Women's OPTIMIZATION PROGRAM

INTERMEDIATE TO ADVANCED

BY: STEPHANIE BUTTERMORE, PHD

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ABOUT THIS PROGRAM

Please direct all questions regarding this program that are not addressed in this document to stephaniebuttermore@gmail.com. Please avoid directing questions about this program to social media as it is not a reliable means of making contact with me or getting the correct information. I usually respond via email within 24 hours but please allow 3-5 business days for a reply.

Inside this book is a comprehensive overview of the most essential training principles pertinent to building muscle and gaining strength. This program is for those seeking to maximize their physique in an aesthetic way, with special emphasis on developing the lower body, shoulders, abs and back. This program has been structured for intermediate to advanced lifters who want to develop a complete and balanced physique while concurrently gaining strength.

Included in this document is a detailed look into basic training concepts like progression, volume, frequency etc. as well as more advanced training concepts like mind-muscle connection and how to utilize advanced training techniques like constant tension and eccentric-accentuated loading. You will also find all of the relevant functional anatomy and joint actions you will be utilizing in the training portion of the program.

WHO THIS PROGRAM IS FOR

This is a program that I designed more or less for someone like me. I would consider myself an advanced trainee who wanted a lower body focused program that still had the perfect amount of upper body volume. I wanted a program that was challenging, fun and different from what I've previously done before, while still incorporating the fundamental rules of building muscle. I wanted it to incorporate some of my favorite exercises, but with a bit of a twist that would add an element of enjoyability. And I think I nailed it!

This program is designed for experienced trainees that would like to take their training to the next level. It is difficult to define "Intermediate" and "Advanced" as these are relative terms, but ideally the trainee will have already mastered the techniques of the most commonly prescribed exercises, with at least one year of consistent training with good form. If the trainee has completed the first Women's Specialization Program, this program will be the perfect next step in your lifting progression.

ABOUT STEPHANIE

Stephanie Buttermore is a former scientist who transitioned from the world of academia for a world of sharing her life and passion for the things she loves. Using her YouTube and social media platforms, she entertains, and most importantly, educates on the scientific principles of training, blending her years of reading and writing scientific literature with her passion for exercise and fitness.

EDUCATION:

- BS Micro/Molecular Biology University of Central Florida
- MS Medical Sciences, Women's Health, University of South Florida
- MS Medical Sciences, Pathology & Cell Biology, University of South Florida
- PhD Biomedical Sciences, Pathology & Cell Biology, University of South Florida

RESEARCH BACKGROUND

Dr. Buttermore's doctoral research focused primarily on early detection screening markers of ovarian cancer (OC) and the molecular mechanisms driving OC. Through her work, she discovered that a protein called Receptor for Hyaluronan Mediated Motility (RHAMM) was up regulated in OC cell lines, OC tissue and OC patient urine. She demonstrated that RHAMM could be used in conjunction with other screening modalities as a viable early detection urinary screening marker (patent). If you are interested in her work, her dissertation is available to read on her website (StephanieButtermore.com).

ABBREVIATIONS & KEY TERMS

ABBREVIATIONS

AMRAP - As Many Reps As Possible

BMD - Bone Mineral Density

CVD - Cardiovascular Disease

DB - Dumbbell

EA - Eccentric Accentuated Loading

MMC - Mind-Muscle Connection

RDL - Romanian Deadlift

RIR - Repetitions in Reserve

ROM - Range of Motion

RPE - Rate of Perceived Exertion

LISS - Low Intensity Steady State

HIIT - High Intensity Interval Training

KEY TERMS

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

Concentric: The contracting ("positive") aspect of the lift

Eccentric: The lowering ("negative") aspect of the lift

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

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

Hypertrophy: The growth of (muscle) tissue

Intensity: Effort and load

Load: The weight of the external resistance

Periodization: The organization of training over time

Primary exercise: Main heavy compound movements that involve a large muscle mass (for example: squats, bench presses and deadlifts)

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).

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.

Secondary exercise: Compound exercises which involve less muscle mass (for example: cable rows, lunges, hip thrusts, military presses, pull-ups, etc.)

Tempo: The speed at which the lift occurs. Usually refers to concentric/eccentric speed.

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

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

F.A.Qs

1: How do I know if I am progressing?

After you've surpassed the newbie gains phase, it can often be difficult to gauge progress. Even as a more advanced trainee, you still want to think of muscle and strength building as a long-term, sustainable 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, but taking physique progress photos every 4-6 weeks (in similar lighting and in similar clothing) 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, a great metric to use for tracking your progress is strength. If you're getting stronger, while using good technique, 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.

2. How do you use progressive overload?

See "Progression" on page 41

3. Should I do cardio? When?

See Cardio Recommendations" page 70

4. What does RPE mean?

See "RPE" page 59

5. Should I eat in a caloric deficit, maintenance, or surplus while running this program?

(See Nutrition page 69) 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 all 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.

6. I am not getting sore from my workouts. Is the program working?

Muscle soreness is largely attributed to eccentric contractions [1] and contractions at long muscle lengths [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 this program is to build muscle and strength, 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.

7. I am getting very sore from my workouts. Should I still train if I'm sore?

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.

8. What if I don't have resistance bands?

They're important! I recommend using a high resistance hip circle for any "banded" exercise. I use the "GRIPPY HIP CIRCLE" which can be found here: https://markbellslingshot.com/products/grippy-hip-circle HOWEVER, if you don't have the

budget for a resistance band, don't sweat it! All of the banded exercises can be done without the band.

9. What gym training gear should I use?

Other than resistance bands, gym gear is optional as there are no required pieces of attire to gain muscle and increase strength. With that being said, investing in an 10mm prong or lever belt, knee sleeves, squat shoes, and straps can be beneficial in allowing you to lift more weight for certain exercises. I personally only use squat shoes and only occasionally use a belt, so as you progress, you can make the decision if the investment is worth it to you.

10. I have a belt. When should I wear it?

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 a belt on light warm-up sets but when you get into your working weight, I would put it on.

11. Why isn't there much exercise variation from week to week?

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 with Block 3.

12. What do I do after I finish the program?

You have the option of running back through the same program again, after determining your new 1 rep maxes on the main lifts. If you enjoyed this program and have not tried the first Women's Specialization Program, I would recommend running that program with your new strength gains as it also for intermediate to advanced trainees.

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

They are for you to track your weights each week, so you can focus on strength progression from week 1 to week 4 of block 1 and 2 but block 3 will be maximal effort so it will be a good idea to record what you lift in week 10. 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.

14. I find hip thrusts awkward. Is there any alternative exercise?

Yes, but give it your best effort first. The barbell hip thrust has been shown again and again to be highly effective as a glute builder for a reason. I highly recommend getting your own barbell pad because they are often missing from gyms. This is the one I have and I keep it in my gym bag. (http://bit.ly/BarbellPadRed). Alternatively, you can try using the leg extension machine which I've shown on my channel before but here is a good tutorial on how to do it (https://www.youtube.com/watch?v=m81wYloZJvM).

15. I recently had a breast augmentation surgery. Can I still do this program?

If you had a breast augmentation surgery within the past 4 weeks, it is wise to ask

your surgeon if you are able to exercise. Typically, you will need to ease back into upper body training, and stick to the more stable lower body exercises. Tucking your elbows while pressing can alleviate discomfort caused from surgery.

16. What is the LSRPE column for?

The idea here is to reflect on your last set RPE 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.

17. What does A1, A2 mean?

This indicates a superset should be performed. Do not rest after completing the first set of the A1 exercise and move right into the first set of the A2 exercise. Then rest for the time period indicated in the A2 row.

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PROGRAM STRUCTURE & DESIGN

This program is broken down into 3 separate blocks. In this section, we'll go over roughly how to pace yourself throughout each block and the principles behind the program design itself. Each block will utilize a lower/upper program 5X per week, which allows for a great mixture of high frequency, high volume, high exertion, while still allowing for maximal recovery between each session.

BLOCK 1: VOLUME ACCUMULATION

Block one will serve as an introduction phase into the program. It may be likely that

some of you ran my Women's Specialization Program, so you'll have a good idea of the general feel and flow of this block. If you're new to my programming, you'll notice that there's not as much volume as you might be used to, and there are significantly more rest periods. While it might feel like you're not accomplishing as much with more rest periods, the research favors longer rest periods over shorter rest periods for hypertrophy and strength [6]. The percentages prescribed for the compound lifts are set low to start the program off, as you want to use this time to clean up your form as much possible before cranking up the intensity (good form is a necessary prerequisite for strength and hypertrophy).

Something very unique to this block (and this program from my others) is the inclusion of more advanced techniques. While week 1 is a mini deload (intentionally training very far from muscular failure or from form breakdown for fatigue management), there will be advanced techniques which will allow you to push sets harder than conventional sets.

Block one alternates odd and even weeks with two strength-oriented and one hypertrophy-oriented lower body session on odd weeks, with one strength and two hypertrophy lower body sessions on even weeks. I wouldn't think of strength and hypertrophy as being uniquely different, but rather existing on a continuum wherein most of the training you do will overlap. With the alternating "strength" and "hypertrophy" days, you want to modify how you go about executing each set. On strength days, favor increases in strength (progressive overload) over sensation (feel). On strength days, taking longer rest periods is particularly important, as the low rep work tends to have more stability/skill demand compared to isolation movements. On

the hypertrophy days, a mind-muscle connection should be favored in most cases, although this will co-exist with progressive overload in a lot of cases (the heavier you go, the more you'll feel desired muscles working).

At the end of the week 4, you'll work up to heavy "top sets", which will serve a few purposes. To start, they will provide a huge hypertrophy stimulus, as you're pushing for as many reps as you're able to with good form. Secondly, since they are an RPE10, they will give you a reference for your RPE for the following month. One of the most difficult issues with the RPE scale is not having a firm reference point to know what 100% effort really is, so top sets will give you this reference for the rest of the program.

BLOCK 2: ADVANCED TECHNIQUES

Block two will pick up right where block one left off and most people will find this to be the most difficult (aka most fun) block of the program, as you'll be pushing hard for weeks 5-8 at this point without a real deload. Now that you've established solid form and have a good RPE reference point, we're going to capitalize on that. Each workout has several advanced techniques, which will require a lot of exertion/effort.

While supersetting is one of the most commonly used advanced technique in this program, you'll also be using the pre-exhaustion concept to help improve the mind-muscle connection. Pre-exhaustion is often thought of incorrectly – the original idea was to perform an isolation movement prior to a compound movement, in the hopes to activate the desired muscle group more. This actually couldn't be further from the truth, as fatiguing a muscle group demands other muscle groups to work harder. With

that in mind, we can use this to our advantage if we apply it with functional anatomy. Since glutes are paramount, we'll fatigue the hamstrings prior to glute-dominant hip extension-based exercises, and we'll fatigue the quads prior to squatting patterns with deep hip flexion all with the goal of activating the glutes more on these movements. For hypertrophy days, there's a lot of exercise variety being packed into one session, but there are very few reps being performed for each exercise. Hypertrophic responses diminish the more sets you do [7], so using this approach will maximize the differences in loading angles, vectors, etc. without completely bombarding your body with volume (which can be detrimental for hypertrophy).

Similar to block one, we'll end week 4 of this block with top sets. Since the weight has started to increase, weights closer to your 1RM should start to feel increasingly more comfortable to work with.

