



Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
	Welcome To The Program	1				00:03:42	--:-- min	
REST PAUSE - 2 rounds	Incline Smith	2	10				--:-- min	
	Incline Smith	2					--:-- min	
	Incline Smith	2					1:15 min	
DROP SET (2 Drops) - 2 rounds	Smith Slight Incline Press	2	12				--:-- min	
	Smith Slight Incline Press	2					--:-- min	
	Smith Slight Incline Press	2					1:15 min	
INTER-SET STRETCH	Flat Dumbbell Press	3	8				45 sec	
DROP SET (4 DROPS) - 3 rounds	Straight Bar Extensions	3	15				--:-- min	
	Straight Bar Extensions	3					--:-- min	
	Straight Bar Extensions	3					--:-- min	
	Straight Bar Extensions	3					--:-- min	
	Straight Bar Extensions	3					30 sec	
CLUSTER SET (4 FAILS) - 2 rounds	Incline Skull Crushers	2	12				0 sec	
	Incline Skull Crushers	2					--:-- min	
	Incline Skull Crushers	2					--:-- min	
	Incline Skull Crushers	2					45 sec	
CLUSTER SET (5 FAILS)	Hanging Knee Raises "Weighted"	1					--:-- min	
	Hanging Knee Raises "Weighted"	1					--:-- min	
	Hanging Knee Raises "Weighted"	1					--:-- min	
	Hanging Knee Raises "Weighted"	1	20				--:-- min	
	Hanging Knee Raises "Weighted"	1					--:-- min	
Staff Member Notes:								

Staff Member Notes:
Incline Smith : 3-5 deep breaths, go until failure Incline Smith : 3-5 deep breaths, go until failure
Notes for REST PAUSE: 10-15 seconds between each rest pause set
Smith Slight Incline Press: Drop roughly 15%, example 225lbs -> 190lbs - Push to FAILURE Smith Slight Incline Press: Drop roughly 15%, example 190lbs -> 160lbs - Push to FAILURE
Notes for DROP SET (2 Drops): Rest as little as possible between drops
Flat Dumbbell Press: After your last failed concentric on each set go right into a 20-30sec loaded stretch
Straight Bar Extensions: Pick a weight that causes you to fail around 15 reps Straight Bar Extensions: Up one pin - push to failure Straight Bar Extensions: Up one pin - push to failure Straight Bar Extensions: Up one pin - push to failure Straight Bar Extensions: Up one pin - push to failure

Staff Member Notes:**Notes for DROP SET (4 DROPS):**

Move up 1 pin for each drop

Incline Skull Crushers:

Pick a weight that causes you to fail right around 12 reps

Incline Skull Crushers:

One deep breath and push to failure again - Lucky if you get 4 more reps

Incline Skull Crushers:

One deep breath and push to failure again - Cross your balls you get 2 more reps

Incline Skull Crushers:

One deep breath and push to failure again - 2 embarrassing quarter reps

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Hanging Knee Raises "Weighted":

One deep breath and push to failure again - Stay hanging and holding the weight

Hanging Knee Raises "Weighted":

One deep breath and push to failure again - Stay hanging and holding the weight

Hanging Knee Raises "Weighted":

One deep breath and push to failure again - Stay hanging and holding the weight

Hanging Knee Raises "Weighted":

Pick a weight that causes you to fail around 20

Hanging Knee Raises "Weighted":

One deep breath and push to failure again - Stay hanging and holding the weight

Notes for CLUSTER SET (5 FAILS):

Strap in and stay hanging

Additional Notes:

Equipment Needed: Cable Machine, Dumbbells, EZ-Curl Bar, Incline Bench, Smith Machine

Week 1, Day 2 - Back / Traps / Calves

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
DROP SET (2 DROPS) - 3 rounds	V-Bar Lat Pulldowns	3	12				0 sec	
	V-Bar Lat Pulldowns	3					--:-- min	
	V-Bar Lat Pulldowns	3					1:00 min	
NO REST	Iso Lat Row "Single Arm"	3	10				0 sec	Perform each side
	Alternate: Single Arm Lat Row (Hammer) ()	3					--:-- min	Perform each side
REST PAUSE - 2 rounds	Seated Row High Elbow Row	2	10				0 sec	
	Seated Row High Elbow Row	2					--:-- min	
	Seated Row High Elbow Row	2					1:15 min	
DROP SET - 2 rounds	Weighted Straight Hyper (Drop Start)	2	15				--:-- min	
	Weighted Straight Hyper (Drop Finish)	2					1:30 min	
DROP SET (ONE DROP) - 2 rounds	Seated Dumbbell Shrug (Drops)	2	15				0 sec	
	Seated Dumbbell Shrug (Drops)	2					1:00 min	
CLUSTER SET (4 FAILS) - 3 rounds	Standing Machine Calf Raise	3	15				0 sec	
	Standing Machine Calf Raise	3					--:-- min	
	Standing Machine Calf Raise	3					--:-- min	
	Standing Machine Calf Raise	3					45 sec	

