

DAY 1 /// HEAVY LEGS

Today you are going to push yourself using heavier weights and your proven staple exercises for building quality legsl

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equ pment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Squats	Barbell	3	5	120
Straight Set	Nordic Glute Ham Raise	Machine	3	5	120
Straight Set	Leg Press	Machine	3	6	120
Straight Set	Step Up	Other	3	8	90
Straight Set	Leg Extension	Machine	3	8	90
Straight Set	Smith Calf Raise	Smith Machine	4	12	90

DAY 2 /// HEAVY UPPER PUSH CHEST FOCUS

Today you are going to focus on all movements in charge of pushing for the upper body. This is a strength day so you will want to move as much weight as effectively as possible.

SET TYPE	EXERCISE <small>Reference XOB</small>	EQUIPMENT <small>Wh t Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Bench Press	Barbell	3	5	120
Straight Set	Standing Overhead Press	Barbell	3	5	120
Straight Set	Incline Dumbbell Press	Dumbbell	3	6	120
Straight Set	Dumbbell Lateral Raise	Dumbbell	3	10	90
Straight Set	Dip	Bodyweight	3	10	90
Straight Set	Dumbbell Fly	Dumbbell	3	10	90
Straight Set	BFR Cable Triceps Extension	Cable	4	20	30

DAY 3 /// HEAVY UPPER PULL BACK FOCUS

Today we focus on pulling heavy using primarily the muscles of the upper body. For this strength day you will want to pack on the weight and feel every rep countl

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equ pment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	T Bar Row	Barbell	3	6	120
Straight Set	Pull Up	Bodyweight	3	8	120
Straight Set	Seal Row	Barbell	3	8	120
Straight Set	Lat Pull Down	Cable	3	8	120
Straight Set	Reverse Fly	Dumbbell	3	10	90
Straight Set	BFR Preacher Curl	EZ-Bar	4	20	30

WEEKS 1-2

Repeat Days 1-7 for each week.

DAY 6 /// LIGHT UPPER PULL

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Rack Pull	Barbell	3	10	90
Straight Set	Assisted Pull Up	Machine	3	12	60
Straight Set	Seated Cable Row	Machine	3	15	60
Straight Set	Close Grip Lat Pull Down	Machine	3	15	60
Superset*	Underhand Cable Row	Machine	2	20	
Superset*	Straight Arm Cable Pull Down	Machine	2	20	30
Straight Set	Reverse Cable Fly	Machine	3	15	60
Superset*	Incline Dumbbell Curl	Dumbbell	2	15	
Superset*	Standing Barbell Curl	Barbell	2	15	30
Superset*	Preacher Curl	Machine	2	15	
Superset*	Standing Dumbbell Hammer Curl	Dumbbell	2	15	30

DAY 7 /// REST DAY

Finally, you have earned a day of rest! Use this day to stay active outside the gym and make sure to squeeze in some foam rolling, static stretching and a good nap.

DAY 1 /// HEAVY LEGS

Today you are going to push yourself using heavier weights and your proven staple exercises for building quality legs!

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Squats	Barbell	4	5	120
Straight Set	Nordic Glute Ham Raise	Machine	4	5	120
Straight Set	Leg Press	Machine	4	6	120
Straight Set	Step Up	Other	4	8	90
Straight Set	Leg Extension	Machine	4	8	90
Straight Set	Smith Calf Raise	Smith Machine	5	12	90

DAY 2 /// HEAVY UPPER PUSH CHEST FOCUS

Today you are going to focus on all movements in charge of pushing for the upper body. This is a strength day so you will want to move as much weight as effectively as possible.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Bench Press	Barbell	4	5	120
Straight Set	Standing Overhead Press	Barbell	4	5	120
Straight Set	Incline Dumbbell Press	Dumbbell	4	6	120
Straight Set	Dumbbell Lateral Raise	Dumbbell	4	10	90
Straight Set	Dip	Bodyweight	4	10	90
Straight Set	Dumbbell Fly	Dumbbell	4	10	90
Straight Set	BFR Cable Triceps Extension	Cable	5	20	30

DAY 3 /// HEAVY UPPER PULL BACK FOCUS

Today we focus on pulling heavy using primarily the muscles of the upper body. For this strength day you will want to pack on the weight and feel every rep count!