BLOCK 3: MAXIMAL EXERTION

Block three will finish off the program with a mini deload in week 9, followed by a week of extremely high exertion training for the last week (week 10). At the start of block three, you'll have been training extremely hard for 8 weeks. You can't push every set of every session at an RPE10 or else you will risk overuse injury or just run yourself into the ground. After the mini deload week is over, you'll be primed to set several all-time PRs on compound lifts! Towards the beginning of the week, the exertion is a bit lower on the accessory lifts, because we still want to avoid burning ourselves out for the AMRAP sets. The maximal exertion phase serves as a great push to set all time PRs, which will ensure you're achieving progressive overload and honestly prime you

to either rerun this program (but you'll restart much stronger) or start a new program.

Deload weeks tend to be overcomplicated and misunderstood. This isn't a time to be "lazy" in the gym – you should have the same amount of mental focus as any other week of training. You will make up for the lower exertion by focusing on fine-tuning any potential form breakdown that's started to occur towards the end of block two just due to using heavy loads. Deloads sometimes feel like they aren't necessary, but with a program as advanced as this one, it's important to take a deload even if you don't feel like you need it. This will be essential in this block because you will be finishing things off with a bang and you'll be glad you took a break the week before.

This program is difficult, but training should be as challenging as it is fun! Push yourself and you will see the progress you've been working so hard for.

WHY WOMEN SHOULD LIFT WEIGHTS

I originally wrote this section for my Beginner to Intermediate Fundamental's Program, but I decided to include it here because I think it has valuable information regardless of how advanced you are in your lifting career.

Lifting weights is quite literally more than meets the eye. When we think about health and fitness, we often think of bland kale salads and endless amounts of cardio. While cardio certainly has its place, there will be a lot of carry-over between lifting weights and cardio, as well as benefits mutually exclusive to lifting. To state the obvious, a muscular physique will be far more determined by lifting weights than it will from doing cardio. In order to transform your body, focusing on lifting weights is a must.

Getting stronger and improving your physique can massively impact how you see yourself not only in the mirror but also who you are as a person. Gaining strength can help with simple tasks like carrying groceries, moving boxes or furniture into a new home, picking up kids etc. Body composition is inarguably a good marker of your health/life expectancy. In a review from 2004, body fat was found to have a "J" shaped correlation with all-cause mortality (which means extremely low body fat is somewhat linked to all-cause mortality, then there's a happy-medium where all-cause mortality is at its lowest, then beyond that, it increases), whereas fat-free mass (quite literally anything that isn't fat: bone, muscle, water, etc.) has a reversed "J" shape association (meaning very little fat-free mass has a very high association with death, then as you gain muscle, the association becomes lower and lower until a certain point)[8].

Looks aside, lifting will improve things we generally associate with "health" including; bone mineral density (BMD) [9], decreased cardiovascular disease (CVD) risk [10], decreased pain [11], issues related to fibromyalgia [12], improved sleep quality [13], and much more. Some of these benefits are exclusively important to women, so lifting should never be thought of as a men's-only activity.

From a psychological perspective, lifting weights can play a tremendous role in improving confidence, self-esteem and reducing anxiety. If you're an advanced lifter, then you've probably already experienced a dose of what lifting weight can do for you mentally and physically. I am just here to remind you and to keep pushing you along you're journey! Weightlifting is a long-term endeavor and you have a lot of life left to make more gains.

FUNCTIONAL ANATOMY

Understanding how the body functions to contract muscles, move joints, and where a muscle "starts" (origin) and "ends" (insertion) can help give you a better idea of why you will be doing certain exercises.

MUSCLE CONTRACTION (ECCENTRIC, CONCENTRIC)

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, giving it its shape. If you look at an easy example, your biceps attach right beneath your elbow and they originate underneath your shoulder. When you flex your biceps, you will notice you always pull your forearm towards your shoulder, not your shoulder towards your forearm. This contracting phase, referred to as the concentric phase (positive phase) often lifting the weight, is followed by the eccentric phase (negative phase).

often lowering the weight

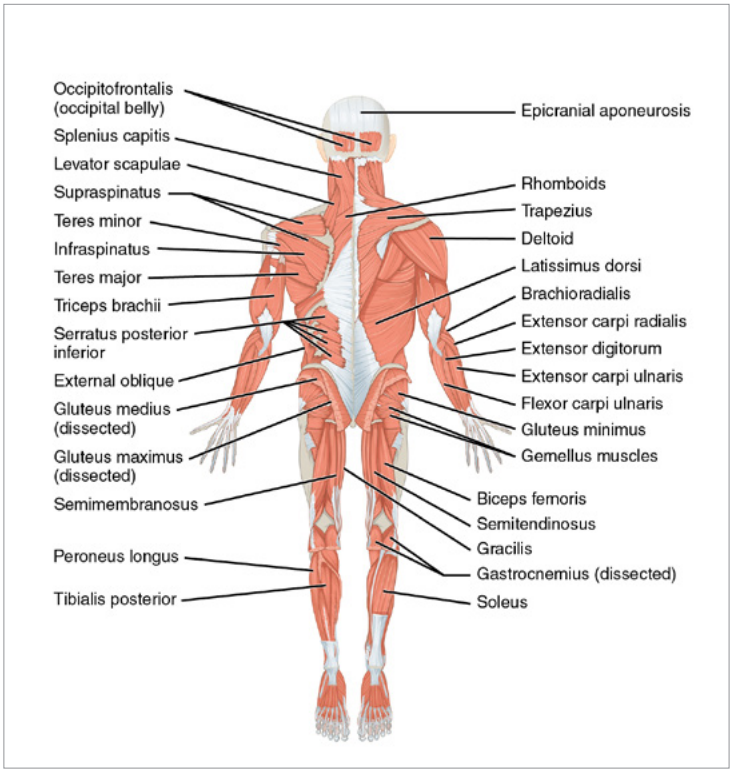


FIGURE 1A: THE MAIN POSTERIOR MUSCLES

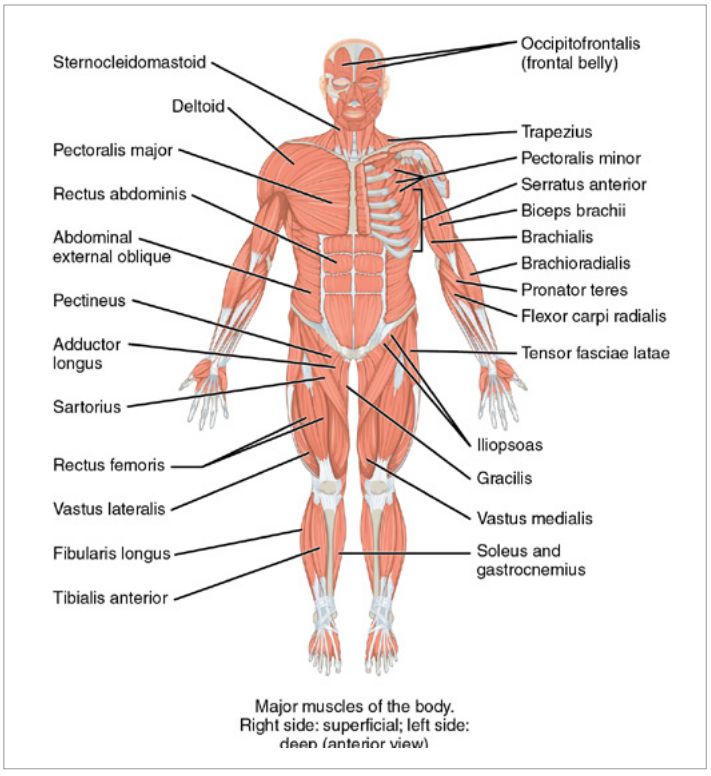


FIGURE 1B: THE MAIN ANTERIOR MUSCLES

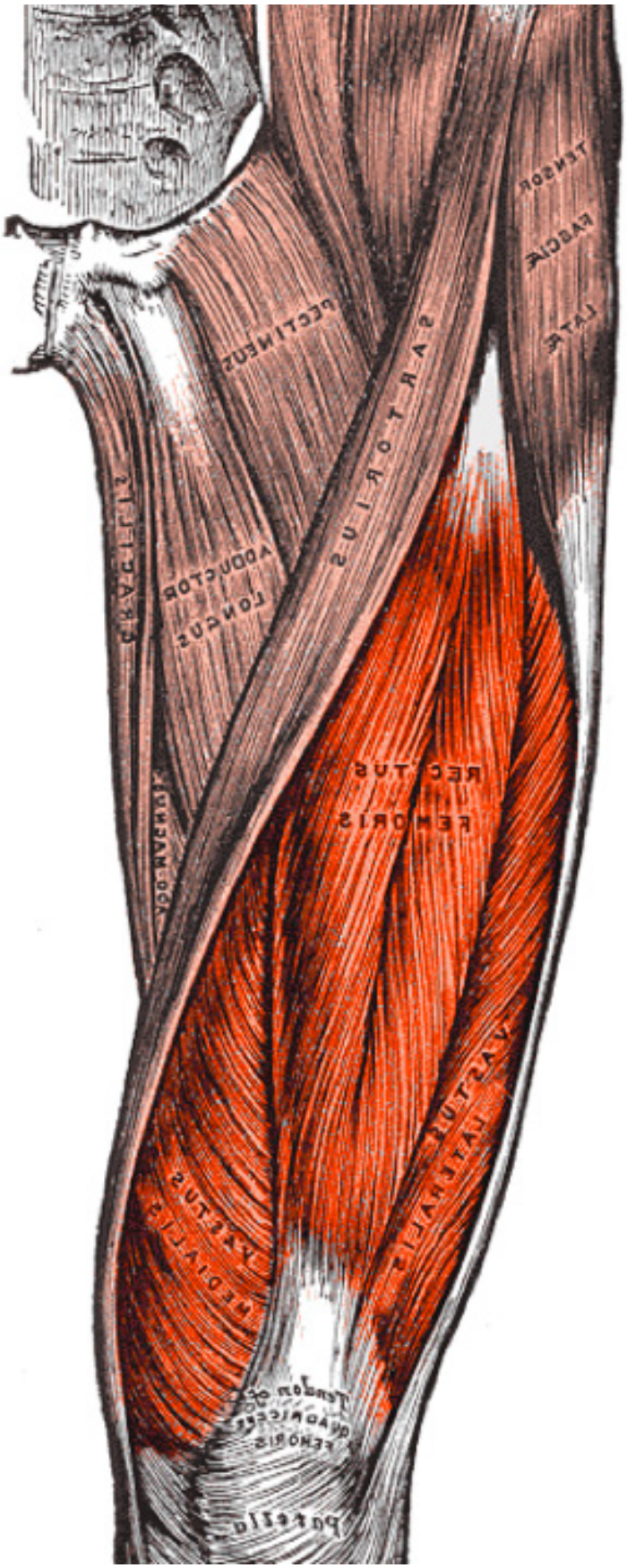


FIGURE 2: QUADRICEPS ANATOMY

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 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

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.

