

Men's Health  
TRAINING GUIDE

# MUSCLE AFTER 40

BUILD YOUR BEST BODY EVER IN YOUR 40S AND BEYOND

By Bryan Krahn

This book is intended as a reference volume only, not as a medical manual.

The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor.

If you suspect that you have a medical problem, we urge you to seek competent medical help.

The information in this book is meant to supplement, not replace, proper exercise training.

All forms of exercise pose some inherent risks. The editors and publisher advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercise and dietary programs in this book are not intended as a substitute for any exercise routine or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

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**H E A R S T**



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# THE FACTS ABOUT TRAINING AFTER 40

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» Here's how I became an expert on building muscle when you're over 40: I turned 40. I started paying more attention to the many dishonest ways fitness in general, and strength training especially, is sold to men and women over 40. It starts with the generalization that everyone over 40 is in the same condition and has the same goals.

At one extreme are bullshit claims that "age is just a number." This crowd promotes powerlifting and CrossFit and obstacle course racing to people who put themselves at risk of serious injury if they jump into them without a solid base of muscular fitness. Those at the other extreme assume that everyone over 40 is a mess; that they're either out of shape or

broken down; that they aren't interested in building muscle or increasing strength or just looking good in the mirror; that they're so time-challenged that each half-hour workout must cover every aspect of fitness—strength, cardio, and flexibility.

Let's start with a look at what's real and what isn't, and how you can use this program for your own unique body.



## MEET YOUR COACH

**BRYAN KRAHN, CSCS**, is an online fitness coach and writer. A long-time gym rat, he started the personal training grind in 1994 before bridging into fitness writing, where he's written hundreds of articles for publications such as *Men's Health*, *Muscle and Fitness*, *Flex*, Bodybuilding.com, AskMen.com, EliteFTS, and many others.

As an online coach, he specializes in helping busy, average guys achieve the results they've always wanted from the gym—safely and efficiently, while keeping the stress to a minimum.

He can be found at [bryankrahn.com](http://bryankrahn.com).

# THE FACTS

## 1 SARCOPENIA IS REAL.

You will lose muscle as you get older. But how much you lose, and when you start losing it, are very much under your control.

The best defense against sarcopenia is to build as much muscle as you can, and then work every day to retain it. The best time to start building that muscle is “long before now.” But if “before now” isn’t an option, “now” is where we’ll start.

## 5 CONSISTENCY TRUMPS INTENSITY.

Unless you’re new to lifting, you can’t expect to see progress every single workout—to lift more weight, or lift the same weight for more reps, or grind through a higher volume of sets and reps. Think of it like your job: Much of the time, you’re just trying to get through the day without falling farther behind. Same with your workouts. As long as you show up and get some training in, that’s a win.

**2** Your **CONNECTIVE TISSUES** have already started to lose some of their elasticity, which means your joints will be less mobile. That’s why your exercise choices are critical. The wrong ones can damage joints, which matters because...

**3** There are no easy injuries to bounce back from or work through. The days of gritting your teeth and fighting through aches and pains are behind you.

**4** Even without injuries, your work capacity is starting to decline, along with your ability to recuperate from the work you put in. Those of us in middle age simply can’t go balls-out every time we walk into the gym and expect to recover like we could 10 or 20 years ago. It makes much more sense to train more frequently, but to inflict less damage on your muscles and joints in those workouts. The workouts we do are only as good as our ability to recover from them. No recovery, no benefit.

# WHAT WORKS?

» Your journey to 40 is not mine, and mine isn't yours. But one thing I've learned from training clients over 40—and I've now trained quite a few of them—is that we can all work from the same basic set of principles. I call it intelligent bodybuilding.

I've been bodybuilding for the past quarter century, and I can attest that, aside from a few cartoon characters, it's very much a thinking person's pursuit. Bodybuilding is also the only training system you can pursue for life, with the possibility of improvements at ages when most athletes have called it quits. You won't find a powerlifter who started at 15 and peaked at 40 or beyond. But you'll find plenty of bodybuilders who meet that description.