Staff Member Notes:**V-Bar Lat Pulldowns:**

Pick a weight that causes you to fail around 12 reps

V-Bar Lat Pulldowns:

Up one pin - pull to failure

V-Bar Lat Pulldowns:

Up one pin - pull to failure

Notes for DROP SET (2 DROPS):

Move up 1 pin for each drop

Staff Member Notes:**Iso Lat Row "Single Arm":**

No rest just go!

Notes for NO REST:

No rest between arms or after each set - go right back to the other arm

Seated Row High Elbow Row:

Pick a weight that causes you to fail around 10 reps

Seated Row High Elbow Row:

3-5 deep breaths, go until failure

Seated Row High Elbow Row:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Weighted Straight Hyper (Drop Start):

Pick a weight that causes you to fail around 15 reps

Weighted Straight Hyper (Drop Finish):

Drop the weight, push to failure

Seated Dumbbell Shrug (Drops):

Pick a weight that causes you to fail around 15 reps.. might be hard so just keep going if you don't fail at 15 or hold at the top for 2 seconds

Seated Dumbbell Shrug (Drops):

Drop roughly 10%, example 100lbs -> 90lbs - Push to FAILURE

Standing Machine Calf Raise:

Pick a weight that causes you to fail right around 15 reps

Standing Machine Calf Raise:

One deep breath and push to failure again

Staff Member Notes:**Standing Machine Calf Raise:**

One deep breath and push to failure again

Standing Machine Calf Raise:

One deep breath and push to failure again

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Additional Notes:

Equipment Needed: Dumbbells, Flat Bench, Hyper Extension, Lat Pulldown Machine, Seated Row Machine

Week 1, Day 3 - Shoulders / Biceps

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
SUPERSET - 3 rounds	Dumbbell Side Laterals "Scapular Plane"	3	15				--:-- min	
	Incline Dumbbell Rear Delt Raise	3	15				30 sec	
SHORT REST	Cable Rear Delt (Close To Body)	3	15				30 sec	
SHORT REST	Dual Cable Side Laterals	3	15				30 sec	
REST PAUSE - 3 rounds	Seated Dumbbell Press (Hammer)	3	12				0 sec	
	Seated Dumbbell Press (Hammer)	3					--:-- min	
	Seated Dumbbell Press (Hammer)	3					1:00 min	
SHORT REST	Machine Biceps Curl	5	10				30 sec	
DROP SET (2 DROPS) - 3 rounds	Cable EZ Bar Curl	3	15				0 sec	
	Cable EZ Bar Curl	3					--:-- min	
	Cable EZ Bar Curl	3					45 sec	

Staff Member Notes:**Incline Dumbbell Rear Delt Raise:**

I prefer a pronated grip but test to see if you like supinated better

Notes for SUPERSET:

Rest as little as possible between the exercises

Staff Member Notes:
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Seated Dumbbell Press (Hammer): Pick a weight that causes you to fail around 12 reps *Set the inline to 65° Seated Dumbbell Press (Hammer): 3-5 deep breaths, go until failure *Set the inline to 65° Seated Dumbbell Press (Hammer): 3-5 deep breaths, go until failure *Set the inline to 65°
Machine Biceps Curl: Keep the weight unless your reps drop below 6 reps
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Cable EZ Bar Curl: Pick a weight that causes you to fail at 15 reps Cable EZ Bar Curl: Up one pin - to failure! Cable EZ Bar Curl: Up one pin - to failure!
Notes for DROP SET (2 DROPS): Drop one pin each time

Additional Notes:

