MIN					KEEP YOUR PELVIS POSTERIORLY TILTED	

TOTAL SET VOLUME: 19

TOTAL TRAINING TIME:

DAY 6

PULL #2	SETS	REPS	RPE/%1RM	REST	1	2	3	4	NOTES	LSRPE
SINGLE-ARM PULLDOWN	3	12	9	2-3MIN					START WITH YOUR WEAKER SIDE, STRETCH YOUR LAT AT THE TOP, PULL DOWN AND IN	
SEAL ROW	3	8-10	8	2-3MIN					YOU CAN DO THIS WITH DUMBBELLS OR A BARBELL, SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO STABLE	
KNEELING STRAIGHT-ARM CABLE PULL-OVER	3	15-20	9	1-2MIN					LEAN YOUR TORSO AT A 45° ANGLE, FOCUS ON PULLING THE WEIGHT STRAIGHT DOWN, NOT "IN"	
REVERSE PEC DECK	3	15/15	9	1-2MIN					SWEEP YOUR ARMS OUT Laterally, KEEP YOUR SCAPULAE PROTRACTED	
A1: DUMBBELL PRONATED CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A2: DUMBBELL HAMMER CURL	4	8	10	0MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR FOREARMS	
A3: DUMBBELL SUPINATED CURL	4	8	10	1-2MIN					ARCH THE DUMBBELL "OUT", NOT "UP". FOCUS ON SQUEEZING YOUR BICEPS	

TOTAL SET VOLUME: 24

TOTAL TRAINING TIME:



# PROGRAM EXPLAINED

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This program is divided into two 8-week training blocks, each with unique and specialized priorities.

This program assumes from the outset that you have developed a solid fundamental strength base and will no longer be able to maximize your muscular gains with minimalistic, basic programming. The “noobie gains” period is over, but that doesn’t mean we can’t still take things to the next level. At this stage, it’s increasingly important to pay careful attention to factors like movement efficiency (form, execution), effort (how hard you are working relative to failure), recovery (the return to baseline neuromuscular function and metabolic/hormonal homeostasis [12]) and exercise selection (which exercises you use).

# BLOCK 1

As mentioned previously, Block 1 focuses primarily on mastering technical execution while building up a large work capacity through progressive load increases at a relatively high set volume. This work capacity will equip us with the abilities needed to optimize results in Block 2 of the program, where volume is decreased as intensity (effort) is increased.

## WHY IS TECHNIQUE SO IMPORTANT IN BLOCK 1?

The progressive overload principle should be thought of as not just adding more weight to the bar, but adding more tension onto the muscle itself. Dr. Brad Schoenfeld refers to this as the mechanical tension mechanism of hypertrophy [13]. “Overloading” a movement by allowing form to break down does not necessarily imply that more tension has been added to the muscle since the use of excessive momentum and the involvement of assisting muscles can help “move the weight”. So, while I think it is acceptable to allow for controlled “cheating” on some secondary and tertiary exercises, primary exercises should be purposefully mastered and controlled on every single rep. There are two main reasons for this: safety and results.

## 1. SAFETY

Strength training can be dangerous. A questionnaire of Swedish sub-elite powerlifters found that 87% of the participants had experienced an injury within the past year [14] - primarily in the lumbopelvic, shoulder, and anterior hip regions. Since building muscle and increasing strength is a time-consuming process, it's important to stay as healthy as possible for as long as possible. Consistently practicing perfect technique on light work will ensure that you have engrained the proper lifting habits when lifting the really heavy stuff.

## 2.RESULTS

Not only does good technique minimize injury risk, it also loads the targeted muscles more effectively, while decreasing the loading of synergistic and stabilizing muscles [15]. A large degree of strength development is directly tied to technique development and because of the primacy of the progressive overload principle, it's safe to say that a focus on getting stronger in the rep zones included in this program will lead to greater muscle gains. This all begins with good technique.

### HOW DO YOU KNOW IF YOU HAVE "GOOD FORM"?

Some trainers take the extreme stance that zero momentum or cheating should be used when lifting, regardless of how well controlled the cheating is. Others insist that because the goal is to overload, cheating is fine since it allows you to move more weight. I think they are both wrong, because it is always context dependent and in this case, exercise dependent:

Primary Exercises: Practice perfect technique on all reps (for example, squats, bench presses and deadlifts).

Secondary and Tertiary Exercises: Mild momentum is permitted to get the weight moving, but always control the weight on the eccentric.

