



THIBARMY

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ABSOLUTE BACK

WEEK 1 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Back #1	Legs	Back #2	Chest + Delts	Back #3	Arms

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DAY 1 – BACK #1

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SINGLE ARM DB ROW	4 x 6-10 / arm	301	2 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range
B	DB PULLOVER	4 x 12/10/8/15+	311	3 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure) Pause for 1 sec at bottom
C	NEUTRAL GRIP LAT-PULLDOWN	3 x 8-10 + 5p	301	2 min	5p = add 5 partials at the end of the sets. Partial reps are submitted to the same tempo as full reps
D	SEATED CABLE STERNUM ROW	2 x 8-10	311	2 min	Pause for 1 sec at peak contraction
E1	LOW CABLE ROPE UPRIGHT ROW WITH TRAPS SQUEEZE	2 x 8-10	2012	-	Pause and peak for 2 sec at the top
E2	DUMBBELL SHRUG	2 x 10-12	2012	-	Peak contraction for 2 sec on each reps

DAY 2 – LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	LYING LEG CURL	3 x 6-8	411	1 min	Stretch for 1 sec at bottom, co-contraction with quads
A2	SSB SQUAT HEELS ELEVATED	5 x 6-10	301	2 min (4)	Ascending pyramid for the first 3 sets, 4th & 5th sets must be taken just short of failure with 4 minutes pause after 4th set Alternate with A1 for the first 3 sets, rest completely for set 4 and 5
B	LEG EXTENSION WITH ADDED BAND RESISTANCE	3 x 8-15*	3011	2 min	Ascending pyramid for the 3 sets *After the 3rd set, pull out the band and do AMRAP, drop off 20%, take 30 sec pause after, and do another AMRAP Hold for 1 sec peak contraction
D	GLUTE HAM RAISE WITH ADDED BAND RESISTANCE	3 x 6-10	301	2 min	Add a resistance band around your neck and execute fast/explosive concentric reps
E	LEG PRESS	1 x 20-25*	301	-	Take as many warm-up sets to get to a challenging 20-25RM *at the end of the sets, drop off 20% of the weight and wait 1 min, then do AMRAP. Drop another 20%, wait another minute and do AMRAP again. This resume the set

DAY 3 - BACK #2

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SEATED CABLE PRONATED GRIP ROW	2 x 10-15 1 x 6-8 1 x AMRAP*	301	3 min	*Back off set, drop 20% from the previous set and hit AMRAP
B1	STRAIGHT ARM PULLDOWN	5 x 8 + 5 partial	303 /201	-	Peak contraction for 3 sec on each rep After 5 reps, use partials reps to extend the sets
B2	BAND STRAIGHT ARM PULLDOWN	5 x 15-25	-	1 min	Pump out as many as you can
C	SINGLE ARM LAT-PULLDOWN	3 x 10	3011	2 min	Peak contraction for 1 sec on each rep
D	UPPERBACK DEADLIFT	4 x 10/8/6/12+	401	2 min	Pyramid up sets for the first 3 sets then back off sets for the last set

DAY 4 - CHEST + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	INCLINE DB PRESS	4 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range
B	15 DEGREES INCLINE REVERSE BAND SMITH MACHINE PRESS	4 x 12/10/8/15+	311	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure) Pause for 1 sec at bottom
C	30 DEGREES INCLINE DB FLYES	3 x 12-15 + STRETCH	301	2 min	STRETCH = stretch for 15-20 sec at the bottom. Keep tension in the pecs.
D	DB MILITARY PRESS*	4 x 8-10	311	2 min	Pause for 1 sec at bottom *Work with full range of motion, start each rep from the shoulders, no half ass reps
E1	CABLE LATERAL RAISE	2 x 10-12	2011	-	Pause and peak at the top
E2	TOP BOTTOM BENT OVER DB LATERAL RAISE	2 x 10-12	301	-	Keep reps from half range to top
E3	BOTTOM HALF BENT OVER DB LATERAL RAISE	2 x 10-12	301	90 sec	Keep reps from bottom to half range
F	MACHINE SHOULDER PRESS	2 x 8-10 + DS + DS	301	-	DS = drop set -20% of the weight, go to concentric failure, rest 15 sec before starting the DS