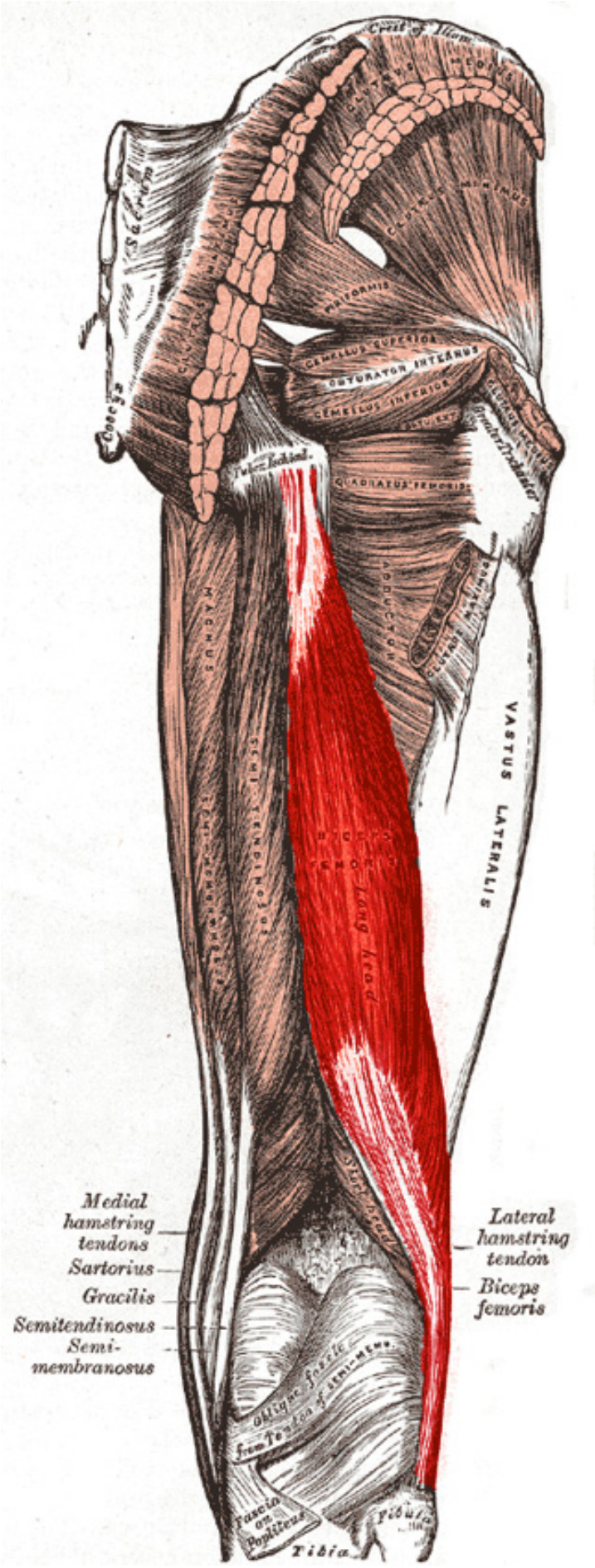


FIGURE 3: HAMSTRINGS ANATOMY

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

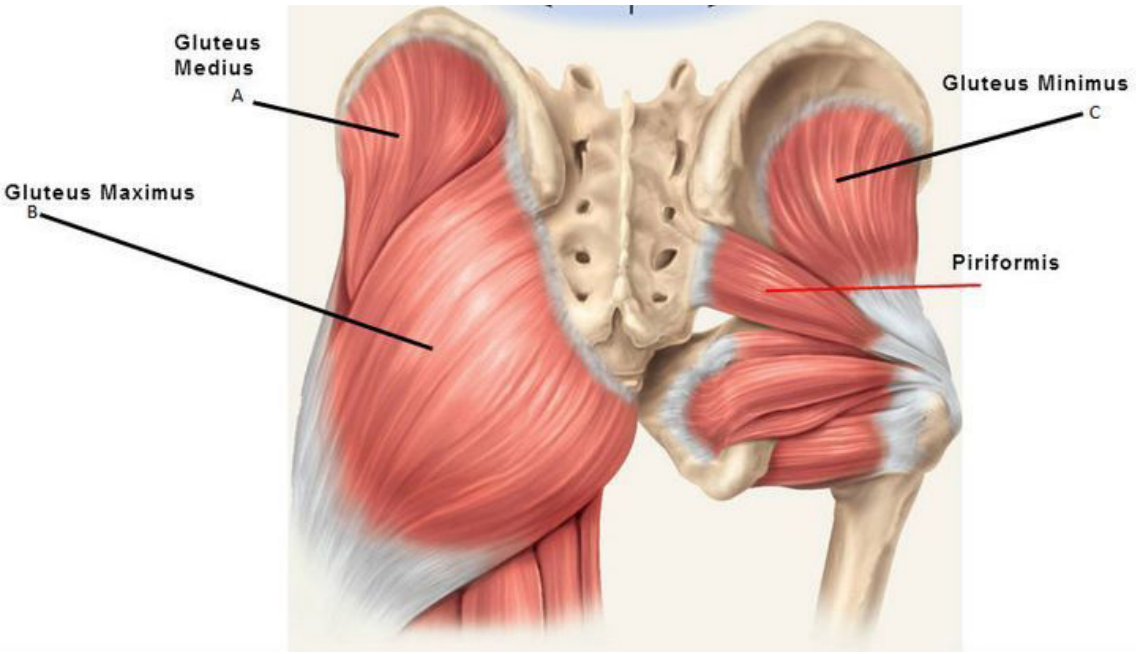


FIGURE 4: GLUTEALS ANATOMY

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.

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.

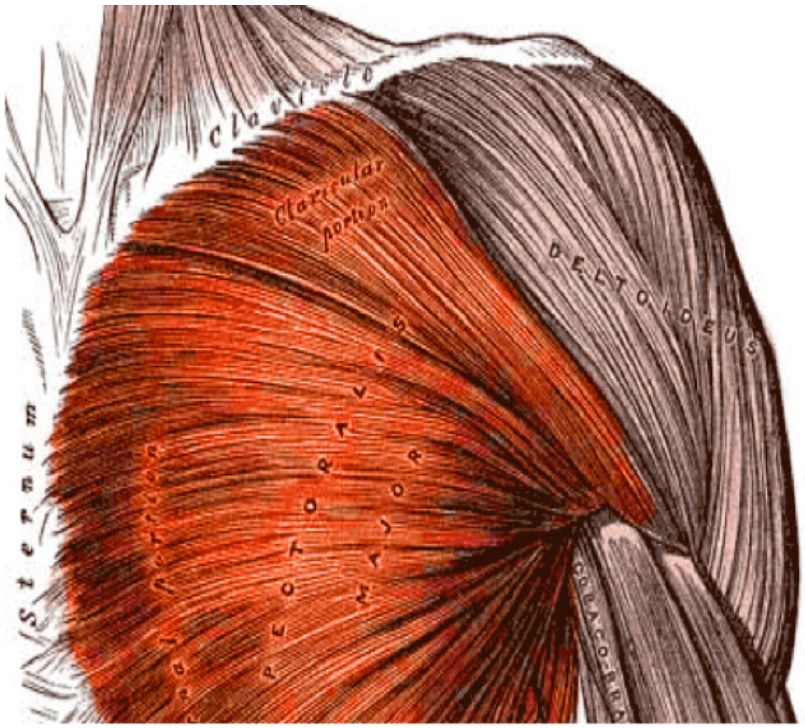


FIGURE 5: PECTORAL ANATOMY

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).

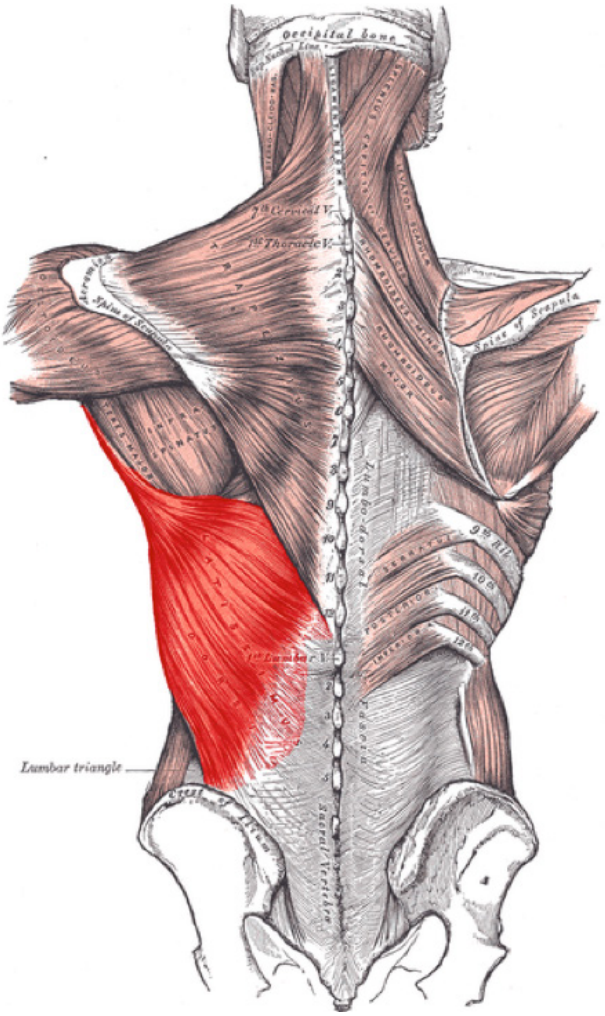


FIGURE 6: LATISSIMUS DORSI ANATOMY

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).

LATS:

ORIGIN:

Illiac crest and thoracolumnar fascia

INSERTION:

Humerus

TRAPS:

ORIGIN:

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

INSERTION:

Nuchal ligament

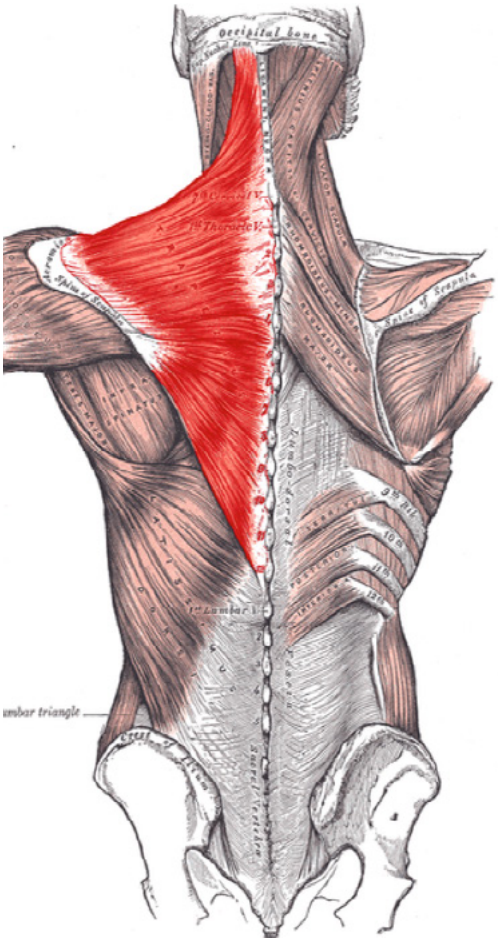


FIGURE 7: TRAPEZIUS ANATOMY

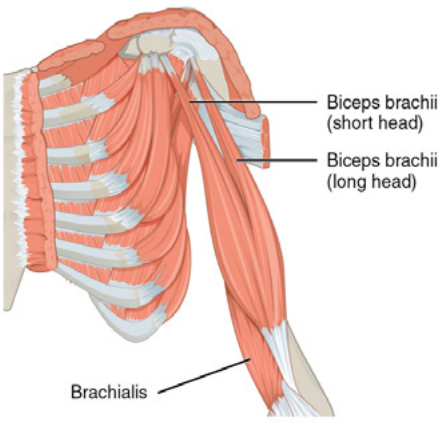


FIGURE 8: BICEPS ANATOMY

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

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).