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	T Bar Row	Barbell	4	6	120
Straight Set	Pull Up	Bodyweight	4	8	120
Straight Set	Seal Row	Barbell	4	8	120
Straight Set	Lat Pull Down	Cable	4	8	120
Straight Set	Reverse Fly	Dumbbell	4	10	90
Straight Set	BFR Preacher Curl	EZ-Bar	5	20	30

DAY 4 /// LIGHT LEGS

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep!

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Front Squat	Barbell	3	15	90
Straight Set	Single Leg Leg Press	Machine	3	15	60
Straight Set	Walking Pulse Lunge	Dumbbell	3	10	60
Straight Set	Dumbbell RDL	Dumbbell	3	15	60
Straight Set	Single Leg Leg Extension	Machine	3	15	45
Superset*	Seated Calf Raise	Machine	3	15	
Superset*	Donkey Calf Raise	Bodyweight	4	15	30

***Superset:** Perform exercises back to back with a short rest in-between.

DAY 5 /// LIGHT UPPER PUSH

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Flat Dumbbell Chest Press	Dumbbell	4	10	90
Superset*	Incline Smith Machine Press	Machine	3	12	
Superset*	Standing Dumbbell OH Press	Dumbbell	3	12	30
Superset*	Close Grip Machine Chest Press	Machine	3	12	
Superset*	Lateral Dumbbell Raise	Dumbbell	3	12	30
Superset*	Cable Fly	Machine	3	15	
Superset*	Dumbbell Front Raise	Dumbbell	3	15	30
Straight Set	Barbell Skull Crusher	EZ-Bar	3	15	60
Straight Set	Cable Rope Extension	Cable	3	15	60
Straight Set	Cable Triceps Kick Back	Cable	3	15	60

***Superset:** Perform exercises back to back with a 30 second rest between supersets.

DAY 6 /// LIGHT UPPER PULL

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Rack Pull	Barbell	4	10	90
Straight Set	Assisted Pull Up	Machine	4	12	60
Straight Set	Seated Cable Row	Machine	4	15	60
Straight Set	Close Grip Lat Pull Down	Machine	4	15	60
Superset*	Underhand Cable Row	Machine	3	20	
Superset*	Straight Arm Cable Pull Down	Machine	3	20	30
Straight Set	Reverse Cable Fly	Machine	4	15	60
Superset*	Incline Dumbbell Curl	Dumbbell	3	15	
Superset*	Standing Barbell Curl	Barbell	3	15	30
Superset*	Preacher Curl	Machine	3	15	
Superset*	Standing Dumbbell Hammer Curl	Dumbbell	3	15	30

DAY 7 /// REST DAY

Finally, you have earned a day of rest! Use this day to stay active outside the gym and make sure to squeeze in some foam rolling, static stretching and a good nap.

DAY 1 /// HEAVY LEGS

Today you are going to push yourself using heavier weights and your proven staple exercises for building quality legs!

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Squats	Barbell	5	5	120
Straight Set	Nordic Glute Ham Raise	Machine	5	5	120
Straight Set	Leg Press	Machine	5	6	120
Straight Set	Step Up	Other	4	8	90
Straight Set	Leg Extension	Machine	4	8	90
Straight Set	Smith Calf Raise	Smith Machine	5	12	90

DAY 2 /// HEAVY UPPER PUSH CHEST FOCUS

Today you are going to focus on all movements in charge of pushing for the upper body. This is a strength day so you will want to move as much weight as effectively as possible.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Bench Press	Barbell	5	5	120
Straight Set	Standing Overhead Press	Barbell	5	5	120
Straight Set	Incline Dumbbell Press	Dumbbell	5	6	120
Straight Set	Dumbbell Lateral Raise	Dumbbell	4	10	90
Straight Set	Dip	Bodyweight	4	10	90
Straight Set	Dumbbell Fly	Dumbbell	4	10	90
Straight Set	BFR Cable Triceps Extension	Cable	5	20	30

DAY 3 /// HEAVY UPPER PULL BACK FOCUS

Today we focus on pulling heavy using primarily the muscles of the upper body. For this strength day you will want to pack on the weight and feel every rep count!