These are the fundamentals of a smart bodybuilding program:

## BASIC MOVEMENT PATTERNS

Every week you'll do at least one exercise in these categories:

**HORIZONTAL PUSH**  
(pushup, bench press, fly)

**HORIZONTAL PULL**  
(row)

**VERTICAL PUSH**  
(overhead press)

**VERTICAL PULL**  
(chinup, pullup, lat pulldown)

**SQUAT**  
(squat, lunge, leg press)

**HINGE**  
(deadlift, back extension)

## ALL JOINT ACTIONS

The muscles of your shoulder girdle—chest, deltoids, lats, traps—all have multiple responsibilities. Your pectoralis major, for example, does more than push something away from your chest (a movement called shoulder flexion). It also pulls your arms in toward the midline of your body (adduction), rotates your upper arms inward (internal rotation), and even pulls them to your sides (extension). Different parts of the muscle handle different movements at different angles, which means you need more than pushups and bench presses in your workout program.

## COMPOUND AND ISOLATION EXERCISES

Everyone agrees that a great workout program should be built around compound, multi-joint exercises like squats, lunges, deadlifts, presses, and rows. They use the most muscle in movement patterns that replicate real-life activities like running, jumping, lifting, climbing, pushing, and pulling. But isolation movements like curls, pressdowns, flies, and lateral raises are also important. There are a few reasons why I think older lifters should do more isolation work:

► Unlike compound movements, they don't consume a lot of energy, which means you can push yourself harder and recover faster. Isolation exercises are perfect for those times when you want to crush a couple of sets to failure.

► They allow a deep mind-muscle connection. That is, you can go inside the muscle and feel how hard it's working—something

you can't do with a squat or bench press.

- Used intelligently, they shore up vulnerable joints with minimal risk of injury.

## MODERATE LOADS AND MODERATE REP RANGES

I know it's a thrill to see your one-rep max go up on a bragging-rights exercise like the bench press or deadlift. I've experienced it, as every lifelong meathead has. But once you're past 40, there's way too much risk for basically no reward at all in terms of improving your physique.

In this program you'll never do fewer than 6 reps per set. Most work will be in the range of 8 to 15 reps, but sometimes it'll go as high as 25. You'll get better muscle growth in those ranges, with less risk to your joints and easier recovery.

## SMART PROGRESSION

How will you know you're making progress? A few ways:

- More weight across all your sets within the same rep range
- More reps completed in higher rep ranges
- Better technique, including a better mind-muscle connection
- A better pump, or just a better overall sense of well-being when you leave the gym after a workout
- A better pace, with less down time between sets and exercises, allowing you to finish the workout faster without skipping any parts of it

## SMART EXERCISE CHOICES

It's fashionable these days to say that there are no bad exercises. But when you're over 40, many exercises should simply be avoided:

**BALLISTIC EXERCISES**  
(kipping pullups, a CrossFit staple; Olympic lifts, especially for high reps or with heavy loads; box jumps and plyometrics)

**LIFTS THAT PUT YOUR SHOULDERS IN MECHANICALLY RISKY POSITIONS** (dips; behind-the-neck presses and pulldowns; upright rows with a barbell)

**HEAVY BARBELL LIFTS**, which are increasingly stressful to older, less responsive muscles and joints (barbell squats, bench and shoulder presses, deadlifts)

**HEAVY TRICEPS EXTENSIONS**, because elbow injuries always take longer to heal than anyone expects

That said, I don't want to be one of those Internet gurus who says every lifter must stop doing X, Y, and Z the minute he or she turns 40, as if every shoulder, hip, and spinal disc has the exact same expiration date. Take the barbell shoulder press, for

example. It's not just a good lift, it's a great lift... but only if you can do it well. Most lifters can't, and even some who can may find that it eventually causes more residual joint pain than it's worth. For almost everyone reading this, it's much better to use the dumbbell shoulder press and the other overhead lifts in this program.

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# MAXIMUM FLEXIBILITY, MINIMAL PAIN

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»————> The exercises and techniques I just mentioned are easy to avoid if you do the program exactly as prescribed. But just because an exercise is in my program doesn't mean it's the best choice for you. If a move causes pain while you're doing it, stop and figure out an alternative. No exercise is a "must-do."

Conversely, if you feel like you have the skill, experience, and awareness of your own body to swap in exercises I don't include, like the aforementioned barbell lifts, that's your choice.

## SHORTER BUT MORE FREQUENT WORKOUTS

Most of the workouts in my program should take 45 minutes or less to complete. But you'll do more of those workouts as you get deeper into the program, increasing from three per week in Phase 1 to four in Phase 2 and five in Phase 3.