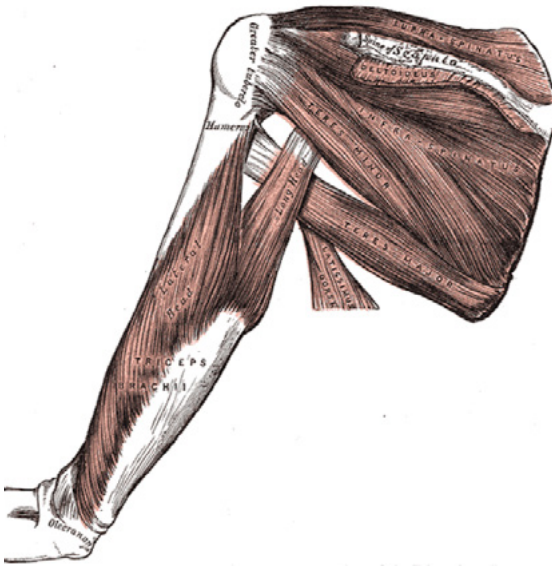


FIGURE 9: TRICEPS ANATOMY

ORIGIN:

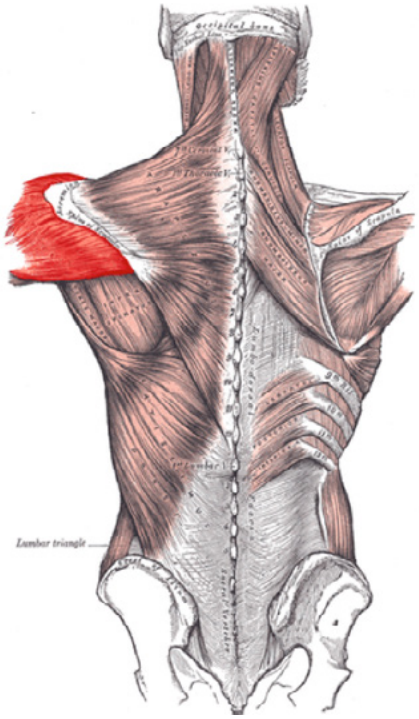
Infraglenoid tubercle, radial groove

INSERTION:

Olecranon process on ulna

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

FIGURE 10: DELTOID ANATOMY

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 – 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).

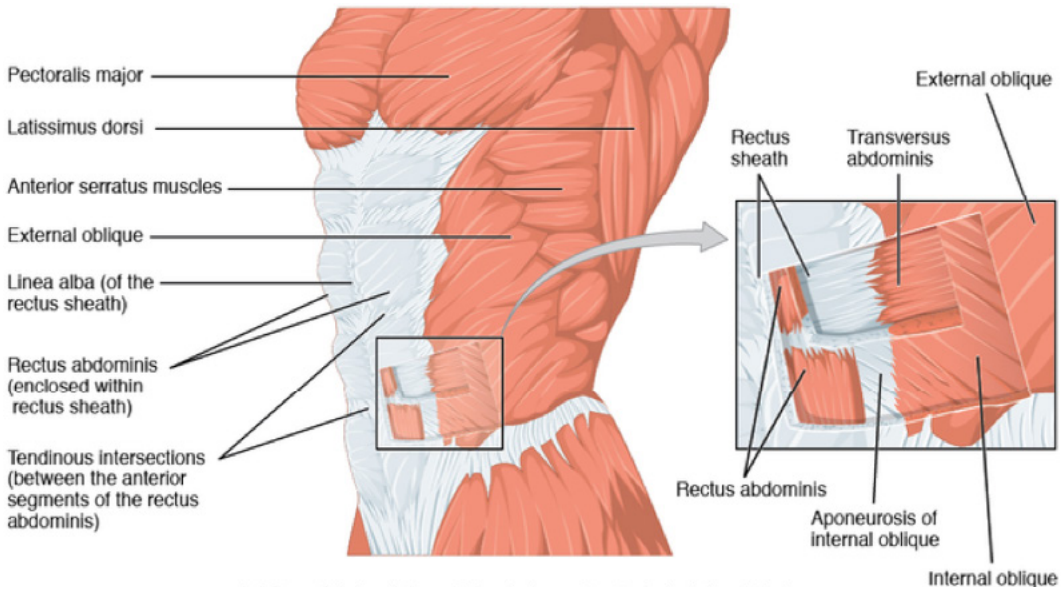


FIGURE 11: ABDOMINAL ANATOMY

ORIGIN:

Crest of pubis

INSERTION:

Xiphoid process

FIGURE 12: ANATOMY OF THE CALF MUSCLES

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

JOINT ACTIONS

LOWER BODY:

Hip extension: Bringing your hips inline with your body.

Hip flexion: Pushing your hips "back" away from your body's midline.

Knee extension: Straightening your lower leg inline with your upper leg.

Knee flexion: Pulling your lower leg "behind" your upper leg.

Hip abduction: Pushing your knees "out" away from your body's center line.

Hip adduction: Pulling your knees "in" towards your body's center line.

*Hip external rotatio*n: Pushing your knees "out" without moving your upper leg.

Hip internal rotation: Pulling your knees "in" without moving your upper leg.

Posterior pelvic tilt: Pulling your hips "in" underneath you.

Anterior pelvic tilt: Popping your hips "out" and "back" behind you.

Plantar flexion: Pointing your toes down.

Dorsiflexion: Point your toes up.

UPPER BODY:

GLENOHUMERAL JOINT

Shoulder flexion: Raising your upper arms straight up in front of you.

Shoulder extension: Pulling your upper arm behind your torso (from the front).

Shoulder adduction: Pulling your upper arm "down and in" from an overhead position.

Shoulder abduction: Raising your upper arm "up and out".

Shoulder transverse adduction: Pushing your upper arm "in" across your chest.

Shoulder transverse extension: Pulling your upper arm "up and back".

Shoulder internal rotation: Rotating your upper arm inward.

Shoulder external rotation: Rotating your upper arm outward.

ELBOW JOINT

Elbow Flexion: Bending your forearm upward.

Elbow Extension: Straightening your forearm inline with your upper arm.

WRIST

Wrist Supination: Rotating your forearm such that your palms are facing "up".

Wrist Pronation: Rotating your forearm such that your palms are facing "down".

SCAPULA

Scapular Protraction: Rolling your upper back "forward".

Scapular Retraction: Pulling your upper back "backward".

Scapular Depression: Pushing your upper back "downward".

Scapular Elevation: Shrugging your shoulders "upward".

SPINE

Lumbar flexion: Bending your spine "forward".

Lumbar extension: Bending your spine "backward".

Thoracic flexion: Hunching your upper back forward.

Thoracic extension: Pulling your upper back backward.

Rotation: Twisting your spine across your body.

ESSENTIAL PROGRAMMING PRINCIPLES

When designing a program for advanced female lifters, a lot of consideration goes into how women are unique from men. These are non-negligible differences that that you can't ignore when writing a program. Women generally have a different body composition, hormonal profile and even different muscle metabolism than men. From the research we have, studies have shown that women are able to handle a higher relative workload [14], are less fatigable and can do more reps of their percent 1RM, than men [15].

With this in mind, this program has been optimized for women to get the most out

of their training by prescribing the optimal dose of frequency, volume, intensity levels and rest periods without compromising recovery and overall fatigue management. These are fundamental principles essential to all of my programs and will be outlined below.

PROGRESSIVE OVERLOAD

Progressive overload is one of the most important components of your workout plan. To put it simply, progressive overload will manifest itself as adding more weight to an exercise, increasing the amount of reps you do in one set, or increasing the amount of sets you perform in a workout, all while keeping your technique the same. Progressive overload will be a primary focus as the research is very clear on its influence on muscle growth [16]. From the start to the end of my programs, the primary goal is progressive overload, which is widely considered to be the single most important factor for building muscle and gaining strength. Progressive overload can be achieved through three main avenues:

1. INCREASING ABSOLUTE LOAD

Increasing absolute load can be seen simply as adding more weight to the bar, dumbbells or machine. This will be the "bread and butter" of your progression from week to week. Increasing load will increase volume, as long as sets and reps are kept constant. Since the primary compound movements have the greatest loading potential (due to utilizing more muscle groups), it's particularly important to gain strength over time on these exercises.

2. INCREASING REPS WITH THE SAME LOAD

Certain exercises ultimately lead to form breakdown if you focus too much on increasing weight. For these movements, progressing by adding reps will yield more total volume more effectively. "Secondary" exercises have less overloading capacity due to a few factors (balance, range of motion, muscle groups utilized, etc.), so it is best to work in a rep range prior to adding weight (which we will discuss shortly).

3. IMPROVING THE MIND-MUSCLE CONNECTION AND FORM

Although the mind-muscle connection doesn't directly impact any variable in the volume equation, it can still yield greater hypertrophy indirectly. As I will discuss in the mind-muscle connection segment (Pg 52.), it may not be a very familiar concept at the beginning, however as you progress, it will start to come more natural to you and improving it over time can be very beneficial for your training. Improving the mind-muscle connection and/or technique can apply more tension onto the desired muscle, meaning that if it is improving, it should count as a form of progressive overload.

REP RANGES

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.

FREQUENCY

Simply put, frequency refers to how often you are hitting the same muscle group

each week. There's a lot of myth surrounding how often you are able to hit a muscle group within a week. The research has very definitively shown that hitting a muscle group at least 2 times per week is better than hitting it once per week [17]. Higher frequency might be better for hypertrophy, but since all research must equate for volume, it is hard to say whether or not this is the case. However, in the real world, it is less likely that volumes would be equal when frequencies are different; therefore, higher frequency training typically allows us to do more volume within a week. In this program, lower body will be hit 3x per week and upper body will be hit 2x per week. It is one less lower body day per week than my Specialization Program due to the increased intensity of each session, so recovery had to be taken into account when considering frequency.

VOLUME

Volume is likely the second most important determinant of hypertrophy aside from progressive overload [18]. Volume can be seen as sets x reps x weight, but it is not necessary to calculate this for your training sessions. I think it's important to note that there might be a threshold beyond which more volume is actually counterproductive [19], so I needed to choose a goldilocks zone that is not too much, but certainly not too little (especially for advanced trainees). As you gain strength, your volume will be increasing by default (sets x reps x weight), so there's no need to add more sets or more reps or recovery might compromise long term results.

Total volume can be viewed as both volume per-session and volume per-week, and

this program was designed to prescribe the appropriate amount of volume necessary for an intermediate to advanced lifter to make progress, make hypertrophic gains and make strength gains. This is why going beyond the amount of volume prescribed in the program might not be better and might be detrimental. So if you feel like the volume isn't high enough, you might not be pushing your effort (load) high enough so try to increase the weight if you find yourself in that position.

It is important to remember that not all volume is created equal 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 [20], so there appears to be a volume limit past which more volume is not helpful for hypertrophy.

EFFORT

Rate of Perceived Exertion (RPE) See pg. 59 will be the scale at which we use to roughly calculate effort. This is the same scale that was used in the first Women's Specialization Program, so if you ran that, this will be very familiar to you. Effort is obviously extremely important, and it is no secret that if you don't fatigue each muscle group sufficiently, gains can be left on the table. As a more advanced trainee, training to a threshold that is within a close proximity to failure becomes more important as this will ensure you train with a sufficient amount of mechanical tension.

On a large scale, increases in tension are achieved through progressive overload (pg. 41) 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, and 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 it can be bad for fatigue management) becomes increasingly important, as it will ensure that there is adequate motor unit recruitment in the larger faster twitch muscle fibers.

While a strong work ethic is admirable, more effort is not always better because you can over-train. Properly applied effort is what we are always looking for. This means that training to failure (or near failure) should be reserved for when it fits within the context of the program as a whole. Always use the RPE provided to determine how hard you should push each set.