DAY 5 – BACK #3

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	WIDE PRONATED GRIP LAT-PULLDOWN	4 x 8	401	45 sec	Focus on tempo and contraction, not weight. Recovery is not enough to allow for performance on this one, reach full upper body pump
B	NARROW SUPINATED GRIP LAT-PULLDOWN	3 x 8*	401	45 sec	Same thing as A, different grip. You should ask yourself how you will finish those sets at this moment *At the end of the third set, drop down 20% and hold the barbell at peak contraction for 15-20 sec while trying to crutch the bar.
C	45 DEGREES INCLINE BENCH CABLE ARM PULLDOWN	3 x 12-15*	301	1 min	
D1	T-BAR ROW	4 x 6-10	301	-	
D2	FACE PULL	4 x 12-15	311	-	Pull at shoulder level
D3	BENT OVER LATERAL RAISE	4 x 8-12	301	2 min	

DAY 6 - ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	SINGLE ARM STANDING BARBELL PREACHER CURL	5 x 8-15	301	30 sec	Start light and build up through the sets to a challenging 8 reps sets (not max but challenging)
A2	CROSS CABLE TRICEPS EXTENSION	5 x 10-15	3011	30 sec	Peak every rep for 1 sec, no need to add weight here, just make sure every contraction is maximized, fatigue should make the subsequent set harder and harder.
B1	INCLINE 45 DEGREES DB CURL	4 x 6-10	3011	-	Peak contraction for 1 sec on each rep
B2	INCLINE 45 DEGREES DB TRICEPS EXTENSION	4 x 8-12	311	1 min	Stretch for 1 sec at the bottom position
C1	DB HAMMER CURL	3 x 8-10	301	-	
C2	BANDED CURL	3 x 20-25	201	90 sec	Try to pump what's left off
D1	MACHINE DIPS	3 x 6-10	511	-	Focus on slow eccentric and hold the bottom position for 1 sec before the concentric
D2	ROPE TRICEPS PUSHDOWN	3 x 12-15	301	90 sec	



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ABSOLUTE BACK

WEEK 2 / 4

SCHEDULE					
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Back #4	Legs	Back #5	Chest & Delts	Back #6	Arms

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DAY 1 – BACK #4

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	STRAIGHT ARM PULLDOWN WITH ADDED BAND RESISTANCE	2 x 5 + AMRAP	505 (301)	2 min	Work up to a challenging sets of 5 reps with the added band resistance. Once done, drop the band off and pump as many reps as you can to failure
B	DECLINE BARBELL PULLOVER WITH ADDED BAND RESISTANCE	2 x 5 + AMRAP	505 (301)	2 min	Same as A
C	RACK PULL	4 x 6-10	311	3 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range Pause for 1 sec at the bottom
D	NEUTRAL GRIP LAT-PULLDOWN	3 x 10-15	301	2 min	Heaviest set of 10 is first working set, then 2 back off set to stay within the rep range
E	SEATED FACE PULL	4 x 8-12	401	1 min	

DAY 2 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	3 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
B1	DUMBBELL SQUAT WITH HEELS ELEVATED	4 x 12	601	90 sec	Very slow eccentric of 6 sec
B2	LEG EXTENSION	1 x 15-20	301	-	Immediately following the last set of B1, sit on a leg extension and pump out 15 to 20 hard reps. Reach failure.
D	BARBELL HIP THRUST	3 x 8-10	301(3)	90 sec	*5 first reps with a 3 sec peak contraction, then 3-5 normal reps
E	LYING LEG CURL BODY EXTENDED	4 x 8*	301	1 min	*On last set, extend with partial reps to failure

DAY 3 – BACK #5

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	NEUTRAL GRIP SEATED CABLE ROW	3 x 8-12	301	1 min	Drop off weight if needed to stay within the rep ranges
B	45 DEGREES INCLINE PRONATED WIDE GRIP LAT-PULLDOWN	3 x 8-12*	301	1 min	Drop off weight if needed to stay within the rep ranges *Add 4-6 partial reps at the end of each sets. Partial reps are submitted to the same tempo as full reps.
C	REVERSE PEC DECK	3 x 8-12*	301	1 min	Drop off weight if needed to stay within the rep ranges *Add 4-6 partial raps at the of each set. Partial reps are submitted to the same tempo as full reps.
D	ROPE STRAIGHT ARM PULLDOWN	3 x 8-10 1 x AMRAP*	301	2 min	*Drop off 20% of the weight and do AMRAP
E1	BARBELL SHRUG	3 x 8	3012	-	Make sure to hold 2 sec peak contraction at the top
E2	LOW CABLE ROPE UPRIGHT ROW	3 x 10	2011	90 sec	Make sure to hold 1 sec at the top