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	T Bar Row	Barbell	5	6	120
Straight Set	Pull Up	Bodyweight	5	8	120
Straight Set	Seal Row	Barbell	5	8	120
Straight Set	Lat Pull Down	Cable	4	8	120
Straight Set	Reverse Fly	Dumbbell	4	10	90
Straight Set	BFR Preacher Curl	EZ-Bar	5	20	30

DAY 4 /// LIGHT LEGS

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every repl

SET TYPE	EXERCISE Reference XDB	EQUIPMENT What Equipment Will Be Used	SETS	REPS	REST Seconds Between Sets
Straight Set	Front Squat	Barbell	4	15	90
Straight Set	Single Leg Leg Press	Machine	4	15	60
Straight Set	Walking Pulse Lunge	Dumbbell	4	10	60
Straight Set	Dumbbell RDL	Dumbbell	3	15	60
Straight Set	Single Leg Leg Extension	Machine	3	15	45
Superset*	Seated Calf Raise	Machine	3	15	
Superset*	Donkey Calf Raise	Bodyweight	4	15	30

***Superset:** Perform exercises back to back with a short rest in-between.

DAY 5 /// LIGHT UPPER PUSH

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE Reference XDB	EQUIPMENT What Equipment Will Be Used	SETS	REPS	REST Seconds Between Sets
Straight Set	Flat Dumbbell Chest Press	Dumbbell	4	10	90
Superset*	Incline Smith Machine Press	Machine	4	12	
Superset*	Standing Dumbbell OH Press	Dumbbell	4	12	30
Superset*	Close Grip Machine Chest Press	Machine	4	12	
Superset*	Lateral Dumbbell Raise	Dumbbell	4	12	30
Superset*	Cable Fly	Machine	4	15	
Superset*	Dumbbell Front Raise	Dumbbell	4	15	30
Straight Set	Barbell Skull Crusher	EZ-Bar	4	15	60
Straight Set	Cable Rope Extension	Cable	3	15	60
Straight Set	Cable Triceps Kick Back	Cable	3	15	60

***Superset:** Perform exercises back to back with a 30 second rest between supersets.

WEEKS 5-6

Repeat Days 1-7 for each week.

DAY 6 /// LIGHT UPPER PULL

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Rack Pull	Barbell	5	10	90
Straight Set	Assisted Pull Up	Machine	4	12	60
Straight Set	Seated Cable Row	Machine	4	15	60
Straight Set	Close Grip Lat Pull Down	Machine	4	15	60
Superset*	Underhand Cable Row	Machine	3	20	
Superset*	Straight Arm Cable Pull Down	Machine	3	20	30
Straight Set	Reverse Cable Fly	Machine	4	15	60
Superset*	Incline Dumbbell Curl	Dumbbell	3	15	
Superset*	Standing Barbell Curl	Barbell	3	15	30
Superset*	Preacher Curl	Machine	3	15	
Superset*	Standing Dumbbell Hammer Curl	Dumbbell	3	15	30

DAY 7 /// REST DAY

Finally, you have earned a day of rest! Use this day to stay active outside the gym and make sure to squeeze in some foam rolling, static stretching and a good nap.

DAY 1 /// HEAVY LEGS

Today you are going to push yourself using heavier weights and your proven staple exercises for building quality legsl

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Squats	Barbell	5	5	120
Straight Set	Nordic Glute Ham Raise	Machine	5	5	120
Straight Set	Leg Press	Machine	5	6	120
Straight Set	Step Up	Other	4	8	90
Straight Set	Leg Extension	Machine	4	8	90
Straight Set	Smith Calf Raise	Smith Machine	5	12	90