Exactly what constitutes "good form" will depend on the specific exercise being performed and the person performing the exercise. Still, a helpful practice is to record your lifts and compare your technique. There is a list of common technique errors on the primary exercises in the Common Technique Errors section (**PAGE 101**).

For form instruction on specific exercises, I recommend the following few resources:  
NSCA Exercise Technique Manual for Resistance Training 2nd Edition

Scott Herman's YouTube Channel (search for the specific exercise)

<https://www.youtube.com/user/ScottHermanFitness>

With exercise-specific technique variations aside (e.g. maintaining a neutral back during a squat, minimal swaying during a bicep curl, keeping the barbell in contact with the lower leg and thigh during a deadlift, etc.) there are three main principles that constitute "good form":

## 1. CONTROLLING THE NEGATIVE

Controlling the negative essentially means that you are lowering the weight under your own control, not under the control of gravity alone. This is an important concern for safety reasons, however some literature suggests that the eccentric (negative) portion of the lift is the most important for muscle growth. A 2015 meta-analysis by Schoenfeld, Ogborn, & Krieger found that rep durations between 0.5-8 sec all lead to similar amounts of hypertrophy [16]. This suggests that you should choose a tempo that is comfortable for you, while maintaining full control of the weight throughout the entire repetition. My personal recommendation is to aim for a 1-2 second negative and a 1-2 second positive on most lifts, with the main criteria being that you are consciously and actively controlling the weight using the target muscles throughout the full range of motion. For primary lifts like bench presses and squats, you should aim for a more "explosive" concentric and focus more on the movement of your entire body in three-dimensional space, rather than on a specific lifting tempo. Deadlifts are the one possible exception where the eccentric does not need to be controlled to the same degree - simply hold the bar on its way down and maintain bar position directly over the middle of your foot, allowing the bar to

descend at a speed that feels natural for you.

## 2. FULL RANGE OF MOTION

Although research does suggest that partial range of motion training (“half reps” or “quarter reps”) can be a useful training tool for strength development [17-19], for the most part, we will benefit maximally from consistently training through a full range of motion. This basic habit across all exercises will allow for a more efficient understanding of the movement pattern and ensure roughly equal strength abilities at all points throughout the movement’s range of motion.

From a safety perspective, it’s also important to note that a full range of motion will usually require the use of lighter weights. Using the bench press as an example, you will be able to lift much more weight if only bring the bar half way to your chest than you will by bringing the bar all the way down to touch your chest. This “extra weight” on the bar may cause additional stress on the joints and soft-tissues without any additional benefit in terms of hypertrophy. This was highlighted in a 2013 study by Bloomquist and colleagues, which found that going through a full range of motion resulted in greater increases in muscle mass than using a partial range of motion [18]. Granted, there is counter-evidence supporting the idea that as long as intensity (relative effort) is equated, full and partial ranges of motions lead to similar hypertrophy [19, 20]

## 3. PROPER BREATHING

Knowing how to breathe during a lift is something many lifters struggle with. It is common to see people either holding their breath for far too long during a set or having the pace of their breathing totally out of sync with the pace of their reps.



My simple recommendation is to inhale during the eccentric (negative) and exhale during the concentric (positive). This may feel awkward at first so I recommend paying close attention to your breathing during your warm up sets so that you can better “engrain” those proper breathing habits for your heavier sets. If your temptation is to hold your breath while lifting, consciously remind yourself to breathe and consider “marking the breath” by saying to yourself “breathing in” as you lower the weight and “breathing out” as you lift the weight back up.

In addition to ensuring proper oxygenation, research has shown that inhaling during the eccentric portion of the lift and exhaling during the concentric portion significantly lessens the increase in blood pressure associated with the more advanced “Valsalva maneuver” technique. [21,22]. The Valsalva technique is when you forcibly exhale against a closed glottis during the concentric portion of a lift. This is a very commonly used technique amongst powerlifters and other strength athletes to increase the amount of weight being lifted by increasing pressure in the abdomen. In the intermediate-advanced stage of lifting, I would recommend experimenting with the Valsalva maneuver on primary exercises (squat, bench press and deadlift) to your own comfort levels since it will very likely help increase the weight you are using on these exercises. However, keep in mind that this breathing technique is associated with a greater increase in blood pressure, so use it at your own discretion and be particularly cautious if you are at risk of hypertension.