DAY 4 - CHEST & DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	15 DEGREES INCLINE DB PRESS	3 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
A2	STRICT DIPS	1 x 8-10 1 x AMRAP bodyweight	301	2 min	Work up to a 8-10RM with added weight, then drop off the weight, take 2 min rest and hit AMRAP with bodyweight only
B1	INCLINE MACHINE PRESS	3 x 8-10	301	-	Nothing special here, just make sure to pump 8 to 10 smooth reps, no momentum and feel the muscle contraction from the start to finish
B2	PEC DEC MACHINE	3 x 12*	301	2 min	*4 first reps with a 3 sec stretch bottom, 4 reps normal, and last 4 reps partial at the top with 3 sec peak contraction
C1	CROSS CABLE REAR DELTS	4 x 10-12	2011	-	1 sec peak contraction on each rep
C2	BENT OVER DB LATERAL RAISE	4 x 10-12	301	-	Resist the need to swing the DBs, focus on a nice contraction at the top and lower the weight under control
D1	BANDED FACE PULL	4 x 15-20	201	1 min	
D2	MACHINE SHOULDER PRESS	3 x 8-12*	301	90 sec	*Introduce a 3 sec isometric pause mid way through the concentric part

DAY 5 - BACK #6

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	CHEST SUPPORTED UPPERBACK DB ROW	4 x 10-12	303	-	Slow concentric & eccentric reps
A2	BAND PULL APART	4 x 15	201	1 min	
B	ASSISTED PULL-UP (MACHINE OR BAND)	4 x 6-8	6111	2 min	Fully contract chest at the top for 1 second, slow down the eccentric for 6 seconds and stretch at the bottom for 1 second.
C	MACHINE ROW	5 x 12*	301(5)	1 min	*Add 5 sec isometric contraction every 4 reps, squeeze as hard as you can
D1	NEUTRAL GRIP LAT-PULLDOWN	4 x 12	301	-	
D2	ROPE STRAIGHT ARM PULLDOWN	4 x 8-12	301	90 sec	
F1	SMITH MACHINE BEHIND THE BACK SHRUG ROW	3 x 12	301	-	
F2	SMITH MACHINE BEHIND THE BACK SHRUG	3 x AMRAP*	201	2 min	*Don't put down the weight from F1, keep the same weight and extend the set by doing as many behind the back shrugs as you can.

DAY 6 - ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BARBELL STRICT PRESS	1 x 6	301	3 min	Work up to 6RM
B	PUSH PRESS	1 x 6	201	3 min	Start from the weight used in the final set of A, and continue to work up to 6RM on push press.
C1	PREACHER CURL	3 x 8-10	301	-	Nothing special here, just make sure to pump 8 to 10 smooth reps, no momentum and feel the muscle contraction from the start to finish
C2	FRENCH PRESS	3 x 12 + STRETCH	301	2 min	STRETCH=after completing the 12 reps, hold the DB in the stretch position at the bottom for 15-20 sec
D	DB ZOTTMAN CURL	4 x 6-10	4212	1 min	2 sec stretch at bottom and 2 sec peak contraction at the top
E1	STANDING BARBELL CURLS	5 x 6-8*	301	-	Use a fat bar or Fat Gripz if you have them
E2	LYING EZ BAR TRICEPS EXTENSION	5 x 8-12	301	1 min	
F	MACHINE TRICEPS DIPS	4 x 8-12	501	90 sec	Slow the eccentric down for 5 sec



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ABSOLUTE BACK

WEEK 3 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Back #7	Legs	Back #8	Chest & Delts + back #9	Delts + Arms

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DAY 1 - BACK #7

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	RACK PULL	5 x 5	311	1 min	Pause for 1 sec at the bottom
B	STERNUM PULL-UP	5 x 5-7	401	1 min	Try to pull your chest to the bar with a slight body angle
C	SINGLE ARM DB ROW	4 x 6 / arm	301	1 min	
D1	BEHIND THE BACK LAT-PULLDOWN	3 x 8-10	3012	1 min	Peak contraction for 2 sec on each reps
D2	WIDE PRONATED GRIP LAT-PULLDOWN	3 x AMRAP*	301	1 min	*Use the same weight as D1 and do AMRAP

DAY 2 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	5 x 5	311	1 min	Pause for 1 sec at the bottom
B	GLUTE HAM RAISE	5 x 5-7	401	1 min	
C	BARBELL ALTERNATING LUNGES	3 x 10 / leg	301	1 min	
D	LEG PRESS FEET LOW	5 x 10*	301	1 min	*Use 1 ½ reps