## LEAVE 'EM WANTING MORE

Your muscles, I mean. You should leave the gym each day feeling as if you could've done a little more. The best workouts are the ones when you can't wait to return and get back into it!

## WHO BENEFITS?

You'd think it's obvious who would benefit most from a program targeted to lifters over 40. But it's not quite that simple.

**Gender** Even though I use "guys" a lot, and most of my clients are male, I can't think of any reason why a female lifter wouldn't benefit.

**Age** As with the gender question, someone under 40 can use this program and see good results. But I wouldn't necessarily recommend it for lifters under 30. For them, I'd suggest a more aggressive, higher-volume program, including heavy barbell lifts from time to time.

At the high end, lifters in their 50s or even their 60s should be able to use these workouts. If

you're older than that, I would first check with your doctor or a trainer you've worked with in the recent past to see if it's appropriate for you.

**Health** If you have a history of back, shoulder, knee, elbow, and/or neck problems, you'll probably have to make some adjustments to the exercises in this program. An experienced trainer can help you with that.

And I hope it goes without saying that I'm not a doctor, and nothing in this program should be mistaken for medical advice. It's always a good idea to get a checkup before jumping into a new program, especially if you're coming back from a layoff, or if it's been a while since you really pushed yourself in the weight room.

# HOW THE PROGRAM WORKS

→ The 12-week program includes three four-week phases:

PHASE  
**1** FULL BODY  
WEEKS 1-4

PHASE  
**2** UPPER-LOWER  
WEEKS 5-8

PHASE  
**3** PUSH-PULL  
WEEKS 9-12

## HOW TO USE THE WORKOUT LOGS

There are two ways to track your progress. You can use the log that is provided at the start of each workout, or record your workout in the logs that accompany each exercise. Or use both! Just write down the weight you used and number of reps you completed after each set. You can also use the designated notes area to help guide you in your next session. For example, if 20-pound dumbbells felt too easy during an exercise, you could remind yourself to start out with 25-pound dumbbells next time you do the exercise.

## HOW TO USE THE EXERCISE GUIDE

You'll find an alphabetical glossary of all the exercises referenced in this program on page 85. Each exercise has instructions on how to perform the move, along with photos to guide you. You'll also find variations to make some of the moves easier or harder. Reference this guide throughout your workout to ensure you're maintaining perfect form.

## WARMING UP

If you know what works best for you, keep doing it. That said, if what you do is walk into the weight room and start lifting with no warmup at all, I predict it won't work for much longer. The older you get, and the more miles you put on the chassis, the trickier it is to get your body ready for a good workout.

Your warmup should at least have these two components:

- ▶ A general warmup to increase core temperature, heart rate, and blood flow. You'll probably need more time for this if you train in the morning versus the evening, or winter versus summer. Light cardio, mild calisthenics, mobility exercises, or some combination will do the trick.
- ▶ A specific warmup for the first exercise, or pair of exercises, in your workout. Again, this can be a comprehensive mobility routine, a few practice sets of the exercise with light weights, or a combination of both.

## WHAT YOU'LL NEED

This program requires basic equipment you'll find in most commercial gyms. Don't worry if your gym doesn't have everything on the list. It's easy to substitute similar exercises.

- ▶ Full range of dumbbells, including weights that seem much heavier than anything you'd consider lifting right now
- ▶ Barbells (Olympic and EZ curl) and weight plates
- ▶ Flat and incline benches
- ▶ Landmine (a device that holds one end of a barbell so you can do angled presses and rows) or a corner where you can secure the barbell without causing any damage
- ▶ Squat rack
- ▶ Cable machines with high, low, and in-between settings for the pulleys, along with all the usual attachments including stirrup handles, long bar, and rope
- ▶ Leg press, leg extension, and leg curl machines (calf raise machine is optional)
- ▶ Kettlebells
- ▶ Ab wheel

# PHASE 1

# FULL BODY WEEKS 1-4

## OVERVIEW

You'll train three times per week for four weeks. Most will use the classic Monday-Wednesday-Friday or Tuesday-Thursday-Saturday schedule. Remember to include at least one full day of rest between workouts. You'll do each exercise as straight sets, completing all the sets of one exercise before moving on to the next.

## WEIGHT SELECTION

For the first exercise on Day 1 (dumbbell incline bench press) and Day 2 (trap-bar deadlift) you'll use the *sets across* method, which means you'll use the same weight for all your work sets. (It's the opposite of ramping sets, in which you use a heavier weight on each set, building up to a final set with a max weight.) With the sets across method, you don't increase the weight until you hit all the reps on every set.