## THE MIND-MUSCLE CONNECTION

The mind-muscle connection is a widely debated topic when it comes to movement execution and proper technique. Should you focus “internally” by thinking about what muscles you’re supposed to be targeting with each exercise? Or should you focus “externally” by thinking about using your body as a whole? As usually is the case, I think that the answer is not black and white and depends on context.

Generally speaking, the mind muscle connection should only be used sparingly (if at all) on primary exercises like squats, deadlifts and overhead presses as these are highly technique-focused exercises that will activate a large muscle mass regardless of attentional focus. For these movements, it is better to focus on the movement of your entire body and simply execute the exercise with proper technique and through a full range of motion. For all tertiary exercises (isolation exercises) and any remaining compound exercises, you can use the mind-muscle connection to increase activation of the target muscle as you feel appropriate. For the record, research has shown increased muscle activation when subjects are instructed to use “internal cueing” (such as squeezing your glutes as hard as possible to get the barbell to move in a hip thrust) as opposed to “external cueing” (such as simply moving the barbell upwards) [23]. And recent data has suggested that use of a mind-muscle connection can be used to enhance muscle hypertrophy. So while it may not be appropriate for all exercises, practicing and cultivating a strong mind muscle connection is well-advised if your goal is to achieve the best muscular development possible.

In summary, our goal with training is to maximize muscular tension with relatively large training volumes and as outlined above, the best way to do that is by honing in on your technique.

## BLOCK 2

Block 2 begins with a deload week to emphasize recovery leading into the most psychologically and physically demanding phase of the program. The deload week sees a reduction in volume and intensity (effort) so that recovery can be optimized leading into the upcoming, more challenging phase.

Unlike Block 1 (which will require a degree of restraint and special attention to

careful execution), the main idea with Block 2 is to apply a high degree of effort by taking sets much closer to failure. Now that you have mastered form and built a “volume tolerance” it is time to lock in mentally and give it your all. Block 2 uses a much more aggressive progression modality and takes advantage of non-linear periodization (daily undulating periodization). This can be seen as a more advanced progression from the linear focus of Block 1 to continue driving strength and size progress forward.

When training at a high effort, it is common to see lifters get so excited and aggressive that they lose sight of form. If this is tempting for you, I'd encourage you to think of your lifting psychology as controlled aggression so that you can maintain conscious control of how you're using your body. Training near failure is a necessary prerequisite for optimizing hypertrophy [24], so while the sets in Block 2 will be pushed much closer to failure, we are still looking for “muscular failure”, not “movement failure”. I.e. You fail at the point where your muscles can no longer perform a full concentric rep with adequate technique. In this block, training volume slightly decreases as intensity increases.

It can be argued that periodic variation is one of the most central tenants of periodization and program design. In one 2012 review, sports scientist John Kiely notes: “Training variation is a critical component of long- term planning, but if adaptive energy is too widely distributed, gains may be excessively diluted.” [25] In short, a good program will provide variety to avoid monotony while maintaining overall structure to ensure progression. For this reason, many new exercises and variations are introduced in Block 2 while still keeping a core of basic movements and a continuation of many of the progression schemes established in Block 1.



# TRAINING VARIABLES

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## FREQUENCY

### WHAT DOES THE SCIENCE SAY ABOUT TRAINING FREQUENCY?

The main thing we can conclude from the scientific literature on frequency is that training each muscle twice per week is better than only training each muscle once per week [26]. One potential limitation of training frequency research is that studies are always volume equated so the subjects are actually doing the same amount of total work. In the real world, it is less likely that volumes would be equal when frequencies are different. Higher frequency training typically allows us to do more volume within a week. To illustrate this point, just imagine doing 4 sets of squats 5 days per week compared to doing 20 sets of squats in 1 session. So what the frequency research really tells us is that:

1. There is probably no special benefit to training a muscle more than twice per week with the same amount of volume.
2. Training a muscle more than once per week is more optimal for hypertrophy, even when volume is the same.

This program uses a Legs Push Pull split, meaning every muscle will be trained twice per week with roughly 3 days of recovery between sessions. For the intermediate-advanced level trainee, this is an ideal recovery time since increased rates of muscle protein synthesis will have returned to baseline [27] (meaning they are “due” to be spiked again) and soft tissues will have sufficient time to repair between sessions.