You will notice, each block starts with slightly lower effort, then it gradually increases throughout the block. This will ensure you are giving your body time to adapt to heavier weights without running yourself into the ground.

REST PERIODS

Taking longer rest periods will allow you to use more weight and be able to overload movements at a faster rate compared to short rest periods [21]. With that being

said, rest periods should corelate with how difficult an exercise is. Using deadlifts as an example – you should feel like you need to take ~3-5 minutes of rest between sets in order to match your strength on the previous set. If you can replicate your strength with just 45 seconds rest between sets, you likely aren't pushing yourself hard enough (using enough weight) on each set. This can actually be another great factor towards mentally calculating RPE (the more rest time you require after a set, the higher the RPE). However, for smaller isolation movements, you can work quite quickly, as they won't be as systemically fatiguing due to less overall muscle groups being used.

RECOVERY

Recovery is often the factor which gets left out, but it is really important not only for longevity but also more acutely in terms of your ability to train at your best each during session. While it is not technically an aspect of your program, it will serve as a general checklist to ensure you aren't doing too much in the gym. While you can still workout when you're sore, your workouts won't be very effective if you are so roasted that you are barely able to walk. If this is the case, you might need to make sure you are doing the prescribed RPE and not more than what is listed.

It's also important to note that recovery not only looks at what you are doing inside the gym, but also outside the gym. Things like sleep, stress levels, nutrition, supplementation, other physical activity, etc. will play a massive role in your body's ability to bounce back for your next training session. If you find you are always sore and are doing everything else right (eating well, getting enough sleep etc.), try some light foam rolling before your workouts to help relieve some of the stiffness.

TECHNIQUE (ALSO SEE VIDEO DEMONSTRATIONS):

There is a common cliché in the lifting community "don't sacrifice form for weight" and I definitely agree with this one. You can think of lifting weights as contracting your muscles against gravity in a particular way. With increasing load, your body will want to move into certain positions to make the exercise easier, but this will put your body in a vulnerable position (for example: your lower back will tend to "round") but in doing so you will be at a higher risk for a lower back injury. You've probably mastered technique on most lifts, but if any are unfamiliar to you, make sure to master them before you increase load too heavily.

WHAT ABOUT "CHEATING" OR USING MOMENTUM?

I don't recommend cheating on primary exercises like the squats, deadlifts or bench-press but it has its place for secondary and tertiary exercises like isolation exercises (i.e. hamstring curl or bicep curl) which could benefit from using heavier loads. If you are using slight momentum on these exercises, make sure to get the full benefit of the load by controlling the eccentric.

PRINCIPLES NOT TO FOCUS ON

DOMS (DELAYED ONSET MUSCLE SORENESS)

Soreness is largely caused from muscle damage (actual micro-tearing on your muscle fibers), which is a byproduct of your muscle being stretched with load [22]. It appears that some people might experience soreness in certain muscle groups than others, which is totally normal. Muscle damage might be a factor of hypertrophy, so it is certainly not a bad thing to get sore, but it shouldn't be the goal of your workout.

Soreness is very common in new lifters or experienced lifters that took some time away from the gym. It's also very common in experienced lifters if you have introduced something new (like a new program) or have loaded an exercise you do all the time, but a lot higher. On the flip side, if you aren't getting sore, that doesn't mean you aren't

pushing yourself hard enough – the more you lift, the less sore you will actually get which is called the "repeated bout effect". This is more or less the goal. You want to benefit from the repeated bout effect so DOMS are not keeping you out of the gym for too long. I actually have an entire video on soreness and whether or not you should train sore so check it out if you are interested in learning more. https://www.youtube.com/watch?v=Ut_4C_5CNbg)

KEEPING YOUR HEART RATE HIGH/SWEATING/HEAVY BREATHING

The feeling of being out of breath and sweating might feel like it's doing something extraordinary but other than benefits to your heart, it's not doing anything special for gaining muscle. Lifting weights requires a high output of energy for a relatively short period of time (typically between 10-45 seconds in a set). Your heart rate likely won't be elevated very much at all, but this doesn't mean that your muscles aren't working. In order for a muscle to grow, it needs to be pushed to a close degree of failure [23] which means you need to be using adequate loads and intensity to reach this threshold. In order to maximize muscle hypertrophy, taking adequate rest to regain your breath will ultimately be the best thing for being able to move more weight in the next set. Therefore, you should take longer rest periods between each set to give it your all in the next set. Doing things like jumping squats, kickbacks, push-ups, etc. will decrease your energy, thus not allowing you to focus on performing the most amount of effort on your actual sets. For this reason, I strongly advise against circuit training if improving building muscle is your primary goal. Similarly, a good workout generally consists mostly of lifting weights. If you want to do cardio, do it separately from lifting

weights, not in between exercises or sets. I would advise doing it after your workout after or on a rest day (see cardio recommendations pg. 70)

SWITCHING THINGS UP

Exercise variety makes lifting fun, interesting, and can break the monotony up, but with that being said, it's really difficult to master and progress in any movement, especially highly technical movements, if you are constantly switching things up one workout to the next. For example, a movement like the hip thrust takes time and practice to execute with perfect form and then even more time to progressively overload especially if you only do it every few weeks. If you sprinkle any highly technical exercise in here and there, you might find that you actually never get better or stronger at it. For more long-term lifting, there will be certain exercises that will be staples in your program (like certain primary exercises) and others that you rotate in and out. From a physiological perspective, your muscles don't know what exercise you are doing, they are either being loaded or not, so "muscle confusion" isn't a real thing.

ADVANCED TECHNIQUES

With most advanced trainees, there comes a point where you've mastered the fundamentals of lifting, and get bored with training. At this point, you're probably seeking a way to spice things up and a good way to do this is by incorporating "advanced" techniques. While there are several different types of advanced techniques, I think it's best to utilize the ones that make training more enjoyable to you and ones that could potentially elicit more hypertrophic and strength gains.

And as tempting as it is to use these techniques on every set of every exercise, it's actually not the best idea. These should be used sparingly because they tend to be disproportionately demanding on your body (from an exertion, mental focus, and recovery perspective), so it's easy to get carried away and run yourself into the ground with them. That's why they are just sprinkled in throughout the program.

Another component to advanced techniques, which doesn't get enough credit, is how it impacts your overall enjoyment of your program, gym experience, and focus. These methods can enhance the sensation for muscle groups you're trying to target (which likely have downstream effects on hypertrophy) and can ensure you're pushing yourself adequately in the gym. As we will discuss in more detail in the RPE section, if you're not regularly training very hard, you can quickly lose sight of what an RPE10 means. Since advanced techniques push you "past" failure, this will provide a good gauge of roughly how to regulate your exertion levels.

Without further ado, let's get into some of these methods and investigate exactly why we're using them:

MIND-MUSCLE CONNECTION:

As the name would suggest, the mind-muscle connection is quite literally using your mind to control and "feel" your muscle. As a beginner, most exercises will feel as if they are "movements" rather than very strong muscle contractions from individual muscle groups. The goal of the mind-muscle connection specifically, is to further isolate the desired muscle group of a specific lift. This is done by thinking about the muscle and actually contracting and lengthening the desired muscle as much as possible by focusing all of your attention to it.

This is definitely a skill that takes time to acquire, but once you do, you can use this on straight sets or in combination with other advanced techniques we will get into below. While its validity used to be under hot debate in evidence-based circles, there is finally scientific evidence for its validity from a 2018 study by Dr. Brad Schoenfeld [24]. This

study showed there can be hypertrophic benefits to certain muscle groups by using internal mind muscle connection cues. The study compared external (thinking about moving the weight) and internal (mind-muscle connection) cueing on strength and hypertrophy. It's important to note that this study didn't see significant hypertrophic differences in the quads, but saw significant differences in elbow flexor muscle thickness (increase 12.4% vs 6.9%) demonstrating that if you can get a good internal mind-muscle connection on a muscle, there could be significant gains made.

Now I'm not saying you should forget about progressive overload; I'm just saying that the point is to use them together on certain exercises i.e. isolation exercises. These exercises are usually single-joint movements and can really trigger a good mental focal connection on a muscle. An example of a mind-muscle connection cue would be thinking about the muscle and thinking about squeezing the muscle while you are performing the rep i.e. "squeeze your glutes". There is also a time NOT to use mind-muscle connection, and that would be on primary compound movements like deadlifts, squats, bench press etc. These are movements that would probably do more harm than good to try and focus on a single muscle group because these exercises use multiple muscles to carry out the movement. Therefore, external cues (ex. driving your heels through the floor on squats) are ideal for these exercises.

ECCENTRIC-ACCENTUATED LOADING:

Eccentric-accentuated loading refers to making the eccentric, or lowering phase, of an exercise more challenging. This can be done by providing more external load (typically

from manual resistance from a partner or with the use of Eccentric Hooks), or simply from increasing the duration of the eccentric phase. The idea behind this is that the eccentric phase tends to be responsible for more hypertrophy than the concentric ("lifting") phase [25].

While the research is a bit unclear whether or not slower eccentrics are better for hypertrophy (one study found greater strength improvements [26]; one study found equal hypertrophy and strength increases [27]), I still think they are really valuable to training and for reducing injury risk. If you think about it, you will have to use lighter loads to perform an eccentric accentuated exercise, so if you can yield the same hypertrophic response with a lighter weight by slowing down the eccentric, this can allow us to better manage fatigue and accumulate more volume without risking injury. And besides, they are more fun.

From a programming perspective, it makes more sense to accentuate the eccentric in conjunction with focusing on the mind-muscle connection (and most people will agree that slowing the eccentric down makes for improving the mind-muscle connection). Using this style of training is great for any exercise which stretches a muscle out particularly far like a Romanian deadlift. Since the eccentric phase is associated with muscle damage, and muscle damage is associated with DOMS, you will likely get sore from doing these. Using the RDL as an example, your grip might not be strong enough to use a heavy load, but you can elicit the same hypertrophic response by slowing down the eccentric with a lighter load, so it definitely has its uses.

CONSTANT-TENSION:

Constant-tension training is performing reps with a relatively steady cadence, without taking any breaks or pauses between the concentric or eccentric. It's important to note that this does NOT mean to perform the reps as fast as humanly possible. You keep the concentric and eccentric tempo the same as you would normally do the exercise, without pausing when you end one and start the other, keeping constant tension on the muscle(s) you are working. Since proximity to failure is an important factor in hypertrophy (generally speaking, the closer you take a set to failure, the higher the hypertrophic stimulus you will yield), constant-tension will ensure your muscles are fully fatiguing, causing your larger motor units to be recruited (which will require type 2 muscle fibers to be utilized, which have more potential for hypertrophy than type 1).

While the research only looks at velocity and fatigue, you'll see that "cluster sets (the exact opposite of constant-tension – deliberately taking a few seconds between each rep or taking several seconds after a few reps) delays the onset of fatigue [28]. This actually means that you'll be able to accumulate more volume with cluster sets, but the additional volume won't yield any further hypertrophy, as fatigue is what will drive hypertrophy.

Constant-tension tends to couple well with the mind-muscle connection as well. It tends to be better applied to exercises which have less complex form that have fairly small ranges of motion. You can expect to get a huge pump (metabolic stress) from this technique, which could be a driver of hypertrophy.

