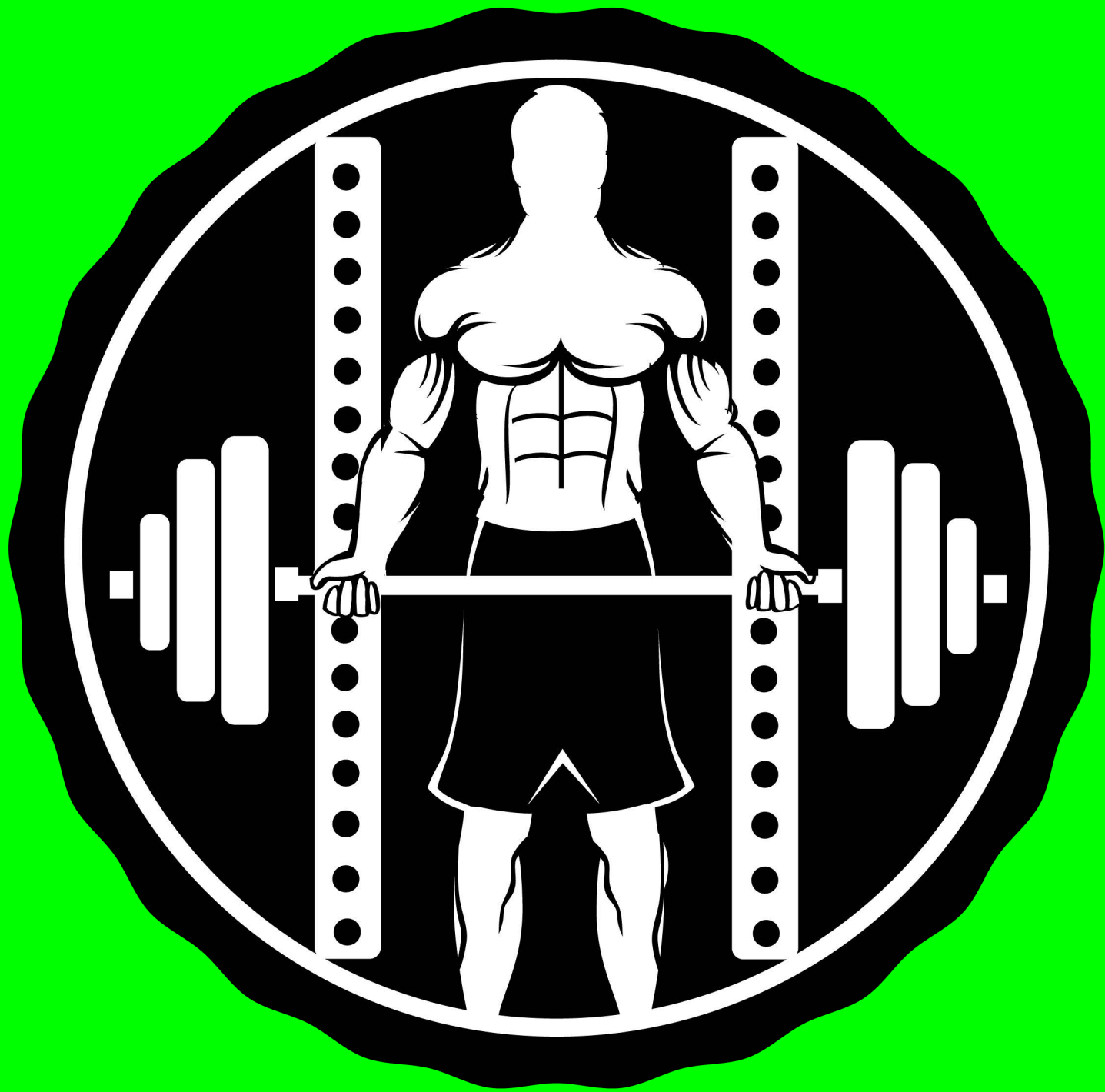


CURLS IN THE RACK



PHASE II

DAY 1 CHEST/BACK

INCLINE BARBELL BENCH PRESS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

WEIGHTED WIDE GRIP PULL-UPS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minutes between first 2 sets) (rest 2 minutes between the last three sets)

WEIGHTED DIPS

Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1.5 minutes between sets)

BENTOVER BARBELL ROW

Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1.5 minutes between sets)

CABLE CROSSOVERS

Perform 3 sets, low to high, high to low and mid level.

Weight _____

Reps 10-12 10-12 10-12 (rest 1.5 minutes between sets)

HANGING LEG RAISES

Perform 3 sets of 12-15 reps (rest 1 minute between sets)

DAY 2 ARMS

STANDING BARBELL CURLS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 6-8 8-10 10-12 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

BARBELL SKULL CRUSHERS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 6-8 8-10 10-12 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

SEATED INCLINE DUMBBELL CURLS

Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1 minute between sets)

CABLE PUSH DOWNS

Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1 minute between sets)

REVERSE CURLS

Weight _____

Reps 8-10 8-10 8-10 (rest 1 minute between sets)

MARCHING PLANKS

Perform 3 sets of 1.5min durations (rest 1 minute between sets)

DAY 3 LEGS

WEIGHTED GLUTE HAM DEVELOPER

Weight _____

Reps 10-12 10-12 10-12 (rest 1 minute between sets)

BARBELL BOX SQUATS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

ROMANIAN DEADLIFTS

Reverse Pyramid

Weight _____

Reps 3-5 4-6 6-8 8-10 (rest 1 minute first set) (rest 1.5 minutes between the last three sets)

LATERAL DUMBBELL SQUATS

Standard Pyramid

Weight _____

Reps 8-10 8-10 8-10 Each leg (rest 1.5 minute between sets)

STANDING/SEATED CALF RAISES

Reverse Pyramid

Weight _____

Reps 8-10 10-12 12-15 (rest 1 minute between sets)

AB CIRCUIT

45 seconds - Heels to the Heavens

45 seconds - Step Through Planks

45 seconds - X Crunch

Thread the needle - left side 8 reps/ Right side 8 reps

45 seconds - Jack Knife

30 seconds - Stationary Bike

2 rounds – (Rest 1min in Between Rounds)

DAY 4 DEADLIFTS/SHOULDERS

DEADLIFTS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

STANDING OVERHEAD BARBELL PRESS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

1 AND 1 HALF REP DUMBBELL SIDE LATERALS

Weight _____

Reps 8-10 8-10 8-10 (1 rep up, half way back down, back up – counts as 1 rep) (rest 1.5 minutes between sets)

FACE PULLS

Weight _____

Reps 12-15 12-15 12-15 (rest 1 minute between sets)

CABLE FRONT RAISES

Weight _____

Reps 8-10 8-10 8-10 **Reps** (rest 1 minute between sets)

BARBELL SHRUGS

Weight _____

Reps 10-12 10-12 10-12 (rest 1 minute between sets)