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### ***F.B. Aftermath Strength program***

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*\*Leg Day (Wednesday & Sunday)*

#### *Workout*

*A1. leg curls (hamstring) 4sets 15, 12,10,8 (increase weight by 15lbs each time) we are trying to get blood flow into hamstrings so get a good squeeze at the top of each contraction.*

*A2. As soon as done with set do standing butt kicks for 10sec (this will trigger those fast twitch muscles that will help increase your hamstring explosiveness)*

*A1. Box squat: (something to sit on when squatting going a tad below parallel) (Heavy) 5sets 6, 6,4,3,3*

*- be as explosive as possible. Think about making that weight move as fast as you can*

*(Regular squats every other week)*

*A2. Squat jumps (3 big explosive jumps as soon as you are done with box squat)*

*leg press: 5x20/20/15/12*

*(Dig deep and get a good hamstring stretch. place feet to point where your toes are at the top of platform.)*

*Goblet squat (or weighted belt squat) 5 sets of 12: grab two platforms (benches) and grab a dumbbell. Stand with one foot on each bench and let dumbbell (weight) hang in between legs. Squat down as far as you can (the further the better) and explode up as hard as you can. (This will help you come out the bottom of your squat better)*

*Leg extensions: 4sets 30/25/15/15 really trying to finish off strong getting as much blood into the legs as we can for optimal nutrition absorption)*

*10 pause jump squat (1sec pause at bottom and explode up) 4 sets with 20sec rest*

*10 jumping lunges (20 reps all together) 4 sets with 20sec rest (we want to be quick, once you are in the are quickly alternate)*

*Bulgarian split squats 4x10/8/8/6*

*Leg lifts: 4x16*

*Russian twist: 3x40*

*Medicine ball slams: 3 x 20*

*30sec side planks 3 sets*

*100 yard dashes (10) 45sec rest in between*

*\*Chest day (Monday & Thursday)*

*Warm up*

*4x15 dips: (40sec rest in between)*

*3x20 push-ups*

*Workout*

*Flat bench press: 5 sets 8(75%), 8(75%), 6(85%), 6(85%), 3(90%) (1:30min rest in between)*

*("Tip" flare elbows in towards body the heavier the weight gets. You are stronger in this position and it takes stress off the shoulder. )*

*A1. Push-ups: 3 sets 15 (to keep chest pumped before we hit flys)*

*A2. Cable fly's: 4 sets 20 (30sec rest)*

*Wide grip dips: 5 sets 12 (really try to stretch the pectorals when descending to fully get benefit of the dips)*

*Incline(dumbbell)bench press (volume): 6 sets 15/15/12/12/10/8 (increase weight by 15lbs) after first two sets*

*Incline(dumbbell flys): 3x20/20/20*

*1 min pushup position planks 3 sets*

*\*Back day (Tuesday & Friday)*

*30 wide grip pull-ups (however many sets it takes you just get it done)*

*Deadlifts 5 sets 12 (warm-up), 10(70%), 6(80%), 6(80%), 3(90%) (Make sure you are increasing weight greatly, drive those heels into the ground, stay tight and use your butt to assist in the lift)*

*Dumbbell Rows: 5x15/15/10/8/8 each arm (as heavy as possible)*

*Chest supported dumbbell rows: 4x12 (heavy, focusing on contracting mid-back)*

*Chest supported*

*Dumbbell shrugs (use same weight as rows) 5x20*

*High snatches: 4x10 (med-heavy) "pulling barbell up to chest" keep elbows above bar"*

*Bent over*

*Barbell rows: 4x10, holding weight at top of concentric motion(top of movement) for 3 seconds every rep*

*Assisted wide grip pull-ups: 4x12 (focusing on full extension of lats, and getting chest to bar "make a slight arch in lower back to hit the lower lats a bit better)*

*Wide grip barbell(weighted) "hyper-extensions"*

*5x15/12/12/8/8*

*\*Shoulders (Wednesday or Friday)*

*Warm up*

*Arm circles: front 30sec and reversed 30sec 2 sets*

*Shoulder touches: get in pushup position and touch each shoulder with opposite hand for 1 min*

*Workout*

*Standing Military press 4*

*5x15/15/12/10/8increasing weight each time)*

*Lateral raises 5 sets 20(keep posture straight and do not force reps, if it burns to fast lower weight and keep form)*

*Dumbbell lateral raises(heavy)*

*4x10*

*Overhead dumbbell walk: grab a good weight you can keep overhead and walk to 20sec with for 4sets (if don't have room to walk stand in on area and hold (heavy weighted-barbell) overhead for a goal of 30-40 sec*

*Front plate raises: 5x12/12/10/10*

*Rear dealt cable flys: 5x20/20/15/12/10*

*Arnold press: 4x12/12/12/12*

*Internal& external shoulder rotation: both ways 5 sets of 8(semi-heavy) you never go to failure doing these. If you pick a weight that you can barely get to 8 with, stop and lower it slightly.*

*(We want to build strength from the inside to keep our shoulders healthy)*

*Bear crawls(length of basketball court) 6 times*

*8 suicides (on basketball court. Down and back equals one sprint)*

*\*Triceps & Biceps (Saturday) (cell volume work)*

*(When it comes to arms growth happens much better when you can feel the muscle being worked. Have control over the exercise and "contract" and when I say "Contract" I mean squeeze the life out of that muscle each repetition. It will hurt like hell but it will be worth it.)*

*Close grip bench: 5x 10, 8,6,6,6 (heavy)*

*V-Bar push-downs:4x20 (rep it out) meaning on this exercise you don't have to worry so much about the squeeze just go through full range of motion and get to 20 reps fast.*

*EZ-Bar curls: 4x 12, 10, 10, and 8(Heavy)*

*Cable curls: 4x20(rep it out)*

*Rope triceps extensions: 3 X 12(focus on squeeze)*

*Hammer curls: 4X12 (Heavy)*

*Skullcrusher: 5x15/15/12/10/8*

*Cable preacher curls*

*4x20/15/10/20*

*cable rope drag curls(dropset): 20/20/20/20*

*One arm overhead tricep extension: 3x15/15/15*

*Hanging leg raises: 4x15*

*Cable crunches:5x16*

*Revers crunches: 4x20*

*Cardio is done 45min 3 times a week after workouts*