DROPSETS:

A dropset can almost be seen as two different sets being performed back-to-back. Now, it's important to push the first "set" very close to failure before dropping the load by ~30-45%, then performing the last set. Using the example of a 3 sets of 15/15 reps lateral raise, let's say you use 20lbs for your first set of 15. You will push these very close to muscular failure, then you would want to drop down to roughly 10lb-12.5lb dumbbells to perform the second 15 reps. From here, you want to push the second 15 reps very close to failure as well. And then you will do these 2 more times as the first two "sets" were cumulatively one "dropset".

While dropsets tend to elicit the same amount of hypertrophy when compared to volume-equated traditional training, a key takeaway is that dropsets can be programmed intelligently to allow for a large amount of volume in a shorter period of time. Dropsets can significantly reduce training time [29], so they can be utilized if you're tight on time. Dr. Brad Schoenfeld speculates that more type 2 fiber stimulation can be achieved in the drop set because you are maximally fatiguing type 1 fibers with the first "half set" within the dropset [30]. All of this can get you the same hypertrophic response, but in less time. With all of that being said, this style of training is extremely demanding, so it should be used very sparingly.

MYO-REPS:

Coined by Børge Fagerli, Myo-Reps can be seen as a combination of a "rest pause" and a "cluster set". You will perform a set as normal, rest for around 5-10 seconds, perform 3 reps, rest 5-10 seconds, and repeat until you're no longer able to perform

another 3 reps. While the number of reps is somewhat arbitrary and can be modified, the idea is to allow for some muscular recovery (this is called a rest pause), followed by multiple cluster sets. Similar to dropsets, myo-reps aim to recruit larger motor units by fatiguing smaller motor units as much as possible, then hitting additional reps.

Research has shown myo-reps to lend itself particularly to lower body training, as the muscles of the thighs tend to be difficult to fully fatigue [31]. Myo-reps are particularly difficult, as you're keeping the weight the same, but they are also a great way to get in a lot of volume (especially volume close to failure) in a short amount of time.

SUPERSETS:

Supersetting is when you perform two exercises back-to-back with little to no rest. In the program, this is stylized as "A1/A2". Instead of doing all sets of the "A1" exercise, then all sets of the "A2" exercise, you will alternate between them. These primarily help with cutting down on gym time, although they can also be used as a way of pre-exhausting muscle groups. Pre-exhausted is commonly misunderstood to be fatiguing one muscle with an isolation movement, then hitting that same muscle group with a compound movement (band walks before squatting). This actually forces all other muscle groups to work harder, as the fatigued muscle is unable to produce adequate force and lowers EMG [32]. With that being said, you can use this to your advantage by fatiguing assisting muscle groups prior to hitting the desired muscle groups (hitting hamstring curls before hip thrusting so only your glutes contribute) to get more activation of the desired group.

Pairing non-competing movements has been shown to have very little impact on strength (meaning: if you do a squat, then a military press shortly after, your strength won't be decreased). With that being said, if you move too quickly from one exercise back to the other, you could be taxing your cardiovascular system, which is not the goal of the program or the goal of supersetting. It's commonly said to go straight from A1 to A2 without any rest, but I think this will leave you pushing A1 far harder (as a function of being fresher). Instead, you'll take a short 30-seconds of rest after A1 and 30-seconds of rest after A2, so you have an even amount of recovery for each.

RATE OF PERCEIVED EXERTION (RPE)

Rate of perceived exertion (RPE) is how you will determine what weight to use with each exercise. It provides a way to prescribe a certain load relative to each individual person performing the exercise. It is a very important tool, which will set you up for long-term success in the gym as it is very commonly used and can provide you with a skill you can use for the rest of your lifting career. It will not only be used to ensure you are fully recovering from each session (as it prevents you from going beyond the prescribed load), it will actually be used to determine how much weight you use.

The scale of RPE goes from 1-10, but for this program, we really only have to worry

about 6-10 because anything below RPE6 is incredibly difficult to detect (it's just too light). To simplify the concept if you are unfamiliar with it, you can see RPE as a percentage of your maximal exertion (RPE6 = 60% of failure, RPE7 = 70% of failure, RPE8=80% of failure, RPE9= 90% of failure, RPE10= 100% of failure, RPE10 is actually training until you can't complete another rep or your form breaks down significantly). You can also see this as the inverse of reps in reserve, or RIR. This means that an RPE9 is saving 1 rep in the tank (you can only do one more=RIR1), an RPE8 is saving 2 reps in the tank (you can only do 2 more=RIR2), etc. Take a look at the table, it might help you conceptualize it better.

TABLE 1: RATE OF PERCEIVED EXERTION AND CORRESPONDING REPETITIONS IN RESERVE.

RPE RATING	DESCRIPTION OF PERCEIVED EXERTION/ RIR
10	MAX EFFORT (0 REPS IN RESERVE)
9	1 REPETITION IN RESERVE
8	2 REPETITIONS IN RESERVE
7	3 REPETITIONS IN RESERVE
5-6	4-6 REPETITIONS IN RESERVE
3-4	LIGHT EFFORT
1-2	LITTLE TO NO EFFORT

ADAPTED FROM ZOURDOS ET AL. 2015 [33]

As an intermediate to advanced lifter, it's likely you can already discern the level of difficulty the set was and can probably mentally account for the amount of reps more

you could have done. If not, it's a skill that will start to come naturally to you as you go through this program. After your set, ask yourself how many reps you think you could've gotten (if you were to push yourself to the absolute MAX) before you ended the set?

RPE/RIR will give you guidance for load selection, as it will guide you to the "sweet-spot" between not pushing yourself hard enough and exhausting yourself too much (which isn't a good thing). The best way to illustrate this is to use an example. Let's say you're able to squat 135lbs for 10 reps, and you feel like you can only get 1 more rep with good form; this would be an RPE9. After a few weeks of doing this, you might feel like you're able to get another rep or two with the same exact weight, which is a good indicator you are getting stronger. This program will gradually increase the RPE each week for most exercises, so instead of doing more reps to maintain the RPE, you will actually add weight to the exercise to make it sufficiently challenging.

It's important to note that the same RPE will feel different depending on the exercise, rep range, or even how you are feeling that day, but the same principles apply.

A common mistake lifters make when using the RPE scale is that they don't push themselves hard enough. For example, I will prescribe a set of 10 reps at an RPE of 8, which means after you finish you're tenth rep, you should only be able to do 2 more reps using all of your might. However, if you do 10 reps with all of your strength and could actually pump out 4 more reps if you really gave it your all, that means if wasn't a TRUE RPE 8, and was an RPE 6. This can often be the reason that you aren't seeing progress, so it might be a good idea to take certain exercises to absolute failure (you

literally tried to do another rep and couldn't) so you know what failure feels like and can better gauge how many more you could have done. I only recommend trying this out on "safe" exercises like an isolation movement (leg extension) so you don't get hurt.

Since we're talking about exertion, it brings up the question of why does it actually matter? Let's dig into the science of how a muscle grows. Your nervous system sends a signal to your muscle telling it to contract. Your body wants to be energy efficient and use the appropriate amount of force to perform a certain task (imagine using all of your strength to lift a balloon off the ground). When you're lifting weights, you will start off recruiting smaller muscle fibers (slow twitch muscle fibers), then gradually call upon larger muscle fibers (fast twitch) as the task becomes increasingly strenuous. The larger muscle fibers have more potential to grow than the smaller muscle fibers, so it's important to train close to muscular failure for hypertrophy, which is precisely why we won't do anything below an RPE6. This is also why actually lifting heavy is better for hypertrophy and circuit training won't reliably elicit physique changes long term.

AUTO-REGULATED RPE

I want to add a quick reminder not that RPE is a "relative" term and can vary day to day, which is why you need to auto-regulate your workout. This is extremely important for your recovery and quite frankly, your ego. There are times that I am more tired than usual, so a load I've been squatting with for a few weeks just feels heavy. This could be a weight I usually do with ease and for some reason, what normally feels like an RPE 7 for a set of 10, feels like an RPE 9 on that particular day. Therefore, you really have to listen to your body and go with what it feels like. If the weight feels heavy and you are

not feeling your best, that's completely ok and also completely normal. This is why you should "auto-regulate" your RPE for each workout.

%1RM BASED EXERCISES

Loads for four primary exercises (squats, deadlifts, overhead press and bench press) 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 your progression is done in an objective manner week to week. It is done with an exact number, unlike the RPE scale which is very subjective. This level of precision and structure is good for certain exercises because it allows for complete accountability. BUT there will always be days you are not feeling your best, so you may have to do what you can, but it's always best to at least attempt the prescribed %1RM.

HOW TO DETERMINE YOUR 1 REP MAX

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. Even though this seems like a good way to do it, 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:

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)
2. 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

OR

1. 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.

HOW TO OPTIMIZE YOUR PROGRESS

TRY TO KEEP TRACK

Tracking progress, self-reflection, self-monitoring, etc. are all critical for ensuring you aren't spinning your wheels. Since building muscle is a very slow process, it's important to use a few tools to ensure you are making the most out of the program.

One of the most basic ways to track your progress is very simply to keep a log of some body metrics in a list. As I mentioned, progress does take time, so you don't want to drive yourself mad taking multiple measurements too often. If you don't feel comfortable taking measurements too frequently, I would gauge progress by

taking occasional progress photos and keeping tabs on your strength progression. If you are comfortable taking measurements or using a scale that measures your body composition (like a body analyzer: http://vpwow.com/sbuttermore you can use code:sbuttermore to get a discount) I recommend taking measurements a few days a week and get a weekly average. It's very normal for these measurements to fluctuate (depending on your cycle, food volume, hydration levels, edema, etc.). BUT! You guys know that is isn't always the best thing to do if you struggle with weighing yourself, so I always recommend defaulting to tracking your strength in the gym.

As I've touched upon several times, pushing close to failure is very important for hypertrophy to occur. You want to strike a balance between not lifting hard enough and pushing every set to failure, there is a goldilocks zone. There are a few good general recommendations, which you can use as a mental checklist at the end of your workout/set.

To start, you should be feeling muscular pain while lifting. The pain shouldn't be sudden and sharp, but rather a dull pain that gradually increases in severity as you approach failure. If you aren't feeling any pain in your muscle, you might not be training with adequately heavy weights. On the other hand, if you're feeling a sudden sharp pain that isn't fairly consistent throughout the range of motion, your form might need to improve. In this case, decrease the load by ~10-20% and focus on form. Another tool which you can use to see if you're pushing yourself hard enough is your energy levels after each set. While I prescribe rest period intervals between each set, you should feel as if you need that rest period. If you feel like you can replicate your strength from your

previous set after 30 seconds, you likely aren't training with heavy enough weight, or you might need to scale your RPE higher.

WHEN TO INCREASE LOAD

Progressive overload (pg 41) is an essential component to gaining muscle. Using RPE to manage effort and following a periodized program will set you up in a great position to achieve progressive overload, but this still begs the question: when exactly do I add weight to the bar?

This program is designed as a sort of "wave" loading with each block. For compound movements, you should ideally be able to add weight every 4 weeks. The first week is intentionally designed to be the easiest of the 4 weeks. Use this time to get comfortable executing the exercises while maintaining good form. The effort will slowly pick up throughout the 4 weeks, and you should finish it with a PR.

Isolation movements are a bit more complicated, as they have much more of a limit for how strong you can get on them. This is where RPE is uniquely beneficial, as it allows you to choose how much weight you need to use based on how difficult the exercise is intended on being. Since RPE is related to a max effort set (taken to failure), it's important to actually train to failure occasionally during each block as I mention in the RPE section. The best way to explain how to use RPE is to use an example. If you've been doing sets of 10 on a particular exercise with 20lbs, then you do a max effort set and get 18 reps, it's fair to say that you can increase weight by the next smallest increment (22.5lbs if it's a dumbbell). If you're only able to get 12 reps with the all-out

set, you've been working at a true RPE8 and likely don't need to increase weight. Over time, the weights you use will slowly start to decrease in RPE because you are getting stronger, so you will have to increase load to match the RPE.

