

Legs	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure knee joints are warmed up
1	Leg Press	60-90 seconds	1 warm up set + 3 sets	6-15	Go up in weight each set
2	Narrow Squats (heel raised)	60 seconds	4 sets	10-15	Keep knees from abducting. Ass-to-grass full range of motion.
3	Adductor	30-45 seconds	3 sets	15	Start 135lbs. Go up in weight each set. Keep feet raised up.
4	Leg Extension	30-45 seconds		15	110 lbs
4b		30-45 seconds		10 peak contraction + 5 + 10 partials	
4c		30-45 seconds		5 peak contractions + 10 + 10 partial	
4d		30 - 45 seconds		10 + 5 peak contractions + 5 partials	
4e		30 - 45 seconds		10 partials + 10 + 5 partial + 5	
4f		30 - 45 seconds		10 partials + 5 + 5 peak contractions + 5 partial	
5	Lying Leg Curl	30 - 45 seconds	4 sets	6-12	Heavy. If you can go 15 reps it's too light. Go up in weight each set.

Chest	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Incline Dumbbell Press	30-45 seconds	4 sets	8-15reps	50 lbs. Remember to retract scapula at the bottom.
2	Incline Dumbbell Flye	30 - 45 seconds	4 sets	10-15reps	Retract scapula and get wide x-axis stretch.
3	Vertical Press	30-45 seconds	4 sets	10-15	
4	Seated Cable Flye	30 seconds	4 sets	10 + 5 peak contractions	Keep a slight forward bend in torso
5	1/4 Chest Press	30 - 45 seconds	4 sets	15 reps	Seat should be at the lowest setting.

Shoulders	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure to get the rotator cuff warm
1	Static Shoulder Press	45 - 60 seconds	3 sets	15reps	55+lbs
2	EZ Bar Pronated Front Raise	30 seconds	5 sets	-30lbs   15 reps. -40lbs   12 reps. -50 lbs   8-12 reps -50 lbs/20lbs / 8- 12reps 5 peak contractions -50 lbs/20lbs   6-8 reps/ 5 peak contractions	
3	Lateral Raise + Straight Arm Lateral Raise (Partial)	30 seconds	3sets	-15 lbs 15reps+35lbs/5r eps -20lbs 12reps + 35lbs 5 reps. -25 lbs 8-10reps + 35lbs 5 reps	No seagulling on the lateral raises
4a	Face Pull	30 second rest between supersets	4 super sets	15reps	
4b	Bus Deriver			20reps	
5	Reverse Pec Dec	30-45 seconds	4 sets	-75lbs/15reps -90 lbs/10-12 reps. -90 lbs / 8-12 reps. -75 lbs/~15 reps	Keep a slight bend in elbows. Keep bar in prephrial vision

Back 2nd Phase	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				Make sure your hams and glutes aren't tight
1	Straight Leg Deadlift	45 - 60 seconds	4 sets	10-15reps	65 lbs
2	Isolateral Low Row	45 seconds	4sets	-45lbs 15reps together. -5 reps 10 reps single 5 reps. -5 single peak contractions 10 reps together. -Static 5,4,3,2,1  5 together	

3	DB Row   DB High Row	45 seconds	4 sets	-25lbs 10 reps / 25lbs 10 reps -30 lbs 10reps /30lbs 10 reps. -35lbs 10 reps/35lbs 10reps -40lbs 10reps /40lbs 6 reps	Keep your back straight and close to parallel to the ground
4	Wide Grip Pull Down   Reverse Grip Pull Down	45 seconds	4 super sets	-70 lbs 15reps/70lbs 15r eps -75 lbs 10reps/75lbs 10r eps. -85 lbs 10reps/85lbs 6re ps -90 lbs 8reps/90lbs 5 reps. -75lbs 5 peak contractions+5/75lbs  5 peak contractions	
5	Isolateral High Row (Sideways)	45 seconds	4 sets	-15 reps -10 reps+10 partials+10reps. -5 reps+10partials+10r eps. -5 partials+5 reps + 5 partials	start at 45lbs each side, add 10lbs each set
6	Cable Good Morning Low Row	45 seconds	4 sets	-15reps, -12 reps, -10reps, -10reps	start at 32.5lbs, add a weight down each set

Arms	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up				
1a	Titan Press		4 sets	15reps	15lbs
1b	Incline Dumbbell Skull Crusher	30 seconds	4 sets	15reps	15lbs
2	Run The Rack (Alternating Dumbbell Curls)	60-90 seconds	2 sets	1. Start at 35lbs and go down the rack 2. Start at 15lbs and go up the rack	Try to supinate your wrist as possible and control the motion
3a	21s		4 sets	21	
3b	DIP	30-45 seconds	4 sets	20reps	90lbs+
4	Preacher Curl	30-45 seconds	4 sets	6-12 reps	Go up in weight each set
5	Rope Push Down	30 seconds	4 sets	10-15reps	Slow controlled motions. Add weight each set