



THIBARMY

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ABSOLUTE LEGS

WEEK 1 / 4

SCHEDULE

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

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DAY 1 – LEGS #1

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SSB SQUAT	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	LEG PRESS FEET LOW	4 x 12/10/8/15+	301	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
C	LEG EXTENSION	3 x 12-15 + ISO HOLD	301	2 min	5p = add 5 partials at the end of the sets. Partial reps are submitted to the same tempo as full reps ISO HOLD = hold at the top for 15-20 sec at the end of the set
D	GLUTE HAM RAISE	2 x 8-10	311	2 min	Pause for 1 sec at bottom fully stretched
E1	ROMANIAN DEADLIFT	2 x 10-12	401	-	
E2	LYING LEG CURL BODY EXTENDED	2 x 10-12	301	-	
E3	LYING LEG CURL BODY FLEXED	2 x 6-12*	301	90 sec	*Use partials reps to finish the sets

DAY 2 - 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 3 – LEGS #2

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	LEG CURL	3 x 6-8	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
A2	FRONT SQUAT	3 x 5-7	311	2 min	Heaviest set of 5 is first working set, then 2 back off sets to stay within the rep range Pause for 1 sec at bottom
B	REVERSE BAND HACK SQUAT	3 x 15-20	301	2 min	
C	BARBELL ROMANIAN DEADLIFT WITH ADDED BAND AROUND THE HIPS	2 x 6-10	311	3 min	Work to a 10RM, try to do 2 sets with the same weight
D	SINGLE LEG BACK EXTENSION	2 x 6-10	3011	1 min	

DAY 4 – BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SINGLE ARM DB ROW	1 x 6-8	301	2 min	Build up to a heavy hard set of 6 to 8 reps
B	WIDE GRIP LAT-PULLDOWN	4 x 10/8/6/12+	3011	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 peak contraction
C	CLOSE/NEUTRAL GRIP LAT-PULLDOWN	2 x 8 + DS	301	2 min	DS = Drop 20% and hit AMRAP
D	SEATED CABLE STERNUM ROW	3 x 6-10	3012	2 min	Squeeze upper back as hard as you can for 2 sec on each reps
E1	NEUTRAL GRIP PULL UP	3 x 5	201	-	Just pump out 5 pull-ups
E2	CLOSE SUPINATED PULL UP	3 x 5	201	-	Same shit different grip
E3	CLOSE/NEUTRAL GRIP LAT PULLDOWN	3 x 10-12	301	1 min	You should feel nothing less than pure discomfort from the lats at this moment...get through it

DAY 5 – LEGS #3

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	LEG EXTENSION WITH ADDED BAND RESISTANCE	2 x 5 + AMRAP	505 (301)	2 min	Work up to a challenging set of 5 reps with the added band resistance. Once done, drop the band off and pump as many reps as you can to failure. Do this for the 2 sets
B	LEG CURL	2 x 5 + AMRAP	505 (301)	2 min	Same as A
C	LEG PRESS	3 x 6-10	321	3 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range Pause for 2 sec at the bottom
D	HACK SQUAT	1 x 15	301	2 min	Work up to a challenging set of 15 reps
E	SINGLE LEG PRESS WITH HIGH FOOT	3 x 20-25	401	-	Do 20-25 reps with one leg, then no rest and continue with the other one, when done, switch immediately on the other one and resume second set. No rest until 3 sets are done.

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 rep 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 LEGS

WEEK 2 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Chest + Back	Legs #4	Delts + arms	Legs #5 (quad emphasis)	Legs #6 (hamstring emphasis) + back

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DAY 1 - CHEST + BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	15 DEGREES INCLINE DB PRESS	6 x 6-8	311	1 min	Pause for 1 sec at the bottom
A2	WIDE GRIP PULL-UP	6 x 6-10	401	1 min	
B1	STRICT DIPS	4 x 6-10	301	1 min	First set of 6 is first working set. Drop off weight in the subsequent sets to stay within the rep ranges
B2	NEUTRAL GRIP SEATED CABLE ROW	4 x 10-12	3012	1 min	Peak contraction for 2 sec on each reps
C1	CABLE FLYES	3 x 8-10	3012	-	Peak contraction for 2 sec on each reps
C2	30 DEGREES INCLINE DB FLYES	3 x 6-10 + STRETCH	331	1 min	Stretch for 3 sec at the bottom STRETCH = stretch for 15-20 sec bottom at the end of the set
D	UPPERBACK DEADLIFT	6 x 6-8	401	2 min	

DAY 2 - LEGS #4

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	SINGLE LEG HIP THRUST	3 x 12	301(3)	90 sec	*6 first reps with a 3 sec peak contraction, then 6 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 - DELTS + 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 use in the final set of A, and continue to work up to 6RM on push press.
C1	SEATED LATERAL RAISE	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	STANDING DUMBBELL LATERAL SWING	3 x 12*	301	2 min	*1/3 of the range with a heavier weight than C1
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

DAY 4 - LEGS #5 [QUAD EMPHASIS]