DAY 2 /// HEAVY UPPER PUSH CHEST FOCUS

Today you are going to focus on all movements in charge of pushing for the upper body. This is a strength day so you will want to move as much weight as effectively as possible.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Bench Press	Barbell	5	5	120
Straight Set	Standing Overhead Press	Barbell	5	5	120
Straight Set	Incline Dumbbell Press	Dumbbell	5	6	120
Straight Set	Dumbbell Lateral Raise	Dumbbell	4	10	90
Straight Set	Dip	Bodyweight	4	10	90
Straight Set	Dumbbell Fly	Dumbbell	4	10	90
Straight Set	BFR Cable Triceps Extension	Cable	5	20	30

DAY 3 /// HEAVY UPPER PULL BACK FOCUS

Today we focus on pulling heavy using primarily the muscles of the upper body. For this strength day you will want to pack on the weight and feel every rep countl

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	T Bar Row	Barbell	5	6	120
Straight Set	Pull Up	Bodyweight	5	8	120
Straight Set	Seal Row	Barbell	5	8	120
Straight Set	Lat Pull Down	Cable	4	8	120
Straight Set	Reverse Fly	Dumbbell	4	10	90
Straight Set	BFR Preacher Curl	EZ-Bar	5	20	30

DAY 4 /// LIGHT LEGS

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every repl

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Front Squat	Barbell	4	15	90
Straight Set	Single Leg Leg Press	Machine	4	15	60
Straight Set	Walking Pulse Lunge	Dumbbell	4	10	60
Straight Set	Dumbbell RDL	Dumbbell	3	15	60
Straight Set	Single Leg Leg Extension	Machine	3	15	45
Superset*	Seated Calf Raise	Machine	3	15	
Superset*	Donkey Calf Raise	Bodyweight	4	15	30

***Superset:** Perform exercises back to back with a short rest in-between.

DAY 5 /// LIGHT UPPER PUSH

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Flat Dumbbell Chest Press	Dumbbell	4	10	90
Superset*	Incline Smith Machine Press	Machine	4	12	
Superset*	Standing Dumbbell OH Press	Dumbbell	4	12	30
Superset*	Close Grip Machine Chest Press	Machine	4	12	
Superset*	Lateral Dumbbell Raise	Dumbbell	4	12	30
Superset*	Cable Fly	Machine	4	15	
Superset*	Dumbbell Front Raise	Dumbbell	4	15	30
Straight Set	Barbell Skull Crusher	EZ-Bar	4	15	60
Straight Set	Cable Rope Extension	Cable	3	15	60
Straight Set	Cable Triceps Kick Back	Cable	3	15	60

***Superset:** Perform exercises back to back with a 30 second rest between supersets.

DAY 6 /// LIGHT UPPER PULL

Don't let the word "light" fool you here. You will be using less weight however, your reps will increase and you will focus on an intense mind muscle contraction with every rep! You will also be utilizing a lot of supersets during this workout.

SET TYPE	EXERCISE <small>Reference XDB</small>	EQUIPMENT <small>What Equipment Will Be Used</small>	SETS	REPS	REST <small>Seconds Between Sets</small>
Straight Set	Rack Pull	Barbell	5	10	90
Straight Set	Assisted Pull Up	Machine	4	12	60
Straight Set	Seated Cable Row	Machine	4	15	60
Straight Set	Close Grip Lat Pull Down	Machine	4	15	60
Superset*	Underhand Cable Row	Machine	3	20	
Superset*	Straight Arm Cable Pull Down	Machine	3	20	30
Straight Set	Reverse Cable Fly	Machine	4	15	60
Superset*	Incline Dumbbell Curl	Dumbbell	3	15	
Superset*	Standing Barbell Curl	Barbell	3	15	30
Superset*	Preacher Curl	Machine	3	15	
Superset*	Standing Dumbbell Hammer Curl	Dumbbell	3	15	30

DAY 7 /// REST DAY

Finally, you have earned a day of rest! Use this day to stay active outside the gym and make sure to squeeze in some foam rolling, static stretching and a good nap.

CONGRATULATIONS!

You just completed one of the most challenging tasks that you will ever put your body through. You have undoubtedly pushed your body to make some positive changes and I am sure you are seeing the benefits of all that hard work when you look in the mirror. Now go get a nasty pump at the gym, flex in the mirror and PROUDLY take that selfie to share all your hard work!

#NEVERSTOPEVOLVING