Week 1, Day 4 - Legs

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
REST PAUSE - 3 rounds	Lying Leg Curls (Pad Elevated)	3	12				0 sec	
	Lying Leg Curls (Pad Elevated)	3					--:-- min	
	Lying Leg Curls (Pad Elevated)	3					1:00 min	
COMPOUND SET - 3 rounds	Smith Squat	3	15				--:-- min	
	Sissy Squat	3	15				1:30 min	
REST PAUSE - 2 rounds	Hack Squat	2	12				0 sec	
	Hack Squat	2					--:-- min	
	Hack Squat	2					1:30 min	
F My Life	Dumbbell Walking Lunges	3	30				1:30 min	

Staff Member Notes:

Lying Leg Curls (Pad Elevated):

Pick a weight that causes you to fail around 12 reps

Lying Leg Curls (Pad Elevated):

3-5 deep breaths, go until failure

Lying Leg Curls (Pad Elevated):

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Notes for COMPOUND SET:

Rest as little as possible between the exercises

Hack Squat:

Pick a weight that causes you to fail around 12 reps

Hack Squat:

3-5 deep breaths, go until failure

Staff Member Notes:

Hack Squat:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Dumbbell Walking Lunges:

Each step is a rep

Notes for F My Life:

If you have to drop the weight to keep going then drop it.

Additional Notes:

Equipment Needed: Dumbbells, Hack Squat Machine, Smith Machine

Week 2, Day 1 - Chest / Triceps / Abs

Workout Date: _____
Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
CLUSTER SET (4 FAILS) - 2 rounds	Smith Slight Incline Press	2	12				0 sec	
	Smith Slight Incline Press	2					--:-- min	
	Smith Slight Incline Press	2					--:-- min	
	Smith Slight Incline Press	2					1:30 min	
DROP SET (2 DROPS) - 3 rounds	Machine Chest Press	3	10				0 sec	
	Machine Chest Press	3					--:-- min	
	Machine Chest Press	3					1:00 min	
INTER-SET STRETCH	Slight Incline Barrel Press	3	8				1:00 min	
REST PAUSE - 4 rounds	Incline Dumbbell Skulls	4	15				0 sec	
	Incline Dumbbell Skulls	4					--:-- min	
	Incline Dumbbell Skulls	4					45 sec	
REST PAUSE - 2 rounds	Close Grip Smith	2	15				0 sec	
	Close Grip Smith	2					--:-- min	
	Close Grip Smith	2					45 sec	
SHORT REST	Machine Ab Crunch	5	15				15 sec	

Staff Member Notes:**Smith Slight Incline Press:**

Pick a weight that causes you to fail right around 12 reps

Smith Slight Incline Press:

One deep breath and push to failure again - Lucky if you get 4 more reps

Smith Slight Incline Press:

One deep breath and push to failure again - Cross your balls you get 2 more reps

Smith Slight Incline Press:

One deep breath and push to failure again - 2 embarrassing quarter reps

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Machine Chest Press:

Pick a weight that causes you to fail around 10 reps

Machine Chest Press:

Up 1-2 pins - push to failure

Machine Chest Press:

Up 1-2 pins - push to failure

Notes for DROP SET (2 DROPS):

Move up 1- 2 pins for each drop

Notes for INTER-SET STRETCH:

After your last failed concentric on each set go right into a 20-30sec loaded stretch

Incline Dumbbell Skulls:

Pick a weight that causes you to fail around 15 reps

Incline Dumbbell Skulls:

3-5 deep breaths, go until failure

Staff Member Notes:

Incline Dumbbell Skulls:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Close Grip Smith:

Pick a weight that causes you to fail around 15 reps

Close Grip Smith:

3-5 deep breaths, go until failure

Close Grip Smith:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Additional Notes:

Equipment Needed: Dumbbells, Incline Bench, Smith Machine

Week 2, Day 2 - Back / Traps / Calves

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
CLUSTER SET (4 FAILS) - 2 rounds	Wide Grip Lat Pulldowns	2	12				0 sec	
	Wide Grip Lat Pulldowns	2					--:-- min	
	Wide Grip Lat Pulldowns	2					--:-- min	
	Wide Grip Lat Pulldowns	2					1:20 min	
NO REST	Single Arm High Elbow Dumbbell Row	3	12				--:-- min	Perform each side
DROP SET (1 DROP) - 3 rounds	Cable Pullovers	3	15				--:-- min	
	Cable Pullovers	3					50 sec	
REST PAUSE - 2 rounds	Bent Over Barbell Row	2	15				0 sec	
	Bent Over Barbell Row	2					--:-- min	
	Bent Over Barbell Row	2					1:30 min	

