

You will go through this phase (shown below) until the rate of improvement stalls.

Training Split:

Sunday: **Chest/Quads + Arms**

Monday: **Hams/Glutes**

Tuesday: **Pull (Lat Focused exercises)**

Wednesday: **REST**

Thursday: **Quads/Glutes**

Friday: **Arms/Delts**

Saturday: **Pull (Density/Upper Back)**

NOTE: I've included some ab/calve work at the end of your program. Be sure to incorporate this AT LEAST 4x/wk!

Chest/Quads + Arms:

SUPERSET THE () EXERCISES BELOW:**

****Seated DB lateral to front raise - 2 working sets** *(this will serve as your warmup)*

- Sit in front of the preacher curl pad as it will serve as a physical marker of how high your arms should be during the raise → Lateral to front to lateral and THEN the arms drop to the side

****BW Push-ups (with hands on the bench) - 2 working sets of 15** *(this will serve as your warmup)*

- Be sure to get a good stretch with every rep; try to allow chest to touch bench

SUPERSET THE () EXERCISES BELOW:**

****Chest Fly Machine - 3 working sets**

****Leg Extensions - 3 working sets**

- Set 1: 20 reps (lighter weight)

- Set 2 and 3: 12-15 reps (heavier weight)

SUPERSET THE () EXERCISES BELOW:**

**** (ANY BRAND) Incline chest press** - 1 top set, 2 working sets

**** Wide Stance Leg Press** - 3 working sets

- Be sure to drive knees out while in the negative

Standing Low to High Cable Fly - 3 working sets

(You can superset a bi/tri movement from below!)

Preacher Curl - 3 working sets

Alternating DB OR SA Cable Cross Body Hammer Curls - 2 working sets on EACH

Cable tricep pushdown - 2 working sets

Tricep movement of your choice - 2 working sets

Hamstrings + Glutes:

SUPERSET THE () EXERCISES BELOW:**

**** Open up with 3 rounds of DB OR WEIGHTED BB walking lunges (12 lunges on each leg = 24 total)** *(this will serve as your warmup)*

- Round 1 = NO WEIGHT (just bodyweight for warmup)
- Round 2 = moderate weight
- Round 3 = heavier//heavy weight

**** Longer strides to focus on more ham/glute activation****

**** Glute extensions** - 3 sets of 15-20 reps *(this will serve as your warmup)*

- If you want to end up adding weight, you can do that. (Maybe start with holding a 10lb plate and work your way up to a 25lb plate).
- Be sure to hold the plate away from you and focus on ROUNDING your back while coming up → your stopping point will be slightly above being parallel to the floor.

Hip Abduction - 4 working sets x 15-20 (2 sets seated // 2 sets hips high)

Pit Shark OR Machine RDLs - 3 working sets → SLOW ON THE ECCENTRIC

Cybox Leg Press - 3 working sets

- Knees to chest with each rep to focus on eccentric
- Be sure to have your toes at the top of the platform (toes DO NOT turn out; positioned at 12 o'clock); feet are within shoulder width

Lying Leg Curls - 2 sets of 21s + 2 working sets (heavier weight)

- For the sets of 21s → weight will be lowered and each rep WILL BE HELD FOR 1-2 SECS
 - 7 reps at the bottom of the curl
 - 7 reps at the top of the curl
 - 7 FULL reps to finish the entire set

Smith Machine Bulgarian Split Squats - 2 working sets on each leg

- Add a slight forward lean to engage more of the glutes and hamstrings → focus on the hinge
- Knee will be completely stacked over the ankle to emphasize the ham/glute stretch.

Regular Hip Thrust OR Standing Booty Builder Hip Thrust Machine - 2 working sets

- Do not overextend lower back at the top of the contraction (hold contraction for at least 1-2 seconds and take 2 seconds on the eccentric = CONTROLLED TEMPO); make sure to have feet a little higher up on the platform w/a slight turnout of feet
- FULL ROM

Pull #1: (Lat-focus)

Warm-up: Start off with 3 sets of 15 ASSISTED pull-ups; (wide grip position) TIME TO GROW THIS MF BACK!!

Standing Cable Lat Pulldowns - 2 working sets

- Be sure to add a 1-2 sec pause on EVERY rep
- Use the short straight bar

Underhand Lat Pulldowns - 3 working sets (use Mag Grip attachment that is just within shoulder width and has adjustable handles)

- Elbows remain in FRONT during the set → our focus here is to target your lower lats to present more of that X frame on stage (posture should remain neutral)

(STANDING) Plate Loaded Single Arm Lat Rows - 3 working sets on each arm

T-Bar Chest supported Row - 3 working sets

- Grip: be sure to have hands in more of a neutral position AND a little more narrow to keep the elbows tucked in when rowing
- Think about rowing the weight to your abdomen vs. pulling straight up

Hammer strength HIGH TO LOW (SA) Rows - 3 working sets on EACH arm

- Neutral grip → elbow tucked

Standing Cable Crossover Rear Delt Fly - 2 working sets x 15-20

**** REST ****

Arms + Delts: (be sure to properly warm up delts/rotator cuff/etc.)

