| Client:   |  |  |  |                 |   | 1              |   |                   |   |                 |       |                         |   |  |
|---|--|--|--|-----------------|---|----------------|---|-------------------|---|-----------------|-------|-------------------------|---|--|
| Training: M   | Muscle groups  |  | Split: 5 on 2 off  |                 |   | Cardio homew   | ork: 30 minutes ev  | any day           |   |                 |       |                         |   |  |
| Ť   | nuscie groups  |  |  |                 | Cardio homework: 30 minutes eve   |                | · ·   |                   | et 4 Set 5  |                 | Set 5 | How to use this program |   |  |
| 000   | Chest & triceps  | *Feeler sets   |  | _               |   | 1              |   | 1                 |   | -               |       |                         | This program is designed to be  |  |
|   | bel flat bench press   | *Feeler sets should be between 5 and 6   | Reps<br>6-8  | Weight          | Reps<br>6-8   | Weight         | Reps<br>6-8   | Weight            | Reps<br>6-8   | Weight          | Reps  | Weight                  | repeated over the course of 8   |  |
|   |  | reps: just enough to test your movement  |  |                 |   |                | 8-12  |                   |   |                 | _     |                         | weeks. In order to get the most   |  |
|   | erhead db tricep extension   | and feel-out strength. Their purpose is not to pre-exhaust. I will not prescribe these   | 8-12   |                 | 8-12  |                |   |                   | 8-12  |                 |       |                         | out of this program, you need to ensure you are progressively               |  |
|   | ine dumbbell chest press   | sets take as many as you need but "set   | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         | overloading (increasing your  |  |
|   | ated db lateral flys   | 1" is your first working set, after all feeler sets are completed. The weight  | 8-12   |                 | 8-12  |                | 8-12  |                   | 8-12  |                 |       |                         | weight or reps each week).  |  |
|   | ole chest flys   | should be one you feel confident you   | 8-10   |                 | 8-10  |                | 8-10  |                   | 8-10  |                 |       |                         | Ideally you start your first week of this program at the highest rep        |  |
|   | ar delt cable flys   | can complete for the full set but not  | 8-10   |                 | 8-10  |                | 8-10  |                   | 8-10  |                 |       |                         | range, and each week, you do one  |  |
|   | ep rope pushdowns  | certain.   | 6-8<br>8-12  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         | less rep each set and increase the  |  |
| d2 Bentr  | ntover tricep cable extensions   |  |  | 8-12 8-12 8-12  |   |                |   | weight each week. |   |                 |       |                         |   |  |
| OOO Quads & core  |  | *Feeler sets   | Reps   | Set 1<br>Weight | Reps  | et 2<br>Weight | Reps  | et 3<br>Weight    | Reps  | Weight          | Reps  | Set 5<br>Weight         | I have put space for 5 sets, you  |  |
| a1 Fron   | nt squats (smith or barbel)  | *Feeler sets should be between 5 and 6   | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         | really should only be living in the 3<br>to 4 set range, but if you want to |  |
| b1 Db b   | bulgarian split squats   | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not   | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         | track your last feeler-set weight,  |  |
| c1 Leg  | press (feet close together)  | to pre-exhaust. I will not prescribe these   | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         | then you can utilize all 5 sets.  |  |
|   | extension  | sets, take as many as you need but "set<br>1" is your first working set, after all   | 10-12  |                 | 10-12   |                | 10-12   |                   | 10-12   |                 |       |                         |   |  |
|   | lking lunges   | feeler sets are completed. The weight  | 10-12 steps  |                 | 10-12 steps   |                | 10-12 steps   |                   | 10-12 steps   |                 |       |                         |   |  |
|   | al elevated goblet squats  | should be one you feel confident you<br>can complete for the full set but not  | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
| core1 Ab ro   |  | certain.   | 10-12  |                 | 10-12   |                | 10-12   |                   | 10-12   |                 |       |                         |   |  |
|   | ssian twists (weighted)  | 1  | 10-12  |                 | 10-12   |                | 10-12   |                   | 10-12   |                 |       |                         |   |  |
|   |  |  |  | Set 1           |   | et 2           |   | et 3              | _   | Set 4           |       | Set 5                   | 1   |  |
| 000   | Back & biceps  | *Feeler sets   | Reps   | Weight          | Reps  | Weight         | Reps  | Weight            | Reps  | Weight          | Reps  | Weight                  | 1   |  |
| a1 Pany   | nover smith or barbel row  | *Feeler sets should be between 5 and 6   | Keps<br>6-8  | -veigin         | 6-8   | - reignt       | 6-8   | reignt            | 6-8   | vieignt         | Ivaho | rreigilt                |   |  |
|   | pulldown (wide grip)   | reps: just enough to test your movement  | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
|   | pulldown (wide grip) pulldown (close, reverse grip)  | and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these  | 6-8<br>8-10  |                 | 8-10  |                | 6-8<br>8-10   |                   | 8-10  |                 | _     |                         |   |  |