REST PAUSE - 2 rounds	Barbell Shrugs (Wide Grip)	2	15				0 sec	
	Barbell Shrugs (Wide Grip)	2					--:-- min	
	Barbell Shrugs (Wide Grip)	2					1:00 min	
CLUSTER SET (4 FAILS) - 3 rounds	Leg Press Calf Raise	3	20				0 sec	
	Leg Press Calf Raise	3					--:-- min	
	Leg Press Calf Raise	3					--:-- min	
	Leg Press Calf Raise	3					30 sec	

Staff Member Notes:

Wide Grip Lat Pulldowns:

Pick a weight that causes you to fail right around 12 reps

Wide Grip Lat Pulldowns:

One deep breath and push to failure again - Lucky if you get 4 more reps

Wide Grip Lat Pulldowns:

One deep breath and push to failure again - Cross your balls you get 2 more reps

Wide Grip Lat Pulldowns:

One deep breath and push to failure again - 2 embarrassing quarter reps

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Single Arm High Elbow Dumbbell Row:

No rest just go!

Notes for NO REST:

No rest between arms or after each set - go right back to the other arm

Cable Pullovers:

Pick a weight that causes you to fail at 15 reps

Cable Pullovers:

Up one pin - to failure!

Bent Over Barbell Row:

Pick a weight that causes you to fail around 15 reps

Staff Member Notes:**Bent Over Barbell Row:**

3-5 deep breaths, go until failure

Bent Over Barbell Row:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Barbell Shrugs (Wide Grip):

Pick a weight that causes you to fail around 15 reps

Barbell Shrugs (Wide Grip):

3-5 deep breaths, go until failure

Barbell Shrugs (Wide Grip):

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Leg Press Calf Raise:

Pick a weight that causes you to fail right around 20 reps

Leg Press Calf Raise:

One deep breath and push to failure again

Leg Press Calf Raise:

One deep breath and push to failure again

Leg Press Calf Raise:

One deep breath and push to failure again

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Additional Notes:

Equipment Needed: Barbell, Cable Machine, Dumbbells, Lat Pulldown Machine, Leg Press Machine

Week 2, Day 3 - Shoulders / Biceps

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
CLUSTER SET (4 FAILS) - 3 rounds	Machine Side Laterals	3	15				0 sec	
	Machine Side Laterals	3					--:-- min	
	Machine Side Laterals	3					--:-- min	
	Machine Side Laterals	3					30 sec	
SHORT REST	Wide Grip Smith Upright Row	3	15				25 sec	
REST PAUSE - 3 rounds	Bent Over Dumbbell Rear Delt Raise	3	15				0 sec	
	Bent Over Dumbbell Rear Delt Raise	3					--:-- min	
	Bent Over Dumbbell Rear Delt Raise	3					45 sec	
NO REST	Single Arm Machine Shoulder Press	3	10				--:-- min	Perform each side
SHORT REST	Rear Delt Around The World	2	15				45 sec	
COMPOUND SET - 4 rounds	EZ Bar Cable Curl (Close Grip)	4	15				--:-- min	
	EZ Bar Cable Curl (Wide Grip)	4	15				45 sec	
SHORT REST	Dumbbell Hammer Curls	3	10				30 sec	

Staff Member Notes:**Machine Side Laterals:**

Pick a weight that causes you to fail right around 15 reps

Machine Side Laterals:

One deep breath and push to failure again

Machine Side Laterals:

One deep breath and push to failure again

Machine Side Laterals:

One deep breath and push to failure again

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Staff Member Notes: Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Bent Over Dumbbell Rear Delt Raise: Pick a weight that causes you to fail around 15 reps Bent Over Dumbbell Rear Delt Raise: 3-5 deep breaths, go until failure Bent Over Dumbbell Rear Delt Raise: 3-5 deep breaths, go until failure
Notes for REST PAUSE: 10-15 seconds between each rest pause set
Single Arm Machine Shoulder Press: No rest just go!
Notes for NO REST: No rest between arms or after each set - go right back to the other arm
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Notes for COMPOUND SET: Rest as little as possible between the exercises
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..