	EXERCISE	SETS X REPS	TEMPO	REST	NOTES
A	SSB SQUAT WITH HEELS ELEVATED	4 x 6-8	3111	2 min	Pause for 1 sec at bottom, and 1 sec at the top
B	LEG PRESS	3 x 8*	401	2 min	*Add 4-6 partials reps at the end of the sets
C	FRONT FOOT ELEVATED SPLIT SQUAT	3 x 8-10 / leg	301	1 min	Put your front foot on a box
D	BARBELL REVERSE LUNGES	4 x 6-8 / leg	401	2 min	

DAY 5 - LEGS #6 [HAMSTRING EMPHASIS] + BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SUMO DEADLIFT	1 x 5	301	3 min	Work up to 5RM
B	NEUTRAL GRIP PULL-UP	1 x 5 1 x bodyweight*	301	2 min	Work up to 5RM *After heaviest set of 5, drop off the added weight, rest 2 min and do AMRAP with bodyweight only
C	ROMANIAN DEADLIFT	3 x 8-10	301	2 min	
D	SUPINATED GRIP SEATED CABLE ROW	3 x 8-10	301	2 min	
E	BACK EXTENSION WITH ADDED RESISTANCE BAND	3 x 8-12	301	1 min	Add resistance band around your neck



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ABSOLUTE LEGS

WEEK 3 / 4

SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Chest + Delts	Back	Legs #7	Delts + Arms	Legs #8	Biceps + Legs #9

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DAY 1 – CHEST + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	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
B	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
C1	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
C2	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
E1	CROSS CABLE REAR DELTS	4 x 10-12	2011	-	1 sec peak contraction on each rep
E2	BENT OVER DB LATERAL RAISE	4 x 10-12	301	-	Resist the need to swing the DB's, focus on a nice contraction at the top and lower the weight under control
E3	BANDED FACE PULL	4 x 15-20	201	1 min	-
F	MACHINE SHOULDER PRESS	3 x 8-12*	301	90 sec	*Introduce a 3 sec isometric pause mid way through the concentric part

DAY 2 – BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	CLOSE/NEUTRAL GRIP LAT-PULLDOWN	1 x 10-15	301	-	Build up to a challenging 10-15 reps set, use as many warm up sets as you need
A2	ROPE STRAIGHT-ARM PULLDOWN	1 x 12-15*	301	1 min	Build up to a challenging 12-15 reps set, use as many warm-up sets as you need *At the end of the last set, drop down 20% of the weight and do AMRAP to failure
C1	NEUTRAL GRIP PULL-UP	1 x 5-8 1 x AMRAP bodyweight	301	2 min	Build up to a challenging set of 5 to 8 reps, then drop the added weight, wait 2 minutes and do AMRAP bodyweight
C2	ROPE STRAIGHT ARM PULLDOWN	1 x 20-25*	301	-	Do the sets right after the AMRAP set on C1, extend the set to 20-25 reps with a weight you can lift +/-15 times using partials reps to failure
D1	BENT OVER BARBELL ROW	3 x 6-8	301	-	
D2	UPPERBACK DEADLIFT	3 x 6-8	301	3 min	Don't put the bar down following D1 and extend the set with upper back deadlift
E	MACHINE ROW	3 x 10	5013	1 min	Hardest contraction you can do

DAY 3 - LEGS #7

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 4 - 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 12 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

DAY 5 – LEGS #8

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE BAND HACK SQUAT	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 90 degrees for as long as you can. Focus on contracting the chest 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	LEG EXTENSION	1 x 15-20RPS* + ISO-HOLD	401	15 sec	<p>RPS=rest-pause set</p> <p>*When ending A1, immediately reach the leg extension station and start A2. Reach 3 times failure to fall within the prescribed reps.</p> <p>ISO-HOLD = Hold at the peak contraction for as long as you can</p>
B1	SMITH MACHINE ON ROMANIAN DEADLIFT	4 x 8-10	311	-	*Make sure to pause for 1 sec at bottom, contract the glutes before the concentric
B2	LEG CURL	4 x 12-15	2012	2 min	Hold and peak for 2 sec at the top
C1	STANDING CALVE RAISES	3 x 8-10	2222	-	2 sec stretch at bottom and 2 sec peak contraction at the top
C2	BODYWEIGHT CALF RAISES FROM THE FLOOR	3 x AMRAP	2012	2 min	Do as many as you can following C1 Peak contraction for 2 sec on each reps