## EFFORT/INTENSITY

### HOW HARD SHOULD YOU PUSH EACH SET?

Because of the size principle (see below) and its implications for hypertrophy, pushing yourself reasonably close to failure becomes more important as training advancement accrues (this is emphasized more in Block 2). It's well established that mechanical tension is the central mechanism of hypertrophy [13]. On a large scale, increases in tension are achieved through progressive overload while on the cellular level, mechanical tension is closely tied to motor unit recruitment. A “motor unit” is made up of one motor neuron and all of the muscle fibers it innervates. Motor unit recruitment refers to the way motor units are activated to cause an increase in the contractile force a muscle can produce. This occurs according to the “size principle” of motor unit recruitment where the smallest slow-twitch muscle fibers are recruited first, then gradually faster twitch muscle fibers will be recruited as oxygen is depleted from the local area. With this principle in mind, training near failure (but not always to failure, because of differential effects on fatigue) becomes increasingly

important, as it will ensure that there is adequate motor unit recruitment in the larger faster twitch muscle fibers.

## **SO HOW DO YOU DETERMINE HOW HARD TO PUSH IT?**

This program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort.

### **%1RM BASED EXERCISES**

Loads for primary exercises (squat, bench press, deadlift) are determined based on a percentage of your 1 rep max (1RM) for that exercise. The main advantage of using a %1RM approach is that progression is ensured in an objective manner week to week. Nothing is left up to how you're feeling that day - there is a set weight prescribed in the program, and it's your responsibility to hit it. This level of precision and structure is good for certain exercises because it allows for complete accountability.

### **HOW TO DETERMINE YOUR 1 REP MAX**

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your 1 rep max is for that exercise. Of course, not everyone will know what their 1RM is at any given time. It may be tempting to simply test your 1RMs - lift as heavy as possible with good form for one repetition. Although this is a seemingly simple solution, testing one rep maxes can be unnecessarily risky, and there are at least 2 better options to give you a ballpark estimate of this number.

### **ALWAYS USE A SPOTTER'S ASSISTANCE WHEN TESTING 1 REP MAXES!**

# LET'S USE THE SQUAT AS AN EXAMPLE:

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1. Do an AMRAP test as follows:

- Warm up by pyramiding up in weight using estimated 1RM
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1
- Do a set of as many reps as possible with 90% of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about 3-5 reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your new working 1RM:

<http://www.exrx.net/Calculators/OneRepMax.html>

2. Plug the results of a recent "tough set" taken close to failure in the 6 or lower rep range into this calculator, which will estimate your 1RM: <http://www.exrx.net/Calculators/OneRepMax.html>

Note: If you do the AMRAP tests before beginning the program, do them on its own day and then rest at least 2 days before beginning Week 1, Day 1.

## RPE-BASED EXERCISES

In contrast to the objective nature of the %1RM-based method, the scientific literature tends to use two subjective scales for calculating effort: rate of perceived exertion (RPE) and reps in reserve (RIR). This program uses RPE to gauge effort for all secondary and tertiary exercises. The RPE scale is ranked from 1-10, with 1 implying nearly no effort was used, and 10 implying maximal effort was achieved (training to failure) [28]. I think this can be more easily conceptualized as RPE9 meaning work



at about 90% of your maximal effort, RPE8 bring about 80% of maximal effort, etc. Another way to think about RPE is as the inverse of “reps in reserve” (RIR). RIR is a scale which attempts to gauge how many additional reps you would be able to complete after ending the set [29]. While research has shown that RIR is not very accurate for newer lifters [30], I think it is a good tool to understand at this point in your training career. So, to clarify, an RPE of 9 would mean you had 1 rep left in reserve. An RPE of 8 would mean you had 2 reps in reverse, etc.

In the program, the last set RPE column (LSRPE) is left blank for you to fill in. The idea here is to reflect on your last set and ask yourself how many more reps you think you could have gotten. It is a useful way to account for how hard you’re working on the final set and how well it matches the target RPE.

## **AN IMPORTANT DISCLAIMER ABOUT TRAINING INTENSITY (EFFORT)**

While I admire a strong work ethic, similar to volume, more effort is not always better. Properly applied effort is what we are always looking for. This means that we should reserve training to failure (or near failure) for when it fits within the context of the program as a whole.

As mentioned previously, Block 1 of the program may require some restraint and may prescribe an effort lower than what you are used to. We can think of this as taming the beast before we unleash the beast in Block 2.