Additional Notes:

Equipment Needed: Dumbbells, Incline Bench

Week 2, Day 4 - Legs

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
DROP SET (2 DROPS) - 3 rounds	Leg Extensions	3	15				0 sec	
	Leg Extensions	3					--:-- min	
	Leg Extensions	3					50 sec	
NO REST	Smith Split Squat "Foot on Bench"	3	12				--:-- min	Perform each side
REST PAUSE - 3 rounds	Leg Press (Wide)	3	15				0 sec	
	Leg Press (Wide)	3					--:-- min	
	Leg Press (Wide)	3					1:30 min	
DROP SET (2 DROPS) - 3 rounds	Seated Leg Curl	3	10				50 sec	
	Seated Leg Curl	3					--:-- min	
	Seated Leg Curl	3					50 sec	
SHORT REST	Glute Hyper	4	15				30 sec	

Staff Member Notes:**Leg Extensions:**

Pick a weight that causes you to fail at 15 reps

Leg Extensions:

Up one pin - to failure!

Leg Extensions:

Up one pin - to failure!

Smith Split Squat "Foot on Bench":

No rest just go!

Notes for NO REST:

No rest between legs or after each set - go right back to the other leg

Leg Press (Wide):

Pick a weight that causes you to fail around 15 reps

Leg Press (Wide):

3-5 deep breaths, go until failure

Staff Member Notes:

Leg Press (Wide):
3-5 deep breaths, go until failure

Notes for REST PAUSE:
10-15 seconds between each rest pause set

Seated Leg Curl:
Pick a weight that causes you to fail around 10 reps

Seated Leg Curl:
Up 1 - 2 pins - push to failure

Seated Leg Curl:
Up 1 - 2 pins - push to failure

Additional Notes:

Equipment Needed: Hyper Extension, Leg Extension Machine, Leg Press Machine

Week 3, Day 1 - Chest / Triceps / Abs

Workout Date: _____ Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
REST PAUSE - 3 rounds	Flat Dumbbell Press	3	12				0 sec	
	Flat Dumbbell Press	3					--:-- min	
	Flat Dumbbell Press	3					1:00 min	
REST PAUSE - 3 rounds	Slight Incline DB	3	12				0 sec	
	Slight Incline DB	3					--:-- min	
	Slight Incline DB	3					1:00 min	
CLUSTER SET (4 FAILS) - 2 rounds	Machine Flys	2	15				0 sec	
	Machine Flys	2					--:-- min	
	Machine Flys	2					--:-- min	
	Machine Flys	2					50 sec	
CLUSTER SET - 3 rounds	Skull Crushers	3	15				0 sec	
	Skull Crushers	3					--:-- min	
	Skull Crushers	3					--:-- min	

	Skull Crushers	3					1:00 min	
SHORT REST	Dips Triceps	4					20 sec	
SHORT REST	V-Ups	4					25 sec	

Staff Member Notes:

Flat Dumbbell Press:

Pick a weight that causes you to fail around 12 reps

Flat Dumbbell Press:

3-5 deep breaths, go until failure

Flat Dumbbell Press:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Slight Incline DB:

Pick a weight that causes you to fail around 12 reps

Slight Incline DB:

3-5 deep breaths, go until failure

Slight Incline DB:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Machine Flys:

Pick a weight that causes you to fail right around 15 reps

Machine Flys:

One deep breath and push to failure again

Machine Flys:

One deep breath and push to failure again

Staff Member Notes:

Machine Flys:

One deep breath and push to failure again

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Skull Crushers:

Pick a weight that causes you to fail right around 15 reps

Skull Crushers:

One deep breath and push to failure again

Skull Crushers:

One deep breath and push to failure again

Skull Crushers:

One deep breath and push to failure again

Notes for CLUSTER SET:

Only one deep breath and go again, we're only trying to force out a few more reps each time

V-Ups:

No rep range - failure!

Additional Notes:

Equipment Needed: Dip Bar, Dumbbells, EZ-Curl Bar, Flat Bench, Incline Bench, Machine Fly

Week 3, Day 2 - Back / Traps / Calves

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
CLUSTER SET - 2 rounds	Pullovers "Barbell"	2	15				0 sec	
	Pullovers "Barbell"	2					--:-- min	
	Pullovers "Barbell"	2					--:-- min	

	Pullovers "Barbell"	2					1:00 min	
REST PAUSE - 3 rounds	V-Bar Lat Pulldowns	3	12				0 sec	
	V-Bar Lat Pulldowns	3					--:-- min	
	V-Bar Lat Pulldowns	3					1:00 min	
NO REST	One Arm Row (Traditional)	3	12				--:-- min	Perform each side
DROP SET (2 DROPS) - 2 rounds	T Bar Row	2	12				0 sec	
	T Bar Row	2					--:-- min	
	T Bar Row	2					1:15 min	
REST PAUSE - 2 rounds	Incline Dumbbell Shrug	2	15				0 sec	
	Incline Dumbbell Shrug	2					--:-- min	
	Incline Dumbbell Shrug	2					50 sec	
DROP SET (2 DROPS) - 3 rounds	Seated Calf Raise	3	15				0 sec	
	Seated Calf Raise	3					--:-- min	
	Seated Calf Raise	3					30 sec	