NUTRITION

Nutrition is obviously a massive component to your physique and health. Now I am not an RD, so I highly recommend talking to your doctor about making any significant dietary changes. However, I do feel comfortable making some general dietary recommendations. I generally recommend a moderate protein diet (around .8g-1.0g/lb. of bodyweight per day) [34]. For example, if you weigh 120 lbs., aim to eat 96g to 120g of protein per day. Ideally your total daily protein will be broken up by multiple bouts of 25-40 grams of protein per meal but it's not mandatory.

Beyond that, you may gain more muscle by eating in a slight caloric surplus, but there is some evidence you can undergo body recomposition (gain muscle while losing fat) with some advanced nutritional strategies that have been outlined in Jeff Nippard's Body Recomposition Book. (https://www.jeffnippard.com/nutrition-plans/nutrition-guide)

Additionally, there are numerous calculators out there, but I think it's important to note that there are no magical macronutrient ratios. There are, however, macronutrient ratios, which will allow you to make progress while still being able to enjoy food. If you're goal is to build muscle and lose fat, you can do this without cutting out whole macronutrients, so NEVER eliminate carbohydrates or fats entirely as this will hurt your performance in the gym.

Ultimately, building muscle will improve global body composition; so keep muscular gains at the forefront. Carbohydrates are good for you from a body composition perspective and a health perspective. Carbohydrates can also give you energy, so I recommend eating carbs before and after you train. If you're eating a very low carbohydrate diet to begin with, introducing carbs back into your diet will likely make you gain water weight and glycogen weight. Don't panic, glycogen (the stored form of carbohydrates found in your muscle and liver) will actually make you appear more muscular. Also don't cut out or lower fats too much because fats are extremely important, especially for female hormonal health, along with many other physiological processes so make sure not to make any drastic dietary changes when you start lifting weights.

Like I said, I am not an RD or nutrition coach, so if you need more dietary guidance, I would recommend seeking out a reputable RD or health professional who specializes in nutrition.

CARDIO RECOMMENDATIONS

As previously mentioned, cardiovascular health is important independent of your physique. Cardiovascular health generally gets associated with endless hours of walking on the treadmill with a steep incline. This can be very counterproductive for physique improvements and potentially even factors of overall health and well-being. With that being said, the answer shouldn't be to only lift and do zero cardio. Three 30-minutes low intensity steady state (LISS) or keeping your heart rate between 105-130 beats per minute can provide a ton of benefits without eating into your strength

gains and busy schedule. **Ideally, cardio should be done after lifting weights to ensure you are fresh when you are lifting**. The actual modality of cardio doesn't actually matter as much as people tend to think so I would choose it based on what you personally enjoy.

As we will discuss in the next section, cardio can be integrated into a well-rounded warm-up routine.

WARM-UP

PURPOSE

The warm-up is a very important part of your workout and is exactly what it sounds like…warming up your body. A proper warm-up shouldn't take that long and should just serve to elevate your heart rate and get a little sweat going. There are 2 main things a warm-up should do: elevate your body's core temperature and prime your body to lift heavy loads without getting injured. Warm-ups will significantly depend on the individual, but it's a good idea to start out doing the full routine I've include on page 75, then only modifying it when you have a better sense of how your body works.

COMMON MISTAKES/MISCONCEPTIONS ABOUT WARMING UP

Now that we know the intended purpose of a warm-up, let's look at some common mistakes and misconceptions. A warm-up is not a full cardio session. While cardio can help to serve as a means of raising your body's core temperature, which is correlated with improved performance [35] you shouldn't be fatiguing yourself with excessive amounts of cardio.

Similarly with cardio, a warm-up for lifting isn't an entire yoga session. While mobility and flexibility are important for lifting, too much mobility (how much your joint can freely move) will increase your stability (how much you can resist joint movement). If your stability isn't adequately caught up to your mobility, you can be at an increased risk for injury. That isn't to say yoga itself is bad for lifting (in fact, it can be a great compliment to lifting), it just shouldn't be done right before a full weightlifting session. Additionally, a small amount of foam rolling, while painful, can give your body an acute increase in ROM [36] especially if you are sore and feel like you have a limited ROM.

HOW A GENERAL WARM UP DIFFERS FROM "WARM-UP SETS"

Now that your body is both at an appropriate core temperature and your mobility is improved, you will move onto your warm-up sets. Warm-up sets differ from the rest of your warm-up, as these are actual sets of the given exercise, but you will be performing them with significantly lighter weight than your workout sets. This will give your body time to focus on keeping your form as clean as possible while also ensuring

you aren't loading the muscle too quickly.

WARM-UP SET

1. Pyramid up in weight with 3-4 light sets, getting progressively heavier. Start with high reps with very light weight and then lower the number of reps as you increase weight.
2. Such a warm up is only required for Primary Exercises
3. For example, if you were working up to 4 sets of 4 reps on the deadlift, using
4. 200 lbs, you could warm up as follows:

- Bar (45 lbs) x 15 reps
- 95 lbs x 5 reps
- 135 lbs x 4 reps
- 185 lbs x 3 reps
- Then begin working sets with 200 lbs for 4 reps

WARM UP PROTOCOL

(BEFORE THE WORKOUT)

WORKOUT	EXERCISE	SETS	REPS / TIME	NOTES
	LOW INTENSITY CARDIO	-	5-10 MINS	YOUR MACHINE OF CHOICE
LOWER WARM-UP	WALL-SIT	2	30 SEC	SIT AT PARALLEL
	FRONT/BACK LEG SWING	2	12	12 EACH LEG
	SIDE/SIDE LEG SWING	2	12	12 EACH LEG
	STANDING GLUTE SQUEEZE	2	30 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
	LOW INTENSITY CARDIO	-	5-10 MINS	YOUR MACHINE OF CHOICE
UPPER BODY WARM-UP	ARM CIRCLES	2	15	LIGHT WEIGHT
	CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
	OVERHEAD SHRUG	2	15	LIGHT WEIGHT OR NO WEIGHT

Women's

OPTIMIZATION PROGRAM

WEEK 1

BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/8ZUUQg23mjs	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE8	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/TEFVVT_NuPg	GOOD MORNING	1	3	10	RPE7	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	6	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	6	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/78tm0BT4Miw	DIP	1	3	10	RPE7	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/1m4zHwc--kM	DUMBBELL ROW	1	3	12	RPE7	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
https://youtu.be/YZDTXP55Orw	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
https://youtu.be/r3b944bM6To	HIGH-TO-LOW FACE PULL	0	3	15	RPE8	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
https://youtu.be/qxAySNdkDmE	DUMBBELL ALTERNATING CURL	0	3	12	RPE8	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AawoMMbw6rs	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE9	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/xQ-1ARKIpIM	KNEE-BANDED LEG PRESS	1	2	15	RPE7	1-2 MIN						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/738oMmTUNss	KETTLEBELL SWING	0	2	30	RPE7	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/tFCeZJmF-0g	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE7	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
https://youtu.be/hGZgeyXQ1J4	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	1	2	10	RPE7	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MgLbQCswgLA	MACHINE CRUNCH	0	2	20	RPE7	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

Day 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	4	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/flr4ohSI0j8	MACHINE SHOULDER PRESS	1	3	15	RPE7	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/UbR4tfpojXc	BARBELL UPRIGHT ROW	1	3	10	RPE7	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
https://youtu.be/uCV40OQMGpM	CABLE REVERSE FLY	1	3	12	RPE7	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
https://youtu.be/tuRRcmFgMok	PREACHER CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	2	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	2	4	12	RPE8	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/SK58IfX5qUE	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE7	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
https://youtu.be/OegaGp_brPs	DUMBBELL FROG PUMP	1	3	20	RPE7	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE7	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's

OPTIMIZATION PROGRAM

WEEK 2

BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	RPE8	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
https://youtu.be/JJjiBawM8u4	A1: LEG EXTENSION	0	2	12	RPE8	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/qtF4VICzrgc	A2: LYING LEG CURL	0	2	12	RPE8	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	7	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN CABLE LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/5lKdJO9EXQI	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
https://youtu.be/fBZV_ToDWnM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/IvL3-3GxGjE	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	4	6	70%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	6	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	4	8	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/_YrXr_iwYFQ	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE8	2-3 min						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	10	RPE7	1-2 min						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 min						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE	0	3	15/15	RPE8	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
https://youtu.be/WTglBtduxIw	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/E-IKh2yDzgo	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE8	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
https://youtu.be/mZpKhRh5njM	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
https://youtu.be/GLkxU3SB_Uw	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/hGZgeyXQ1J4	CABLE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's OPTIMIZATION PROGRAM

WEEK 3

BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	5	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/8ZUUQg23mjs	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE9	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE8	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/TEFVVT_NuPg	GOOD MORNING	1	3	10	RPE8	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	8	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	6	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/78tm0BT4Miw	DIP	1	3	10	RPE8	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/1m4zHwc--kM	DUMBBELL ROW	1	3	12	RPE8	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
https://youtu.be/YZDTXP55Orw	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
https://youtu.be/r3b944bM6To	HIGH-TO-LOW FACE PULL	0	3	15	RPE9	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
https://youtu.be/qxAySNdkDmE	DUMBBELL ALTERNATING CURL	0	3	12	RPE9	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHYPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AawoMMbw6rs	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE10	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/xQ-1ARKIpIM	KNEE-BANDED LEG PRESS	1	2	15	RPE8	1-2 min						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/738oMmTUNss	KETTLEBELL SWING	0	2	30	RPE8	1-2 min						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/tFCeZJmF-0g	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE8	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
https://youtu.be/hGZgeyXQ1J4	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE8	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE8	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	1	2	10	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MgLbQCswgLA	MACHINE CRUNCH	0	2	20	RPE8	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	4	5	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/flr4ohSl0j8	MACHINE SHOULDER PRESS	1	3	15	RPE	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE8	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/UbR4tfpojXc	BARBELL UPRIGHT ROW	1	3	10	RPE8	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
https://youtu.be/uCV40OQMGpM	CABLE REVERSE FLY	1	3	12	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
https://youtu.be/tuRRcmFgMok	PREACHER CURL	0	3	12	RPE9	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE9	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	3	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	2	4	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/SK58IfX5qUE	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE8	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
https://youtu.be/OegaGp_brPs	DUMBBELL FROG PUMP	1	3	20	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE8	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE8	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's