DAY 6 – BICEPS + LEGS #9

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE GRIP PULL-UP FOR BICEPS	5 x 3-5	901	45 sec	Make sure you put emphasis on biceps here. Do a fast concentric then go very slow on the eccentric for 9 seconds ensuring full biceps contraction all long. Push yourself with your feet if you can't complete more concentric reps.
A2	LYING LEG CURL	5 x 5	301(3)	90 sec	Take a 3 second pause mid way through the concentric phase
B1	BARBELL LUNGES WITH 90 DEGREES ISOMETRIC HOLD BICEPS CURL	3 x 15 / leg	301	-	Hold a barbell at 90 degrees with the biceps then resume the lunges
B2	STANDING BARBELL CURL	3 x AMRAP	201	2 min	Don't drop the bar when B1 is finish, stand up and try to pump out as many curls as you can with the same weight. If you can't complete any more reps, you can take a lighter barbell to resume the set.
C1	STANDING HAMMER CURL	3 x 12	3012	-	Make sure to hold 2 sec peak contraction at the top
C2	DB SQUAT WITH HEELS ELEVATED	3 x 15-20	501	1 min	Don't drop the weight after C1, with the same weight, start C2 immediately with slow eccentric squat with heels elevated.
F1	EZ BAR REVERSE CURL	3 x 12	301	-	
F2	ROMANIAN DEADLIFT	3 x 12-15	301	1 min	



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WEEK 4 / 4

SCHEDULE

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

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DAY 1 – CHEST + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BARBELL BENCH PRESS	6 x 8/6/4/8/6/4	301	2 min	Wave loading: 2nd wave should be slightly heavier than the first
B	SEATED DB MILITARY PRESS	4 x 10/8/6/12+	301	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 12 up to failure)
C	CLOSE GRIP FLOOR PRESS	4 x 8-10*	321	1 min	Pause on the floor for 2 sec before the concentric phase. *Add 4-6 partial reps at the end of each sets. Partial reps are submitted to the same tempo as full reps.
D	30 DEGREES INCLINE DB FLYS	2 x 8-10 + DS + DS	301	3 min	DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.
E1	SEATED INCLINE DB LATERAL RAISES	2 x 12 + DS + DS	3012	-	Hold at the top for 2 sec peak contraction DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.
E2	DECLINE EZ BAR TRICEPS EXTENSION	2 x 10-12	301	1 min	
E3	ROPE TRICEPS PUSHDOWN	1 x 10-15	301	-	Following the last set of E2, switch for E3 with no rest and do 10-15 reps to failure

DAY 2 - LEGS #10

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 rep 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
D	LYING LEG CURL	4 x 10/8/6/6	301	2 min	

DAY 3 – BACK + BICEPS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE GRIP PULL-UP	5 x 6-10	301	-	Reach failure only on the last set
A2	STRAIGHT ARM PULLDOWN	1 x 15-20*	301	2 min	*At the end of A1, immediately start a straight arm pull-down with a 15rm load and go to total failure. Extend the set with partial reps at the end.
B1	BENT OVER BARBELL ROW	3 x 8-10 2 x 8-10	301	2 min	Drop off weight if needed to stay within the rep ranges
B2	UPPERBACK DEADLIFT	2 x 8-10*	301	-	Mix C2 & C3 with the last 2 sets of C1 only *Don't take your hands off the bar and brace your abs, start some upper back deadlift with the same load, should not be heavy but with the muscle fatigue induce, it should already be hard on the upper back.
B3	DEADLIFT	2 x 8-10	311	3 min	At the end of C2, change for a full deadlift and take 1 sec to reset your position before lifting on each reps.
C	DB PULLOVER	3 x 10	301	90 sec	
D	INCLINE SEATED DB CURL	5 x 10	401	1 min	
E	HIGH CABLE BICEPS CURL	3 x 8-12	3012	1 min	Peak contraction for 2 sec on each reps
F	MACHINE BICEPS CURL 2/1 TECHNIQUE	3 x 8-10	301	2 min	*2/1 technique: lift the concentric with both arms and do the eccentric with one arm only. Alternate arm at each rep

DAY 4 – LEGS #11

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	LEG PRESS	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	LEG PRESS FEET LOW	3 x 10-12*	301	-	Drop weight on each set to make sure you stay within the rep ranges
B2	DB'S SQUAT HEELS ELEVATED	3 x 10-12	401	-	
B3	LEG EXTENSION	3 x 12	301(5)	2 min	Isometric hold for 5 sec every 4 reps
C1	SINGLE LYING LEG CURL	3 x 6-8 / leg	301	-	
C2	LYING LEG CURL	3 x 6-8	301	90 sec	Extend set with partial reps

DAY 5 – ARMS + REAR DELTS

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
D1	BENT OVER LATERAL RAISE	3 x 10-15	301	-	
D2	REVERSE PEC DECK MACHINE	3 x 15-20	3011	1 min	*Peak contraction for 1 sec on each rep

DAY 6 – LEGS #12

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	LEG EXTENSION	3 x 5	505	1 min	Slow reps both the eccentric and concentric for 5 sec. Focus on mind muscle connection.
B1	FRONT SQUAT	4 x 8/6/4/4	321	2 min	Pyramid up set
B2	BACK SQUAT	1 x AMRAP	301	2 min	Immediately following the last set of B1, take 2 min rest and do AMRAP on B2
C1	LEG PRESS	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. Do this for all 3 sets.
C2	LEG PRESS	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 8-10RM and try to reach 20 using multiple rest-pause set
D	LYING LEG 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)