Staff Member Notes:

Pullovers "Barbell":

Pick a weight that causes you to fail right around 15 reps

Pullovers "Barbell":

One deep breath and push to failure again

Pullovers "Barbell":

One deep breath and push to failure again

Pullovers "Barbell":

One deep breath and push to failure again - fart out 2 half reps

Notes for CLUSTER SET:

Only one deep breath and go again, we're only trying to force out a few more reps each time

V-Bar Lat Pulldowns:

Pick a weight that causes you to fail around 12 reps

V-Bar Lat Pulldowns:

3-5 deep breaths, go until failure

Staff Member Notes:**V-Bar Lat Pulldowns:**

3-5 deep breaths, go until failure

Notes for REST PAUSE:

Don't Set the weight down, relax your lats and let it stretch during the rest periods within the rest-pause set

One Arm Row (Traditional):

No rest just go!

Notes for NO REST:

No rest between arms or after each set - go right back to the other arm

T Bar Row:

Pick a weight that causes you to fail around 12 reps

T Bar Row:

Pull 1 quarter

T Bar Row:

Pull 1 quarter

Notes for DROP SET (2 DROPS):

Rest as little as possible between drops

Incline Dumbbell Shrug:

Pick a weight that causes you to fail around 10 reps

Incline Dumbbell Shrug:

3-5 deep breaths, go until failure

Incline Dumbbell Shrug:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

Don't Set the weight down, let it hang and stretch your traps during the rest periods within the rest-pause set

Staff Member Notes:**Seated Calf Raise:**

Pull one plate - to failure!

Seated Calf Raise:

Pull one plate - to failure!

Notes for DROP SET (2 DROPS):

Rest as little as possible between drops

Additional Notes:

Equipment Needed: Barbell, Dumbbells, Incline Bench, Lat Pulldown Machine, Seated Calf Raise Machine

Week 3, Day 3 - Shoulders / Biceps

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
DROP SET (1 DROP) - 3 rounds	Seated Dumbbell Side Lateral	3	12				0 sec	
	Seated Dumbbell Side Lateral	3					55 sec	
NO REST	Single Arm Cable Rear Delt Partial	4	15				--:-- min	Perform each side
NO REST	Cable Side Laterals "45 Degree Scap Plane"	3	10				--:-- min	Perform each side
REST PAUSE - 3 rounds	Smith Shoulder Press	3	12				0 sec	
	Smith Shoulder Press	3					--:-- min	
	Smith Shoulder Press	3					1:00 min	
SHORT REST	Cable Straight Bar Curl	6	10				25 sec	
SHORT REST	Seated Supinated Dumbbell Curls	4	12				25 sec	

Staff Member Notes:**Seated Dumbbell Side Lateral :**

Pick a weight that causes you to fail at 12 reps

Seated Dumbbell Side Lateral :

Drop 5lbs in each hand

Staff Member Notes:**Notes for DROP SET (1 DROP):**

Rest as little as possible between drops

Single Arm Cable Rear Delt Partial:

Keep the weight unless you fall below 6 reps

Notes for NO REST:

No rest between arms or after each set - go right back to the other arm

Cable Side Laterals “45 Degree Scap Plane”:

Keep the weight unless you fall below 6 reps

Notes for NO REST:

No rest between arms or after each set - go right back to the other arm

Smith Shoulder Press:

Pick a weight that causes you to fail around 12 reps

*Set the inline to 65°

Smith Shoulder Press:

3-5 deep breaths, go until failure

*Set the inline to 65°

Smith Shoulder Press:

3-5 deep breaths, go until failure

*Set the inline to 65°

Notes for REST PAUSE:

10-15 seconds between each rest pause set

Cable Straight Bar Curl:

Keep the weight unless it drops below 6 reps

Notes for SHORT REST:

Keep the weight, yes your reps will drop each set but that's okay..

Staff Member Notes:

Seated Supinated Dumbbell Curls:

Keep the weight unless it drops below 6 reps

Notes for SHORT REST:

Keep the weight, yes your reps will drop each set but that's okay..