|   | gle arm db row   | sets, take as many as you need but "set  |  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
|   |  | 1" is your first working set, after all<br>feeler sets are completed. The weight   | 6-8<br>8-10  |                 | 8-10  |                | 8-10  |                   | 8-10  |                 |       |                         |   |  |
|   | bicep curls (alternating)  | should be one you feel confident you   |  |                 |   |                |   |                   |   |                 |       |                         |   |  |
|   | nch supported db row   | can complete for the full set but not  | 8-10   |                 | 8-10  |                | 8-10  |                   | 8-10  |                 | _     |                         |   |  |
|   | nch supported db hammer curls  |  | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
|   | nding straight-arm cable pull downs  |  | 8-10   |                 | 8-10  |                | 8-10  |                   | 8-10  |                 |       |                         |   |  |
| e2 Stanr  | nding rope cable curls   |  | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
| 000   | Hamstrings & glutes  | *Feeler sets   |  | Set 1           | _   | et 2           |   | et 3              |   | et 4            |       | Set 5                   |   |  |
|   |  | *Feeler sets should be between 5 and 6   | Reps   | Weight          | Reps  | Weight         | Reps  | Weight            | Reps  | Weight          | Reps  | Weight                  |   |  |
|   | bel deadlifts (or smith RDLs if not available)   |  | 6-8  |                 |   |                |   |                   |   |                 |       |                         |   |  |
|   |  |  |  | -               | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
| 01 Dh =   | nch/box step-ups (kb, db)  | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not   | 6-8  |                 | 6-8   |                | 6-8   |                   | 6-8   |                 |       |                         |   |  |
|   | romanian deadlifts   | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets take as many as you need but "set   | 6-8<br>6-8   |                 | 6-8<br>6-8  |                | 6-8<br>6-8  |                   | 6-8<br>6-8  |                 |       |                         |   |  |
| c2 Db re  | romanian deadlifts<br>reverse lunges   | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets, take as many as you need but "set<br>1" is your first working set. after all   | 6-8<br>6-8<br>6-8  |                 | 6-8<br>6-8<br>6-8   |                | 6-8<br>6-8<br>6-8   |                   | 6-8<br>6-8<br>6-8   |                 |       |                         |   |  |
| c2 Db re  | romanian deadlifts reverse lunges sumo-stance deadlifts  | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets; take as many as you need but "set<br>1" is your first working set, after all<br>feeler sets are completed. The weight<br>should be one you feel confident you  | 6-8<br>6-8<br>6-8<br>8-10  |                 | 6-8<br>6-8<br>6-8<br>8-10   |                | 6-8<br>6-8<br>6-8<br>8-10   |                   | 6-8<br>6-8<br>6-8<br>8-10   |                 |       |                         |   |  |
| c2 Db re d1 Db su d2 Leg p  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs)  | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets, take as many as you need but "set<br>1" is your first working set, after all<br>feeler sets are completed. The weight<br>should be one you feel confident you<br>can complete for the full set but not   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8   |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                 |       |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying   | romanian deadlifts reverse Junges sumo-stance deadlifts press (wide legs) ng hamstring curls   | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets; take as many as you need but "set<br>1" is your first working set, after all<br>feeler sets are completed. The weight<br>should be one you feel confident you  | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10   |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10                                    |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10  |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10  |                 |       |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying   | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs)  | reps: just enough to test your movement<br>and feel-out strength. Their purpose is not<br>to pre-exhaust. I will not prescribe these<br>sets, take as many as you need but "set<br>1" is your first working set, after all<br>feeler sets are completed. The weight<br>should be one you feel confident you<br>can complete for the full set but not   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8   |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8  |                 |       |                         |   |  |
| c2 Db re d1 Db si d2 Leg p e1 Lying e2 Curts  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) ng hamstring curls tsey lunges   | 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.   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10   | Set 1           | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                   | et 2           | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10   | et 3              | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                      | Set 4           |       | Set 5                   |   |  |