## **VOLUME**

Volume loosely refers to the total amount of work you’re doing. This is often approximated as sets x reps x load, but is often simply thought of as the total

number of sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy, [31] however, multiple sets (3-5 sets) per muscle group are thought to be required to maximize hypertrophy [32]. It is important to remember that not all volume is created equally and more volume isn't always the answer. A study comparing 5 sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the 5 sets group, despite using half the volume. Additionally, the 10 x 10 group lost muscle (on average) in their legs [33], so there appears to be a volume limit past which more volume is not helpful for hypertrophy.

When it comes to per-week volume, James Krieger recommends an absolute minimum of 10 sets per week per muscle group [34], with 10-20 sets per bodypart per week being a good ballpark estimate for intermediate-advanced trainees. Because of the large degree of overlap between bodyparts on compound exercises, tracking set volume per bodypart has its complications and limitations. For this reason, we will be measuring total sets per workout. For example, in Week 1 of the program, you will see that there are 20 total sets for the lower body on Day 1 and 21 total sets for the lower body on Day 2. Similarly, we will lump all of the pushing and pulling muscles together and calculate total per-session volume, which I think is a more practical way to keep track of volume on this routine. These numbers will be instructive for you when moving on to further blocks of training or other programs so that you can have an idea of how your body responds to the per-session "pushing volume", "pulling volume" and "lower body volume" laid out in this routine.

## ***AN IMPORTANT DISCLAIMER ABOUT TRAINING VOLUME***

If you're coming to this program from a background of super high volume

training, hopefully this routine will help you find the balance you need for a long and prosperous training career. Before you fall into the dangerous trap of underestimating effective programming, please remember that this program is intentionally structured in such a way that the two blocks build on each other. If it helps, you can think of it this way: in Block 1, we are trying to perfectly stimulate the muscle so that in Block 2 we are able to effectively annihilate the muscle. Also keep in mind that load and volume accumulates throughout each block in a structured manner and throughout the program, our number one priority is quality of execution.

Just because someone may be running a higher volume training program than you does not imply that they will see better results. This is because there are so many factors other than volume that go into proper program design, so it is careless and shortsighted to judge a program based merely on how many sets it has you doing. Granted, volume has been identified as one of the primary factors driving muscle growth, so it must still be considered a central tenet of program design. However, this shouldn't tempt us to fall for either of the two most common volume misconceptions:

1. The "Pedestal Myth": the false idea that volume matters more than everything else. The reality is that ALL program variables must fit together like a puzzle, and it would be inappropriate to put one variable on a pedestal.
2. The "Quantity-Over-Quality Myth": the false idea that more volume is always better. Like the rest of the training variables, volume must be properly managed within the training week and compliment the other, more foundational programming factors like proper exercise execution (technique), the prioritization of recovery and the management of effort.

I elaborate on basic volume concepts at the links below:

Fundamentals Ep 2: <https://www.youtube.com/watch?v=7S0NjKYIJ7I>

Volume Science Explained: <https://www.youtube.com/watch?v=qwv3JqOUqWs>

## WEEKLY PROGRESSION

From week to week the primary goal is progressive overload. This doesn't mean you need to do more weight or more reps every single week: an improvement in technique or mind-muscle connection still counts as a form of overload. But on average, the general trend should be toward strength progression from week to week. You will notice that there are two ways reps are given in the program: either as a single number or as a range.

When a single rep number is given and it corresponds to a %1RM loading prescription, then you simply have to use that load and hit the target rep count. The progression is built into the program for these primary exercises.

When a single rep number is given and it corresponds to an RPE prescription, you are expected to hit that exact rep count and only add weight once the load you are using drops by about 1 RPE. This may mean that you will use the same weight for the same reps for several weeks on end, which is fine since on the tertiary exercises where this progression scheme is used, you want to focus primarily on execution, pump and mind muscle connection rather than adding weight every single week (which would inevitably lead to form breakdown in just a few weeks).

When a rep range is given, the goal is to add reps while keeping the weight the same until the top end of the range is reached for all sets. From there, you will add

weight and go back to the low end of the rep range. In the real world, it might not work out that neatly. As long as you're adding some weight or some reps over time on average (meaning it doesn't have to increase EVERY week) you're doing it right.