Additional Notes:

Equipment Needed: Cable Machine, Dumbbells, Flat Bench, Incline Bench, Smith Machine

Week 3, Day 4 - Legs

Workout Date: _____ Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
COMPOUND SET - 3 rounds	Leg Press (Toes Low)	3	15				--:-- min	
	Leg Press (Wide)	3					1:20 min	
REST PAUSE - 3 rounds	Dumbbell Stiff Legs	3	12				0 sec	
	Dumbbell Stiff Legs	3					--:-- min	
	Dumbbell Stiff Legs	3					1:00 min	
NO REST	Smith Reverse Lunges	4	10				--:-- min	Perform each side
COMPOUND SET - 3 rounds	Hack Squat Toes Low (QUAD)	3	12				--:-- min	
	Hack Squat	3					1:20 min	

Staff Member Notes:

Leg Press (Toes Low):

Pick a weight that causes you to fail around 15

Leg Press (Wide):

Switch to a wide stance and force out more reps

Notes for COMPOUND SET:

Rest as little as possible between the exercises

Dumbbell Stiff Legs:

Pick a weight that causes you to fail around 12 reps

Staff Member Notes:

Dumbbell Stiff Legs:
3-5 deep breaths, go until failure

Dumbbell Stiff Legs:
3-5 deep breaths, go until failure

Notes for REST PAUSE:
10-15 seconds between each rest pause set

Smith Reverse Lunges:
Only drop the weight if you fall below 6 reps

Hack Squat Toes Low (QUAD):
Pick a weight that causes you to fail around 12

Hack Squat:
Widen those feet and keep going to failure

Notes for COMPOUND SET:
Rest as little as possible between the exercises

Additional Notes:
Equipment Needed: Dumbbells, Hack Squat Machine, Leg Press Machine, Smith Machine

Week 4, Day 1 - Chest / Triceps / Abs

Workout Date: _____
Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
REST PAUSE - 3 rounds	Hammer Incline Press	3	12				0 sec	
	Alternate: Incline Dumbbell Press ()	3	12				50 sec	
	Hammer Incline Press	3					--:-- min	
	Hammer Incline Press	3					50 sec	
REST PAUSE - 2 rounds	Flat Dumbbell Press	2	12				0 sec	
	Flat Dumbbell Press	2					--:-- min	
	Flat Dumbbell Press	2					50 sec	

CLUSTER SET (4 FAILS) - 2 rounds	Incline Smith	2	12				0 sec	
	Incline Smith	2					--:-- min	
	Incline Smith	2					--:-- min	
	Incline Smith	2					50 sec	
SHORT REST	Reverse Grip Smith	4	15				40 sec	
SHORT REST	Straight Bar Extensions	6	12				20 sec	
REST PAUSE - 2 rounds	Ab Straps Hanging Leg Raises	2	15				0 sec	
	Ab Straps Hanging Leg Raises	2					--:-- min	
	Ab Straps Hanging Leg Raises	2					45 sec	

Staff Member Notes:

Hammer Incline Press:

Pick a weight that causes you to fail around 12 reps

Hammer Incline Press:

3-5 deep breaths, go until failure

Hammer Incline Press:

3-5 deep breaths, go until failure

Flat Dumbbell Press:

Pick a weight that causes you to fail around 10 reps

Flat Dumbbell Press:

3-5 deep breaths, go until failure

Flat Dumbbell Press:

3-5 deep breaths, go until failure

Incline Smith :

Pick a weight that causes you to fail right around 12 reps

Incline Smith :

One deep breath and push to failure again

Incline Smith :

One deep breath and push to failure again

Staff Member Notes:

Incline Smith :

One deep breath and push to failure again

Notes for CLUSTER SET (4 FAILS):

Only one deep breath and go again, we're only trying to force out a few more reps each time

Reverse Grip Smith:

Keep the weight, yes your reps will drop each set but that's okay..

Straight Bar Extensions:

Keep the weight, yes your reps will drop each set but that's okay..