Let's say you're doing 3 sets of 6 to 8 reps. After doing a warmup

set with a lighter weight, you select a weight you figure you can lift 10 times. You easily complete 8 reps the first set, and could've done at least two or three more. On the second set, you also get 8 reps, although this time you only have one or two left in the tank. On the third set, you can only complete 7.

The next week, you use that same weight for all your sets, with the goal of getting 8 good reps on each one. More important, you feel like you could've completed at least one or two more on every set. That means you're cleared to increase the weight by 2.5 to 5 percent for the following week.

With the rest of the exercises in Phase 1 that are not indicated as using the **sets across method**, you can use more weight on subsequent sets if your first-set weight was too light and you easily completed all the reps. Increase the weight when you exceed the range by 2 or 3 reps on every set. So if the workout calls for 2 sets of 12 to 15 reps, and you hit 17 or 18 on the final

set, use a heavier weight the next time you do that exercise.

## REST

In Phase 1 and Phase 2, I don't specify how long to rest between sets or exercises. Here are a couple of guidelines to follow:

► Don't start a set while you're still catching your breath from the last one. You want to feel like you're at full strength each time you pick up the weights.

► If you feel like you can go straight into the second or third set of an exercise without any rest at all, it's a good sign you aren't pushing yourself hard enough. Either the weight is too light, or you're doing the exercise in a way that isn't putting tension on the targeted muscles.

## VOLUME

You'll see some progressions in volume within the workouts, specifically the number of sets. With some exercises, you'll increase the number of sets (from 2 to 3) after Week 1. Then, in Week 4, you'll decrease volume across the board, doing 2 sets of every exercise to give your muscles a break before starting Phase 2.

PHASE

**1** WEEK ONE**DAY ONE**

DATE: \_\_\_\_\_

**EXERCISE**

Dumbbell Incline Bench Press

REPS

6-8\*

Seated Cable Row

6-8

Dumbbell Curl

8-10

Dumbbell Incline Triceps Extension

8-10

Goblet Squat

10-12

Lying Leg Curl

10-12

Plank

30 secs



\* SETS ACROSS METHOD

PHASE

**1** WEEK ONE**DAY TWO**

DATE: \_\_\_\_\_

**EXERCISE**

Trap Bar Deadlift

REPS

8-10\*

Dumbbell Split Squat

8-10^

Dumbbell Bench Press with Neutral Grip

10-12

Dumbbell One-Arm Row

10-12^

Lateral Raise

12-15

Dumbbell Rear-Delt Raise

12-15

Standing Calf Raise

25^



\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**1** WEEK ONE**DAY THREE**