# EXERCISE SUBSTITUTIONS

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## LOWER BODY EXERCISES

**SQUAT:** Hack squat, smith machine squat, leg press + 15 reps of back extensions

**DEADLIFT:** Trap bar deadlift, Romanian deadlift, Barbell hip thrust

**BARBELL HIP THRUST:** Round-back 45° hyperextension, glute bridge, leg extension machine hip thrust

**DUMBBELL WALKING LUNGE:** Bulgarian split squat, reverse lunge, dumbbell step-up, single-leg leg press

**LEG EXTENSION:** Bodyweight squat (20 reps)

**LYING LEG CURL:** Seated leg curl, sliding leg curl, Swiss ball leg curl

**STANDING CALF RAISE:** Any calf raise with your knee in the extended position

**FRONT SQUAT:** Goblet squat, leg press, bodyweight squat

**CABLE PULL-THROUGH:** KB swing, dumbbell RDL

**SINGLE-LEG LEG PRESS:** Assisted pistol squat, db step-up

**SINGLE-LEG LEG EXTENSION:** Leg extension

**SWISS BALL SINGLE-LEG LEG CURL:** Sliding leg curl, seated leg curl, single-leg lying leg curl

**TEMPO BACK SQUAT:** Tempo goblet squat, tempo front squat

**ROUND-BACK DUMBBELL 45° HYPEREXTENSION:** Barbell hip thrust, straight back 45° hyperextension

**SMITH MACHINE REVERSE LUNGE:** Dumbbell walking lunge, Bulgarian split squat

**ENHANCED-ECCENTRIC LEG EXTENSION:** 3-second negative leg extension

**ENHANCED-ECCENTRIC LYING LEG CURL:** 3-second negative lying leg curl

**LATERAL BAND WALK:** Machine seated hip abduction

**ROMANIAN DEADLIFT:** Trap bar RDL, cable pull-through, stiff leg deadlift

**PAUSE BARBELL HIP THRUST:** Round-back 45° hyperextension, pause glute bridge, pause leg extension machine hip thrust

**SLOW ECCENTRIC GOBLET SQUAT:** Slow-eccentric bodyweight squat

**CABLE ROPE PULLTHROUGH:** Machine glute kickback



# PUSH EXERCISES

**BARBELL BENCH PRESS:** Dumbbell press, machine chest press, smith machine bench press

**DUMBBELL SEATED SHOULDER PRESS:** Arnold press, machine seated shoulder press, seated barbell shoulder press

**DIP:** Assisted dip, dip machine, bench dip, close-grip bench press, dumbbell floor press

**LOW-TO-HIGH CABLE FLYE:** Any cable fly which feels natural, pec deck

**DUMBBELL ISOLATERAL SKULL CRUSHER:** EZ bar skull crusher, single-arm rope triceps extension

**DUMBBELL LATERAL RAISE:** Machine lateral raise, resistance band lateral raise, plate lateral raise

**AB WHEEL ROLLOUT:** Long-lever plank, plank, hollow body hold

**CLOSE-GRIP BENCH PRESS:** Floor press, dumbbell close-grip bench press

**MILITARY PRESS:** Db standing shoulder press, barbell seated shoulder press

**DUMBBELL INCLINE PRESS:** Barbell incline press, machine incline press

**PEC DECK:** Any cable fly

**CABLE LATERAL RAISE:** Machine lateral raise, resistance band lateral raise, plate lateral raise

**CABLE TRICEPS KICKBACK:** Dumbbell triceps kickback

**BICYCLE CRUNCH:** Ab mat crunch, crunch, cable crunch

**BARBELL FLOOR SKULL CRUSHER:** EZ bar skull crusher, floor press, pin press, JM press

**EGYPTIAN LATERAL RAISE:** dumbbell lateral raise, cable lateral raise, band lateral raise

**ROPE OVERHEAD TRICEPS EXTENSION:** Dumbbell overhead triceps extension

**HANGING LEG RAISE:** V-sit up

**MILITARY PRESS / PUSH PRESS COMPLEX:** Dumbbell shoulder press / push press complex (same thing but with dumbbells)

**TRICEPS V-BAR