

Client:		Split: 5 on 2 off		Cardio homework: 30 minutes every day															
Training: Muscle groups																			
OOO		Chest & triceps		*Feeler sets		*Set 1		Set 2		Set 3		Set 4		Set 5		How to use this program			
		Reps		Weight		Reps		Weight		Reps		Weight		Reps		Weight			
a1		Barbel flat bench press		<i>*Feeler sets should be between 5 and 6 reps; just enough to test your movement and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these sets, take as many as you need but "set 1" is your first working set, after all feeler sets are completed. The weight should be one you feel confident you can complete for the full set... but not certain.</i>		6-8		6-8		6-8		6-8		6-8					
a2		Overhead db tricep extension				8-12		8-12		8-12		8-12		8-12					
b1		Incline dumbbell chest press				6-8		6-8		6-8		6-8		6-8					
b2		Seated db lateral flys				8-12		8-12		8-12		8-12		8-12					
c1		Cable chest flys				8-10		8-10		8-10		8-10		8-10					
c2		Rear delt cable flys				8-10		8-10		8-10		8-10		8-10					
d1		Tricep rope pushdowns				6-8		6-8		6-8		6-8		6-8					
d2		Bentover tricep cable extensions				8-12		8-12		8-12		8-12		8-12					
OOO		Quads & core				*Feeler sets		*Set 1		Set 2		Set 3		Set 4		Set 5			
		Reps				Weight		Reps		Weight		Reps		Weight		Reps		Weight	
a1		Front squats (smith or barbel)		<i>*Feeler sets should be between 5 and 6 reps; just enough to test your movement and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these sets, take as many as you need but "set 1" is your first working set, after all feeler sets are completed. The weight should be one you feel confident you can complete for the full set... but not certain.</i>		6-8		6-8		6-8		6-8		6-8					
b1		Db bulgarian split squats				6-8		6-8		6-8		6-8		6-8					
c1		Leg press (feet close together)				6-8		6-8		6-8		6-8		6-8					
d1		Leg extension				10-12		10-12		10-12		10-12		10-12					
d2		Walking lunges				10-12 steps		10-12 steps		10-12 steps		10-12 steps		10-12 steps					
e1		Heal elevated goblet squats				6-8		6-8		6-8		6-8		6-8					
core1		Ab rollouts				10-12		10-12		10-12		10-12		10-12					
core2		Russian twists (weighted)				10-12		10-12		10-12		10-12		10-12					
OOO		Back & biceps				*Feeler sets		*Set 1		Set 2		Set 3		Set 4		Set 5			
		Reps				Weight		Reps		Weight		Reps		Weight		Reps		Weight	
a1		Benover smith or barbel row		<i>*Feeler sets should be between 5 and 6 reps; just enough to test your movement and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these sets, take as many as you need but "set 1" is your first working set, after all feeler sets are completed. The weight should be one you feel confident you can complete for the full set... but not certain.</i>		6-8		6-8		6-8		6-8		6-8					
b1		Lat pulldown (wide grip)				6-8		6-8		6-8		6-8		6-8					
b2		Lat pulldown (close, reverse grip)				8-10		8-10		8-10		8-10		8-10					
c1		Single arm db row				6-8		6-8		6-8		6-8		6-8					
c2		Db bicep curls (alternating)				8-10		8-10		8-10		8-10		8-10					
d1		Bench supported db row				8-10		8-10		8-10		8-10		8-10					
d2		Bench supported db hammer curls				6-8		6-8		6-8		6-8		6-8					
e1		Standing straight-arm cable pull downs				8-10		8-10		8-10		8-10		8-10					
e2		Standing rope cable curls				6-8		6-8		6-8		6-8		6-8					
OOO		Hamstrings & glutes				*Feeler sets		*Set 1		Set 2		Set 3		Set 4		Set 5			
		Reps		Weight		Reps		Weight		Reps		Weight		Reps		Weight			
a1		Barbel deadlifts (or smith RDLs if not available)		<i>*Feeler sets should be between 5 and 6 reps; just enough to test your movement and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these sets, take as many as you need but "set 1" is your first working set, after all feeler sets are completed. The weight should be one you feel confident you can complete for the full set... but not certain.</i>		6-8		6-8		6-8		6-8		6-8					
b1		Benchbox step-ups (kb, db)				6-8		6-8		6-8		6-8		6-8					
c1		Db romanian deadlifts				6-8		6-8		6-8		6-8		6-8					
c2		Db reverse lunges				6-8		6-8		6-8		6-8		6-8					
d1		Db sumo-stance deadlifts				8-10		8-10		8-10		8-10		8-10					
d2		Leg press (wide legs)				6-8		6-8		6-8		6-8		6-8					
e1		Lying hamstring curls				8-10		8-10		8-10		8-10		8-10					
e2		Curtsey lunges				8-10		8-10		8-10		8-10		8-10					
OOO		Arms & abs				*Feeler sets		*Set 1		Set 2		Set 3		Set 4		Set 5			
		Reps				Weight		Reps		Weight		Reps		Weight		Reps		Weight	
a1		Barbel curls		<i>*Feeler sets should be between 5 and 6 reps; just enough to test your movement and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these sets, take as many as you need but "set 1" is your first working set, after all feeler sets are completed. The weight should be one you feel confident you can complete for the full set... but not certain.</i>		8-10		8-10		8-10		8-10		8-10					
a2		Skull crushers				6-8		6-8		6-8		6-8		6-8					
b1		Db bicep curls (alternating)				8-10		8-10		8-10		8-10		8-10					
b2		Overhead tricep extension				8-10		8-10		8-10		8-10		8-10					
c1		Single-arm cable tricep pushdowns				6-8		6-8		6-8		6-8		6-8					
c2		Straight-bar cable curls				8-10		8-10		8-10		8-10		8-10					
d1		Banded plank leg-lifts				10-15		10-15		10-15		10-15		10-15					
d2		Supine yoga ball leg curls				10-15		10-15		10-15		10-15		10-15					