Notes for REST PAUSE:

Hang there during the entire rest pause set

Additional Notes:

Equipment Needed: Cable Machine, Dumbbells, Incline Bench, Smith Machine

Week 4, Day 2 - Back / Traps / Calves

Workout Date: _____ **Total Workout Time:** _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
REST PAUSE - 3 rounds	T-Bar Row "Chest Supported"	3	12				0 sec	
	T-Bar Row "Chest Supported"	3					--:-- min	
	T-Bar Row "Chest Supported"	3					50 sec	
DROP SET (2 DROPS) - 3 rounds	Seated Row V-Bar	3	12				--:-- min	
	Seated Row V-Bar	3					--:-- min	
	Seated Row V-Bar	3					55 sec	
REST PAUSE - 3 rounds	Smith Bent Over Rows	3	12				0 sec	
	Smith Bent Over Rows	3					--:-- min	
	Smith Bent Over Rows	3					1:00 min	
SHORT REST	Wide Grip Lat Pulldowns	5	10				25 sec	
MECHANICAL DROP - 2 rounds	Dumbbell Shrug Mechanical Drop (End Form)	2					50 sec	
	Dumbbell Shrug Mechanical Drop (Starting Form)	2					--:-- min	
	Standing Machine Calf Raise	3	15				0 sec	

Staff Member Notes:**Notes for REST PAUSE:**

10-15 seconds between each rest pause set

Wide Grip Lat Pulldowns:

Keep the weight, yes your reps will drop each set but that's okay..

Standing Machine Calf Raise:

Pick a weight that causes you to fail around 15 reps

Standing Machine Calf Raise:

3-5 deep breaths, go until failure

Standing Machine Calf Raise:

3-5 deep breaths, go until failure

Notes for REST PAUSE:

Don't rest during the "REST" of the rest-pause, sit in the stretch of your calves until you almost cry

Additional Notes:

Equipment Needed: Dumbbells, Lat Pulldown Machine, Seated Row Machine, Smith Machine

Week 4, Day 3 - Shoulders / Biceps

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
SUPER SET - 4 rounds	Incline Dumbbell Side Lateral	4	12				--:-- min	
	Incline Dumbbell Rear Delt Raise	4	15				30 sec	
NO REST	Single Arm Dumbbell Side Lateral	3	12				--:-- min	Perform each side
NO REST	Machine Single Arm Rear Delt Fly	3	15				--:-- min	Perform each side
	Alternate: Single Arm Dumbbell Rear Delt Raise ()	3	15				--:-- min	Perform each side
SHORT REST	Standing Barbell Shoulder Press	4	15				30 sec	
NO REST	SINGLE ARM DUMBBELL PREACHER CURL (TILT BACK)	4	12				--:-- min	
SHORT REST	Incline Cable Curl	6	10				20 sec	

Staff Member Notes:**Incline Dumbbell Rear Delt Raise:**

You'll have to put the bench at a 45 degree angle for these
I prefer a pronated grip but test to see if you like supinated better

Notes for NO REST:

Pick a weight you fail around 12 reps and keep it for all 3 sets... yes you will end up with 7ish ugly ones by the last set, that's kind of okay. I'm not mad, just disappointed.

Notes for SHORT REST:

Keep the same weight unless you get smashed.. happened to me, got 5 by set 4 so I dropped it and totally redeemed myself.

Additional Notes:

Equipment Needed: Barbell, Cable Machine, Dumbbells, Incline Bench, Side Lateral Machine

Week 4, Day 4 - Legs

Workout Date: _____

Total Workout Time: _____

	Exercise	Sets	Reps	Weight	Distance	Time	Rest	Notes
NO REST	Smith (Quad) Split Squat	4	10				--:-- min	
DROP SET (2 DROPS) - 3 rounds	Heel Elevated Smith Squat	3	10				0 sec	
	Heel Elevated Smith Squat	3					--:-- min	
	Heel Elevated Smith Squat	3					1:20 min	
SHORT REST	Seated Leg Curl	4	10				30 sec	
SHORT REST	Barbell Stiff Legs	4	15				30 sec	
SHORT REST	Weighted Walking Lunges	3	40				50 sec	Perform each side

Staff Member Notes:**Heel Elevated Smith Squat:**

Pick a weight that causes you to fail at 10 reps

Heel Elevated Smith Squat:

Drop roughly 15%, example 225lbs -> 190lbs - Push to FAILURE

Heel Elevated Smith Squat:

Drop roughly 15%, example 190lbs -> 160lbs - Push to FAILURE

Staff Member Notes:
Notes for DROP SET (2 DROPS): Rest as little as possible between drops
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Notes for SHORT REST: Keep the weight, yes your reps will drop each set but that's okay..
Notes for SHORT REST: If you have to drop the weight to keep going that's fine, just keep going.

Additional Notes:

Equipment Needed: Barbell, Smith Machine