DAY 3 – BACK #8

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	NEUTRAL GRIP PULL-UP	1 x 12-15RPS + ISO HOLD**	301	30 sec	<p>RPS = rest pause set Use a weight that challenges you for 6-8 reps and try to it 12-15 reps using rest-pause set method. When reaching failure for the first 6 to 8 reps, take 15-20 sec rest and try a couple more reps until reaching second failure. Then take another 15-20 seconds and try a final try to reach the prescribed number of reps until third failure.</p> <p>ISO-HOLD = at the end of the set, hold the bar at peak contraction for as long as you can. Focus on contracting hard.</p> <p>**This giant set is intended to be done in 1 crazy hard set but you need to warm-up carefully before attempting the set.</p>
A2	NEUTRAL GRIP LAT-PULLDOWN	1 x 12-15RPS* + STRETCH	401	15 sec	<p>RPS=rest-pause set</p> <p>*When ending A1, immediately reach dumbbells and start A2. Reach 3 times failure to fall within the prescribed reps.</p> <p>STRETCH = at the end of the set, Hold the weight in the stretch position at the top for 15-20 sec</p>
A3	WIDE GRIP STRAIGHT ARM PULLDOWN	1 x 20-25 sec	-	3 min	Pick a weight you can lift for 15 reps and extend the sets with partials reps
B1	SUPINATED GRIP SEATED ROW	4 x 8-10	3011	-	*Make sure to pause for 1 sec at peak contraction.
B2	SEATED ROPE FACE PULL	4 x 12-15	2012	1 min	Hold and peak for 2 sec at the peak contraction
C1	NEUTRAL GRIP DB SHRUG	3 x 8	3011	-	Pause for 1 sec at peak contraction
C2	NEUTRAL GRIP DB SHRUG	3 x AMRAP*	301	2 min	*Drop off -20% and do AMRAP

DAY 4 - CHEST & DELTS + BACK#9

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	BARBELL BENCH PRESS	5 x 5	311	1 min	Pause for 1 sec at the bottom
A2	STERNUM PULL-UP	5 x 5-7	401	1 min	Try to pull your chest to the bar with a slight body angle
B1	BARBELL STANDING MILITARY PRESS	5 x 6	301	1 min	
B2	BEHIND THE BACK LAT-PULLDOWN	5 x 8-10	3012	1 min	Peak contraction for 2 sec on each reps
C1	STRICT DIPS	4 x 6-8	301	1 min	Add a weight belt if you can
C2	WIDE GRIP BARBELL UPRIGHT ROW	4 x 8-10	3011	1 min	Peak contraction for 1 sec at the top on each rep
D	UPPERBACK DEADLIFT	6 x 6-8	401	2 min	

DAY 5 - DELTS + ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	BARBELL FRONT RAISE	4 x 8	301	-	
A2	60 DEGREES SEATED DB PRESS	4 x 12	301	1 min	Use full range of motion, start dumbbell from the shoulder, no half ass reps
B1	CABLE CROSSOVER TRICEPS EXTENSION	3 x 6-12	3111	-	Don't focus on big weight here, we want maximal contraction capacities. Peak contraction for 1 sec, stretch for 1 sec on each rep
B2	HIGH CABLE BICEPS CURL	3 x 6-12	3111	2 min	Same thing here, make sure you contract the biceps as hard as you can Peak contraction for 1 sec, stretch for 1 sec on each rep
C1	STANDING BARBELL BICEPS CURL	4 x 12/10/8/15+	301	1 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
C2	WRIST STRAP HANDLE SMITH MACHINE LYING TRICEPS EXTENSION	4 x 10/8/6/12+	301	1 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
D1	INCLINE DB CURLS	3 x 8-10	401	-	
D2	INCLINE DB TRICEPS EXTENSION	3 x 6-10	411	2 min	Stretch for 1 sec at bottom



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ABSOLUTE BACK

WEEK 4 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Legs	Back #10	Chest + Delts	Back #11	Arms	Back #12

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DAY 1 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	1 x 5 2 x 5 cluster*	301	3 min	Work up to 5RM Cluster = do one reps every 15 sec until you reach 5 reps. *Keep the same weight you did with the 5RM
B1	REVERSE BAND SMITH MACHINE BACK SQUAT WITH FEET FORWARD	4 x 6-10	301	-	Top set of 6 reps is first working set, back off weight for the subsequent sets to stay within the rep range
B2	LEG EXTENSION	4 x 8-12	301	2 min	
C	LEG PRESS	3 x 6/8/10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range