SUPERSET THE () EXERCISES BELOW:**

****Plate loaded shoulder press OR Smith Machine OH Press** - 3 working sets

- Make sure that your elbows do not flare straight out to the side. Elbows should be slightly inward on the eccentric.

****Seated Lateral raise machine** - 3 working sets

- Try to increase weight with each set, IF POSSIBLE.

DB Y-Raise - 3 working sets

- Before you get started, rotate your thumbs OUT to 10 and 2 o'clock, so that when you perform the raise, your thumbs will be leading (as if you were giving yourself a thumbs up)
- Arms should finish parallel to the floor
- Body will be leaning stomach down on a bench that is set to ~60-70 degree angle

Standing DB Front raise (with BACK leaning against bench) - 3 working sets

- At the start of each rep, your palms will be facing your side and will rotate as you raise them to allow your palms to finish facing down at the top of the rep

Machine Rear Delt Fly - 3 working sets x 15-20

SA Preacher Curls (on machine) - 2 working sets on EACH

Incline Bench "W" Curls - 2 working sets

SA Underhand Tricep Pulldowns - 2 working sets on EACH arm

Quads + Glutes:

Open up with 2 rounds of BW walking lunges (12 lunges on each leg = 24 total)

- ****Shorter strides to focus on more quad activation****

Adductors - 3 working sets x 20

- Be sure to have legs extended (if possible) vs. having your feet placed on the base of the machine (more tension on your inner thighs)

SL extensions AND Regular Leg extensions - 2 working sets x 15-20 reps (SL) // 2 working sets of HEAVIER weight on the regular leg extension

- Start with a moderately light weight for the SL sets, and then continue to add weight for each set following that
- Pause at the top of each rep (NO FAST REPS)

SL Leg Press (2 sets on each leg) / Regular Leg Press (2 sets) -

- Knee(s) to armpit/shoulder for each rep; DO NOT LOCK OUT YOUR LEG(S)
- Your foot will be positioned closer to the BOTTOM of the platform, and your foot WILL BE TURNED OUT TO 11 AND 1. (Position right at shoulder width)

Pendulum or Hack Squats - 3 working sets

- Set 1 = 20 reps (light weight)
- Set 2/3 = 12-15 reps (moderate weight with GOOD TEMPO and ROM)

Smith Machine Sumo Squats - 3 working sets

- Feet will be in a sumo stance; turned out to 10 o'clock and 2 o'clock
- ROM should finish at 90 degrees

Lying or Seated Hamstring Curls - 3 working sets

Glute extensions - 2 sets of 15-20

Pull (Density/Upper Back) + Delts:

Warm-up: Start off with 3 sets of 12-15 ASSISTED/MODIFIED pull-ups (be sure to use wide grip)

Cable Lat Pulldowns - 2 working sets w/Vulken straps or double rope attachment

Rack Pulls - 3 working sets

- Be sure the safety rails are set up to be just an inch or so below knee height.
- * **work set = 15 reps**

- * **work set = 12-15 reps (be sure to have increased weight)**
- * **work set = 12-15 reps (be sure to have increased weight)**

T-Bar Row: 3 working sets (FOCUS OF THESE SETS: VOLUME OF REPS + CONTROL / HOLD OF EACH REP)

- Wide / overhand grip

Overhand Lat Pulldowns - 3 working sets

Seated Cable Midback Rows - 3 working sets (*will send a video for reference*)

- Use triangle attachment
- Make sure the cable is NOT positioned all the way at the top

Seated Chest Supported Low Row Machine - 3 working sets (FOCUS: Mimic the same contraction as back pose; have your chest and stomach against the pad to keep chest lifted on contraction; hips are NOT pushed back)

SUPERSET THE () EXERCISES BELOW:**

****Rear Delt Fly (Machine)** - 3 working sets

****Face Pulls** - 3 working sets

Finisher: Standing Lateral Raise Machine - 2 working sets + 1 triple drop set

**** REST ****

Accessory Work:

Seated Calf Raises - 3 working sets of 20

- FULL STRETCH AT THE BOTTOM, AND BE SURE TO COME ALL THE WAY ON YOUR TOES FOR THE BEST CONTRACTION
- Feet will be 1) regular stance, 2) toes turned out, and 3) toes turned in

ABS: (I want 3-4 of these exercises performed **AT LEAST** 4X / WK → Preferably before your fasted cardio sessions)

✦ captain's chair (knees crunch up together or perform a straight leg raise) - 3 sets

✦ decline bench leg raises - 3 sets of 15-20

✦ hanging knee raises - 3 sets of 15-20

✨ Bosu Ball Crunches - 3 sets of 20

✨ plank holds (include side holds) - 1 min each without breaking form

✨ ab roll-out (3 sets x 15-20)