| c2 Db re d1 Db su d2 Leg p e1 Lying e2 Curts  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges Arms & abs   | ags_ist enough to test your movement and feet-out strength. Their purpose is not to pre-schaust. I will not prescribe these sest, takes arms yet a you need but "Sed sees, take arms yet a you need but "Sed feeler sets are completed. The weight feeler sets are completed. The weight should be one you feel confident should be one you feel confident complete for the full set but not certain.  "Feeler sets  | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10   | Set 1<br>Weight | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                    | et 2<br>Weight | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                              | et 3<br>Weight    | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                      | set 4<br>Weight | Reps  | Set 5<br>Weight         |   |  |
| c2 Db re d1 Db si d2 Leg p e1 Lying e2 Curts  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges Arms & abs   | ags_ist enough to test your movement and feeb-out stereith. Their purpose is not to pre-schaust. 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 bull set but not certain.  "Feeler sets  "Feeler sets  "Feeler sets should be between 5 and 6  | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10   |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                            |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                      |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                      |                 | Reps  |                         |   |  |
| c2 Db re d1 Db si d2 Leg p e1 Lying e2 Curts 000  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges Arms & abs   | ags_ist enough to test your movement and feeb-out strength. Their purpose is not to pre-schaust. 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 feet confident you can complete for the full set but not certain.  "Feeler sets "Feeler sets should be between 5 and 6 naps_ist enough to test your movement and feel-out strength. Their purpose is not and feel-out strength. Their purpose is not   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10   |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                    |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                              |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10                                      |                 | Reps  |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying e2 Curts  000 a1 Barbe a2 Skull   | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges Arms & abs   | age_iut enough to test your movement and feet-out strength. Their purpose is not to pre-schaust. I will not prescribe these sets, take as mery a you need out "set "I is your first working set, after all "the your first working set, after all should be one you feet confidently out can complete for the full set but not certain.  "Feeter sets should be abeven 5 and 6 reps; just enough to least your movement and feet-out strength. Their purpose is not for pre-schaust I will not prescribe these   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>*\$<br><b>Reps</b>                       |                 | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                    |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                              |                   | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                                     |                 | Reps  |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying e2 Curts  000 a1 Barba a2 Skull b1 Db bi  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) gp hamstring curls tsey lunges  Arms & abs bel curls iil crushers  | ngs_iust enough to test your movement and feel-out strength. Their purpose is not to pre-schaust. I will not prescribe these to pre-schaust. I will not prescribe these in the pre-schaust. I will not prescribe these in the pre-schaust. I will not prescribe these in the prescribe the | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br><b>Reps</b><br>8-10<br>6-8               |                 | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10<br>8-10                   |                | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10<br>8-10                             |                   | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10                              |                 | Reps  |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying e2 Curts  OOO a1 Barbo a2 Skull b1 Db bi b2 Overl   | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges Arms & abs bel curls ill crushers bicep curls (alternating) strhead tricep extension   | aps_ist enough to test your movement and feet-out strength. Their purpose is not to pre-schaust. I will not prescribe these sets, false as many as you need but "Sed feeler sets are completed. The weight feeler sets are completed. The weight should be one you feel confidently you can complete for the full set but not certain.  "Feeler sets a should be between 5 and 6 raps_ist and only to test your movement and feel-out strength. Their purpose is not pre-achiaust I will not prescribe these sets, false as many as you need full "Sed."   | 6-8 6-8 8-10 6-8 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8 8-10 8-10 8-10                         |                 | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8                  |                | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8 8-10 8-10                   |                   | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 8-10                  |                 | Reps  |                         |   |  |