DAY 2 - BACK #10

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	RACK PULL	1 x 5 2 x 5 cluster*	301	3 min	Work up to 5RM Cluster = do one reps every 15 sec until you reach 5 reps. *Keep the same weight you did with the 5RM
B	SINGLE ARM LANDMINE BARBELL BENT OVER ROW	4 x 6-10 / arm	301	2 min	Top set of 4 is first working set, back off weight for the subsequent sets to stay within the rep range
C	NEUTRAL GRIP SEATED ROW	3 x 6/8/10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
D	HIGH PULL	6 x 8/6/4/8/6/4	301	3 min	Wave loading: 2nd wave should be slightly heavier than the first
E	BARBELL UPRIGHT ROW	4 x 8-12	3012	1 min	Hold at the top for 2 sec peak contraction

DAY 3 – CHEST & DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB BENCH PRESS	1 x 6 2 x AMRAP*	301	3 min	Work up to 6RM Drop off -20% and do AMRAP
B	DECLINE BARBELL BENCH PRESS	4 x 6-10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
C1	INCLINE MACHINE PRESS	3 x 8-10	301	-	
C2	CABLE FLYS	3 x 10-12	301	-	
C3	PUSH UP	3 x 6-12	301	2 min	Hold at the top for 2 sec peak contraction
D	MUSCLE SNATCH	6 x 6*	501	1 min	No heavy weight here, make sure you can lift the bar quick and slow the eccentric down in 5 seconds
E1	FACE PULL	4 x 8	3012	-	Peak contraction for 2 seconds on each rep
E2	SEATED INCLINE BARBELL FRONT RAISE	4 x 8-10	301	1 min	

DAY 4 – BACK #11

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	NEUTRAL GRIP LAT-PULLDOWN	3 x 8-12 1 x AMRAP*	301	2 min	Top set of 8 is first working set. Drop weight on set #2 and #3 to stay within the rep ranges. *When the 3rd set is done, drop 20% of the weight you did on the last set and rest 2 min. Do AMRAP on this set
B1	DB PULLOVER	3 x 10-12	301	-	Drop weight on each set to make sure you stay within the rep ranges
B2	ROPE STRAIGHT ARM PULLDOWN	3 x 10-12	401	-	
B3	ROPE BENT ARM PULLDOWN	3 x 12*	301(5)	3 min	Isometric hold for 5 sec every 4 reps *Drop off weight to make sure you can extend the set for the 12 reps
C1	BENT OVER LATERAL RAISE	3 x 6-8	301	-	
C2	REVERSE PEC DECK	3 x 12-20	301	90 sec	Extend set with partial reps

DAY 5 - ARMS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	PREACHER CURL	3 x 6-10	301	45 sec	Top set of 6 is first working set. Drop weight on set #2 and #3 to stay within the rep ranges. *When the 3rd set is done, drop 20% of the weight you did on the last set and rest 2 min. Do AMRAP on this set
A2	CLOSE GRIP BENCH PRESS	3 x 5-8	301	45 sec	Drop weight on each set to make sure you stay within the rep ranges
B1	INCLINE DB CURL	4 x 6-8	501	45 sec	
B2	SKULLCRUSHER	4 x 6-8	501	45 sec	
C1	STANDING BARBELL CURL	3 x 21's	201	-	21's=7 bottom half reps, 7 top half reps, 7 full reps
C2	ROPE TRICEPS PUSHDOWN	3 x 12-15*	301	1 min	*Extend sets with 5-10 bottom half partial reps

DAY 6 - BACK #12

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	MACHINE ROW	3 x 5	5031	1 min	Slow reps both the eccentric (5 sec) and concentric (3 sec) with a 1 sec peak contraction. Focus on mind-muscle connection.
B1	BENT OVER BARBELL ROW	4 x 10/8/6/6	321	2 min	Pyramid up set
B2	UPPERBACK DEADLIFT	1 x AMRAP	301	2 min	Immediately following the last set of B1, take 2 min rest and do AMRAP on B2
C1	WIDE PRONATED GRIP LAT-PULLDOWN	1 x 6 + DS + DS	301	2 min	Work up to top set of 6 reps Drop set: drop off ~20%, rest 15-20 sec and do AMRAP. Drop off another 20% and rest again for 15-20 sec. Finish with another AMRAP.
C2	NEUTRAL GRIP LAT-PULLDOWN	1 x 20*	301	3 min	Following C1, take 2 min rest and start C2. Do 1 all out set. Use a weight you can lift for 10-12RM and try to reach 20 using multiple rest-pause set
D	45 DEGREES INCLINE BENCH CABLE ROW STRAIGHT ARM ULLDOWN	4 x 12/10/8/15+	301	1 min	Pyramid up sets for the first 3 sets then back off sets for the last (try to hit 15 up to failure)