PRESSDOWN:** Cable triceps pressdown (no attachment on the cable)

**MACHINE LATERAL RAISE:** Dumbbell seated lateral raise

**PLANK:** Hollow body hold, suitcase hold

## PULL EXERCISES

**PULL-UP:** Assisted pull-up, pronated pulldown

**PENDLAY ROW:** Bent over barbell row, one-arm dumbbell row, cable seated row

**MACHINE HIGH ROW:** One-arm dumbbell row, row off of pulldown machine (lean torso back at a 45° angle)

**SEATED FACE PULL:** bBand pull apart, reverse cable flye, reverse pec deck

**SNATCH GRIP BARBELL SHRUG:** Dumbbell shrug

**REVERSE GRIP EZ BAR CURL:** Pronated dumbbell curl, pronated cable curl

**SUPINATED EZ BAR CURL:** Supinated dumbbell curl, supinated cable curl

**DUMBBELL PREACHER CURL:** Machine preacher curl, dumbbell alternating supinated curl

**NEUTRAL-GRIP PULLDOWN:** Single-arm pulldown, supinated pulldown

**CABLE SEATED ELBOWS OUT ROW:** Chest-supported T-bar row (wide grip)

**CABLE SEATED ROW:** Chest-supported T-bar row (diagonal grip)

**KNEELING STRAIGHT-ARM CABLE PULL-OVER:** Standing cable pull-over, dumbbell pull-over

**DUMBBELL ONE-ARM ROW:** Single-arm cable row

**CHEST-SUPPORTED T-BAR ROW W/BAND:** Cable seated row w/ band, enhanced-eccentric chest-supported T-bar row

**LOW-TO-HIGH REVERSE FLYE:** low-to-high face pull

**ROPE UPRIGHT ROW:** low-to-high face pull

**DUMBBELL SUPINATED CURL:** EZ bar curl

**HIGH CABLE CURL:** Whichever bicep curl which you feel the most

**SINGLE-ARM PULLDOWN:** Pulldown

**SEAL ROW:** Pendlay row, bent over barbell row

**REVERSE PEC DECK:** Teverse cable flye



# EXERCISE VIDEOS

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## LEGS:

### PRIMARY

Back squat: <https://www.youtube.com/watch?v=dW5-C1fsMjk>

Deadlift: [https://www.youtube.com/watch?v=fc4\\_hq7tjkU](https://www.youtube.com/watch?v=fc4_hq7tjkU)

### SECONDARY

Romanian deadlift: <https://www.youtube.com/watch?v=SE-2Y-3a1pY>

Db walking lunge: <https://www.youtube.com/watch?v=vni4lEITvsY>

Barbell hip thrust: <https://www.youtube.com/watch?v=RjWiwq1wgFg&t=2s>

## TERTIARY

Leg extension: <https://www.youtube.com/watch?v=YyvSfVjQeL0>

Lying leg curl: <https://www.youtube.com/watch?v=1Tq3QdYUuHs>

Machine standing calf raise: <https://www.youtube.com/watch?v=7AVlgDN72c0>

Single-leg leg extension: <https://www.youtube.com/watch?v=3VlpG6rtFAC>

Single-leg lying leg curl: <https://www.youtube.com/watch?v=lQSIJHtsnRA>

Machine seated hip abduction: <https://www.youtube.com/watch?v=-seSnS4N8Xo>

Cable rope pullthrough: <https://youtu.be/0MGx97YdFg0?t=11m35s>

# PUSH:

## PRIMARY

Barbell bench press: <https://www.youtube.com/watch?v=esQi683XR44>

## SECONDARY

Db incline press: <https://www.youtube.com/watch?v=ggJycLjz01E>

Military press: <https://www.youtube.com/watch?v=CnBmiBqp-AI>

Assisted dip: <https://www.youtube.com/watch?v=wjUmnZH528Y>

## TERTIARY

Cable fly: <https://www.youtube.com/watch?v=KJwiu8ttuZ0>

Dumbbell skull crusher: <https://www.youtube.com/watch?v=ZUZOn9c1VVI>

Single-arm rope triceps extension: <https://www.youtube.com/watch?v=FxK2mF0iPXs>

Dumbbell lateral raise: <https://www.youtube.com/watch?v=6m7JO28RqZg>

Crunch: <https://www.youtube.com/watch?v=NGRKFMKhF8s>

Plank: [https://www.youtube.com/watch?v=kL\\_NJAKCQBg](https://www.youtube.com/watch?v=kL_NJAKCQBg)