| c2 Db re d1 Db st d2 Leg p e1 Lying e2 Curts  000  a1 Barbo a2 Skull b1 Db bi b2 Overl c1 Single  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) g hamstring curls tsey lunges  Arms & abs  bel curls iii crushers bicep curls (alternating) seried tricep extension gle-arm cable tricep pushdowns                     | age_just enough to test your movement and feeb-out strength. Their purpose is not to pre-schaust. I will not prescribe these sets, take as many a you need but "set "I" is your first working set, after all it should be one you feet confident you can complete for the full set but not certain.  "Feeler sets "Feeler sets should be between 5 and 6 raps; just enough to test your movement and feel out strength. Their purpose is not set, lake as many as you need but "set "I is your first working set, after after working set, after after working set, after working set, after after working set, after after working set, after working set, after after after after working set, after af    | 6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10<br>8-10<br>6-8<br>8-10                     |                 | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8                   |                | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>8-10<br>8-10<br>6-8<br>8-10       |                   | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10                       |                 | Reps  |                         |   |  |
| c2 Db re d1 Db si d2 Leg p e1 Lying e2 Curts  OOO  a1 Barbe a2 Skull b1 Db bi b2 Overl c1 Single c2 Straig  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide legs) ghamstring curls tsey lunges  Arms & abs  bel curls ill crushers bicep curls (alternating) writed tricep extension glea-arm cable tricep pushdowns                     | ages_ist enough to test your movement and feeb-out strength. Their purpose is not to pre-schaust. I will not prescribe these issts, take as many as you need but "set 1" is your first working set, after all feeber sets are completed. The weight can complete for the Will set. but not can complete for the full set. but not certain.  "Feeler sets  "Feeler sets should be between 5 and 6 raps_ist enough to test your movement and feet-out stempth. Their purpose is not to pre-schaust. I will not prescribe these sets, take as many as you need but set sets, take as many as you need but set sets. It is also among a your ground the feel of the sets are completed. The weight should be one you feel confident you was the present the sets are completed. The weight should be one you feel confident you  | 6-8<br>6-8<br>6-8<br>8-10<br>6-8<br>8-10<br>8-10<br>*§<br>Reps<br>8-10<br>6-8<br>8-10<br>6-8 |                 | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8    |                | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8              |                   | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 6-8              |                 | Reps  |                         |   |  |
|   | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide tegs) g hamstring curls tsey lunges Arms & abs bet curls if crushers bicle quality (alternating) whead tricep extension gle-arm cable tricep pushdowns sight-bar cable curls | aps_ist enough to test your movement and feet-out strength. Their purpose is not to pre-schaust. I will not prescribe these sets, false as many as you need but "Sed feet of the sets are completed. The weight should be one you feet confident you can complete for the full set but not certain.  "Feeler sets are completed, the weight should be one you feet confident you can complete for the full set but not certain.  "Feeler sets at should be between 5 and 6 raps_is and nough to lest your movement and feet-out strength. Their purpose is not pre-achusut. Vall not prescribe these sets, take as many as you need but "at "is your first working set, after all "is your first your first for the full set but not an complete for the full set but not  | 6-8 6-8 8-10 6-8 8-10 6-8 8-10 8-10 8-10 8-10 10-15  |                 | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 10-15       |                | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 10-15                 |                   | 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 8-10 6-8 8-10 8-10 8-10 8-10 8-10 8-10 8-10 |                 | Reps  |                         |   |  |
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| c2 Db re d1 Db su d2 Leg p e1 Lying e2 Curts  OOO  a1 Barbe a2 Skull b1 Db bi b2 Over1 c1 Single c2 Straig d1 Band  | romanian deadlifts reverse lunges sumo-stance deadlifts press (wide tegs) g hamstring curls tsey lunges Arms & abs bet curls if crushers bicle quality (alternating) whead tricep extension gle-arm cable tricep pushdowns sight-bar cable curls | aps_ist enough to test your movement and feet-out strength. Their purpose is not to pre-schaust. I will not prescribe these sets, false as many as you need but "Sed feet of the sets are completed. The weight should be one you feet confident you can complete for the full set but not certain.  "Feeler sets are completed, the weight should be one you feet confident you can complete for the full set but not certain.  "Feeler sets at should be between 5 and 6 raps_is and nough to lest your movement and feet-out strength. Their purpose is not pre-achusut. Vall not prescribe these sets, take as many as you need but "at "is your first working set, after all "is your first your first for the full set but not an complete for the full set but not  | 6-8 6-8 8-10 6-8 8-10 6-8 8-10 8-10 8-10 8-10 10-15  |                 | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 10-15       |                | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 10-15                 |                   | 6-8 6-8 6-8 8-10 6-8 8-10 8-10 8-10 8-10 8-10 6-8 8-10 6-8 8-10 8-10 10-15            |                 | Reps  |                         |   |  |
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