OPTIMIZATION PROGRAM

WEEK 4

BLOCK 1

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE10	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	RPE9	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
https://youtu.be/JJjiBawM8u4	A1: LEG EXTENSION	0	2	12	RPE9	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/qtF4VICzrgc	A2: LYING LEG CURL	0	2	12	RPE9	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE10	1-2 MIN						DRIVE DOWN WITH YOUR HEEL TO FOCUS THE TENSION ON THE GLUTES.
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	0	2	12	RPE9	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE9	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
HTTPS://YOUTU.BE/AZFNDGN-S8A	TOP SET: BARBELL OVERHEAD PRESS	2	1	AMRAP	75%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
HTTPS://YOUTU.BE/AZFNDGN-S8A	BARBELL OVERHEAD PRESS	0	3	8	75%	3-4 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
HTTPS://YOUTU.BE/-NAGF3RCGPA	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
HTTPS://YOUTU.BE/P2T9DAXLPB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
HTTPS://YOUTU.BE/SC1XDVS3J-O	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
HTTPS://YOUTU.BE/0VVQ6OLHI4I	EGYPTIAN LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
HTTPS://YOUTU.BE/5LKDJO9EXQI	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	1-2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
HTTPS://YOUTU.BE/FBZV_TODWNM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
HTTPS://YOUTU.BE/IVL3-3GXGJE	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	TOP SET: BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	3	4	85%	3-4 min						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	4	6	75%	3-5 min						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	6	RPE8	2-3 min						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	3	12	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	10	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/_YrXr_iwYFQ	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE9	2-3 MIN						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	10	RPE8	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE8	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE (DROPSET)	0	3	15/15	RPE9	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
https://youtu.be/WTglBtduxIw	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION FOR FIRST 10 REPS/ TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/E-IKh2yDzgo	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE9	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
https://youtu.be/mZpKhRh5njM	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
https://youtu.be/GLkxU3SB_Uw	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/hGZgeyXQ1J4	MACHINE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's

OPTIMIZATION PROGRAM

WEEK 5

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/Ia3mcAUtTC4	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	2	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/YZDTXP55Orw	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
https://youtu.be/RDqcEtGi3BI	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
https://youtu.be/tuRRcmFgMok	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE.SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/qtF4VICzrgc	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/JJjiBawM8u4	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/xQ-1ARKIpIM	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/hGZgeyXQ1J4	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	4	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	ISOLATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/N301JWAHtvE	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
https://youtu.be/r3b944bM6To	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
https://youtu.be/Dd0t5UOCEUc	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxIcSapTHpo	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	4	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ntiYM2RI5wA	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/XPantXkn-Dg	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's

OPTIMIZATION PROGRAM

WEEK 6

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3eO8fdefc	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/VfiTjugSDCQ	A1: DUMBBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
https://youtu.be/TEFVVT_NuPg	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/GLkxU3SB_Uw	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/NAW0Yg4P4hE	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
https://youtu.be/qMej4KCwReE	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	7	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/o59FqNqbYwE	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
https://youtu.be/m1GAJ2F0Q_0	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/AeMHXHynsKs	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
https://youtu.be/5IKdJO9EXQI	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
https://youtu.be/fBZV_ToDWnM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/Q-xmQxEMpIQ	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
https://youtu.be/OegaGp_brPs	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/qtF4VICzrgc	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/YSsIPZlnGKw	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's

OPTIMIZATION PROGRAM

WEEK 7

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	5	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/Ia3mcAUtTC4	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	4	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/YZDTXP55Orw	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
https://youtu.be/RDqcEtGi3BI	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
https://youtu.be/tuRRcmFgMok	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE.SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/qtF4VICzrgc	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/JJjiBawM8u4	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/xQ-1ARKIpIM	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/hGZgeyXQ1J4	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	4	8	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	UNILATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/N301JWAHtvE	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
https://youtu.be/r3b944bM6To	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
https://youtu.be/Dd0t5UOCEUc	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxIcSapTHpo	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	TOP SET: DEADLIFT	4	1	AMRAP	85%	3-5 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	3	5	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ntiYM2RI5wA	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/XPantXkn-Dg	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's

OPTIMIZATION PROGRAM

WEEK 8

BLOCK 2

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3eO8fdefc	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/VfiTjugSDCQ	A1: BARBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
https://youtu.be/TEFVVT_NuPg	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/GLkxU3SB_Uw	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/-hAzO7PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/NAW0Yg4P4hE	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
https://youtu.be/qMej4KCwReE	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	3	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
HTTPS://YOUTU.BE/MFHDPEWDWPG	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	1	AMRAP	80%	2-3 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	3	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/o59FqNqbYwE	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
https://youtu.be/m1GAJ2F0Q_0	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/AeMHXHynsKs	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
https://youtu.be/5lKdJO9EXQI	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
https://youtu.be/fBZV_ToDWnM	CABLE SINGLE-ARM CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/Q-xmQxEMpIQ	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
https://youtu.be/OegaGp_brPs	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/qtF4VICzrgc	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/YSsIPZlnGKw	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's

OPTIMIZATION PROGRAM

WEEK 9 (DELOAD

BLOCK 3

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	4	3	3	75%	3-4MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	8	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3eO8fdefc	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	3	12	RPE7	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE6	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	3	5	70%	3-4MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	3	6	RPE7	2-3MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	1	3	8	RPE7	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	10	RPE7	2-3MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE	0	3	15	RPE7	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/Dd0t5UOCEUc	EZ BAR CURL	0	3	10	RPE7	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxIcSapTHpo	EZ BAR SKULL CRUSHER	0	3	10	RPE7	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	2	80%	3-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE6	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
https://youtu.be/qtF4VICzrgc	LYING LEG CURL	0	3	12	RPE6	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	3	4	8	65%	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/SqczJYIZXGw	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN LATERAL RAISE	0	3	10	RPE6	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/PH9IpLhJNmc	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	4	4	6	RPE6	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	2	3	10	RPE7	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/hGZgeyXQ1J4	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE7	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	3	12	RPE7	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	30SEC	RPE7	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's

OPTIMIZATION PROGRAM

WEEK 10 (TESTING)

BLOCK 3

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	TOPSET: BACK SQUAT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	2	5	80%	3-5MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3eO8fdefc	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/vCHMWIzS3Gs	SEATED HIP ABDUCTION	0	2	12	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	10	RPE8	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	TOPSET: BARBELL BENCH PRESS	3	1	AMRAP	85%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	0	2	5	80%	3-4min						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/-NagF3rCGpA	TOPSET: CHIN-UP	2	1	AMRAP	RPE10	4min						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/AzfnDGN-s8A	CHIN-UP	0	2	5	RPE7	2-3min						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/8raJEV0ksSk	BARBELL OVERHEAD PRESS	1	3	8	RPE7	1-2MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/y18whMZfRhY	BARBELL BENT OVER ROW	1	3	10	RPE8	1-2MIN						BEND OVER. PULL BARBELL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/vLpHw_5IozQ	DUMBBELL LATERAL RAISE	0	3	15	RPE8	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
https://youtu.be/Dd0t5UOCEUc	SEATED FACE PULL	0	3	15	RPE8	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/wxIcSapTHpo	EZ BAR CURL	0	3	10	RPE8	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxIcSapTHpo	EZ BAR SKULL CRUSHER	0	3	10	RPE8	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING)) / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR ~4+ REPS
https://youtu.be/4NjbwAbSkYw	DEADLIFT	0	2	3	80%	4-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/KO7SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE8	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
https://youtu.be/qtF4VICzrgc	LYING LEG CURL	0	2	12	RPE7	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	TOPSET: BARBELL OVERHEAD PRESS	3	1	AMRAP	80%	4MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR 10+ REPS
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	0	2	6	RPE8	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/SqczJYIZXGw	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN LATERAL RAISE	0	3	10	RPE7	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/PH9IpLhJNmc	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

STEPHANIE BUTTERMORE

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/ RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	4	4	6	RPE10	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	2	3	10	RPE8	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/hGZgeyXQ1J4	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE10	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr-_-wsM	STANDING CALF RAISE	0	3	12	RPE8	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	30SEC	RPE8	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

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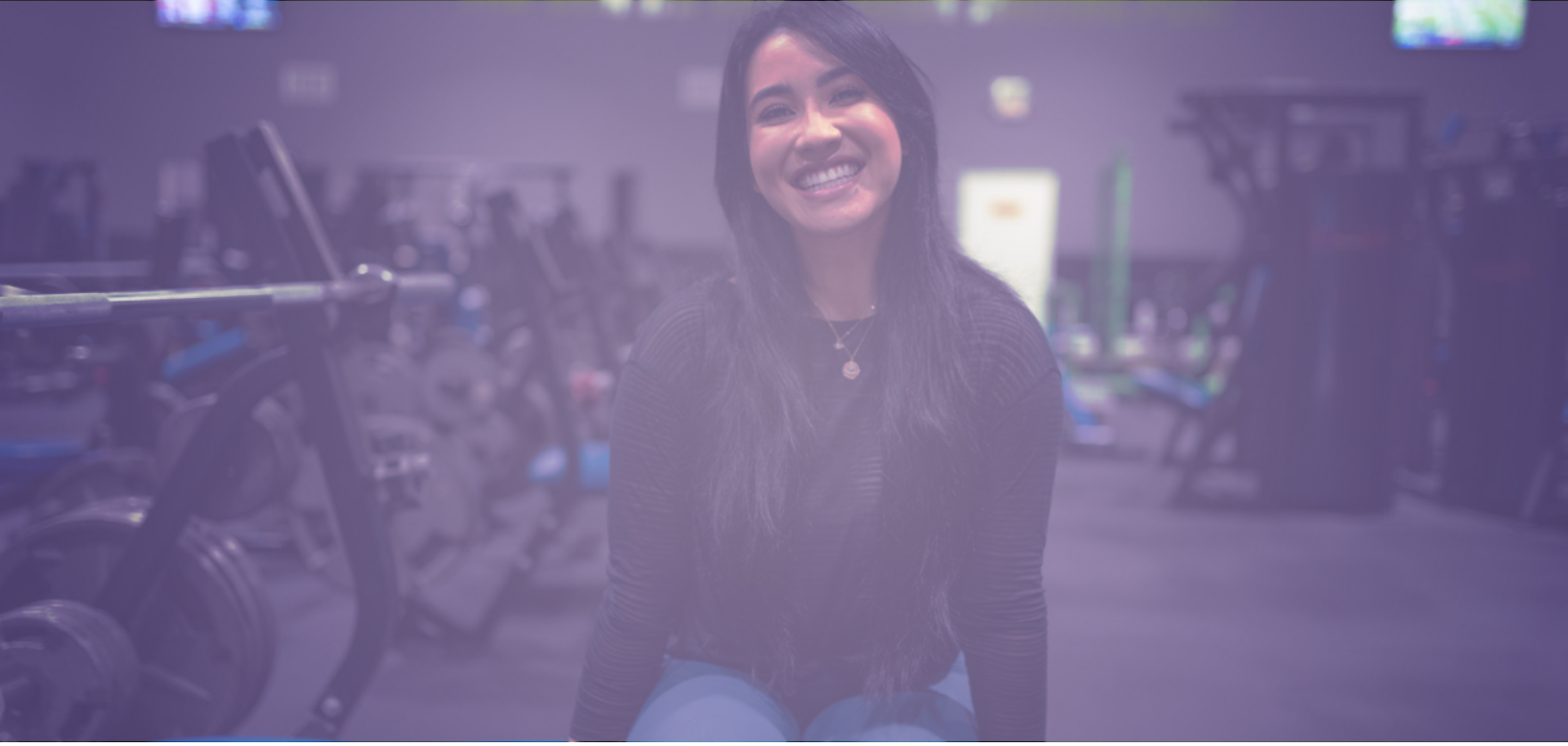

CONTACT STEPHANIE

For customer support ONLY in regards to this training program, please email StephanieButtermore@gmail.com. Please only email me if you have training related questions. In regards to nutrition, I cannot answer questions beyond the scope of what I've already included in this program, as I am not a registered dietician. Please reach out to an RD if you have nutrition questions.

As much as I love connecting with you on social media, I am not able to reliably respond to the questions received across platforms, so please direct any questions to the email above. Please allow for 3-5 business days for a reply.

Thank you so much for your support and good luck with the training!

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Women's OPTIMIZATION PROGRAM

INTERMEDIATE TO ADVANCED

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