# PULL:

## SECONDARY

Supinated pulldown: <https://www.youtube.com/watch?v=apzFTbsm7HU>

Cable seated row: <https://www.youtube.com/watch?v=4mRy8U542Fo>

Chest-supported T-bar row: <https://www.youtube.com/watch?v=w0KnlQ-b7jw>

Snatch grip barbell shrug: <https://youtu.be/9B-5irFdB3c?t=6m28s>

## TERTIARY

Seated face pull: <https://www.youtube.com/watch?v=HSoHeSjvldY>

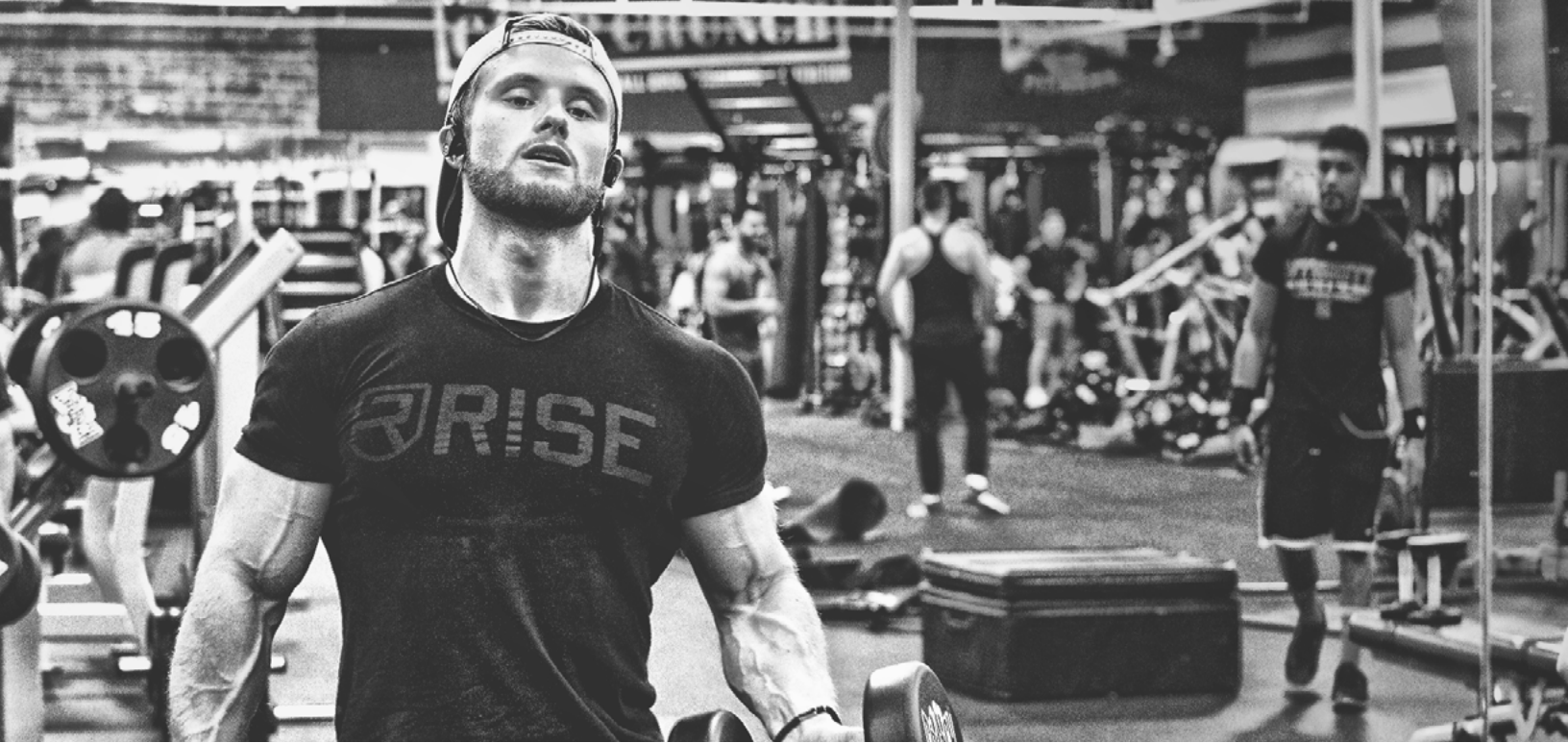
Cable reverse fly: [https://www.youtube.com/watch?v=QnXb1dh\\_RjQ](https://www.youtube.com/watch?v=QnXb1dh_RjQ)

Dumbbell supinated curl: <https://www.youtube.com/watch?v=ykJmrZ5v0Oo>

Spider curl: <https://youtu.be/ebyOmAZUqzo?t=11m38s>

Rope Upright Row: <https://youtu.be/KyTAraGimfE?t=6m35s>





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# PUSH PULL LEGS

**HYPERTROPHY PROGRAM**

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