DATE: \_\_\_\_\_

**EXERCISE**

Lat Pulldown

REPS

10-12

Cable Fly

10-12

Rope Hammer Curl

12-15

Rope Pressdown

12-15

Leg Press

15-20

Leg Extension

15-20

Back Extension

Max

**NOTES:**

## 1 Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3
6-8*			



## 2 Seated Cable Row

REPS	SET 1	SET 2	SET 3
6-8			



## 3 Dumbbell Curl

REPS	SET 1	SET 2
8-10		



## 4 Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2
8-10		



## 5 Goblet Squat

REPS	SET 1	SET 2
10-12		



## 6 Lying Leg Curl

REPS	SET 1	SET 2
10-12		



## 7 Plank

REPS	SET 1	SET 2
30 seconds		



## 1 Trap Bar Deadlift

REPS	SET 1	SET 2	SET 3
8-10*			



## 2 Dumbbell Split Squat

## 2 Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
8-10^			



## 3 Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2
10-12		



## 4 Dumbbell One-Arm Row

REPS	SET 1	SET 2
10-12^		



## 5 Lateral Raise

REPS	SET 1	SET 2
12-15		



## 6 Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2
12-15		



## 7 Standing Calf Raise

REPS	SET 1	SET 2
25^		



## 1 Lat Pulldown

REPS	SET 1	SET 2	SET 3
10-12			



## 2 Cable Fly

REPS	SET 1	SET 2	SET 3
10-12			



## 3 Rope Hammer Curl

REPS	SET 1	SET 2
12-15		



## 4 Rope Pressdown

REPS	SET 1	SET 2
12-15		



## 5 Leg Press

REPS	SET 1	SET 2
15-20		



## 6 Leg Extension

REPS	SET 1	SET 2
15-20		



## 7 Back Extension

REPS	SET 1	SET 2
Max		



PHASE

**1** WEEK TWO**DAY ONE**

DATE: \_\_\_\_\_

**EXERCISE**

Dumbbell Incline Bench Press

REPS

6-8\*

Seated Cable Row

REPS

6-8

Dumbbell Curl

REPS

8-10

Dumbbell Incline Triceps Extension

REPS

8-10

Goblet Squat

REPS

10-12

Lying Leg Curl

REPS

10-12

Plank

REPS

45 secs

SETS ACROSS METHOD

PHASE

**1** WEEK TWO**DAY TWO**

DATE: \_\_\_\_\_

**EXERCISE**

Trap Bar Deadlift

REPS

8-10\*

Dumbbell Split Squat

REPS

8-10^

Dumbbell Bench Press with Neutral Grip

REPS

10-12

Dumbbell One-Arm Row

REPS

10-12^

Lateral Raise

REPS

12-15

Dumbbell Rear-Delt Raise

REPS

12-15

Standing Calf Raise

REPS

25^

SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**1** WEEK TWO**DAY THREE**

DATE: \_\_\_\_\_

**EXERCISE**

Lat Pulldown

REPS

10-12

Cable Fly

REPS

10-12

Rope Hammer Curl

REPS

12-15

Rope Pressdown

REPS

12-15

Leg Press

REPS

15-20

Leg Extension

REPS

15-20

Back Extension

REPS

Max

**NOTES:**

**1** Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3
6-8*			

**2** Seated Cable Row

REPS	SET 1	SET 2	SET 3
6-8			

**3** Dumbbell Curl

REPS	SET 1	SET 2	SET 3
8-10			

**4** Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2	SET 3
8-10			

**5** Goblet Squat

REPS	SET 1	SET 2	SET 3
10-12			

**6** Lying Leg Curl

REPS	SET 1	SET 2	SET 3
10-12			

**7** Plank

REPS	SET 1	SET 2
45 seconds		



## 1 Trap Bar Deadlift

REPS	SET 1	SET 2	SET 3
8-10*			



## 2 Dumbbell Split Squat

## 2 Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
8-10^			



## 3 Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
10-12			



## 4 Dumbbell One-Arm Row

REPS	SET 1	SET 2	SET 3
10-12^			



## 5 Lateral Raise

REPS	SET 1	SET 2	SET 3
12-15			



## 6 Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2	SET 3
12-15			



## 7 Standing Calf Raise

REPS	SET 1	SET 2	SET 3
25^			



## 1 Lat Pulldown

REPS	SET 1	SET 2	SET 3
10-12			



## 2 Cable Fly

REPS	SET 1	SET 2	SET 3
10-12			



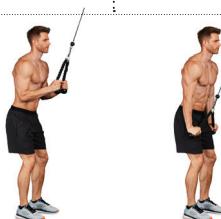
## 3 Rope Hammer Curl

REPS	SET 1	SET 2	SET 3
12-15			



## 4 Rope Pressdown

REPS	SET 1	SET 2	SET 3
12-15			



## 5 Leg Press

REPS	SET 1	SET 2	SET 3
15-20			



## 6 Leg Extension

REPS	SET 1	SET 2	SET 3
15-20			



## 7 Back Extension

REPS	SET 1	SET 2	SET 3
Max			



PHASE

**1** WEEK THREE**DAY ONE**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2	SET 3
Dumbbell Incline Bench Press	6-8*			
Seated Cable Row	6-8			
Dumbbell Curl	8-10			
Dumbbell Incline Triceps Extension	8-10			
Goblet Squat	10-12			
Lying Leg Curl	10-12			
Plank	45 secs			

\* SETS ACROSS METHOD

PHASE

**1** WEEK THREE**DAY TWO**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2	SET 3
Trap Bar Deadlift	8-10*			
Dumbbell Split Squat	8-10^			
Dumbbell Bench Press with Neutral Grip	10-12			
Dumbbell One-Arm Row	10-12^			
Lateral Raise	12-15			
Dumbbell Rear-Delt Raise	12-15			
Standing Calf Raise	25^			

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**1** WEEK THREE**DAY THREE**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2	SET 3
Lat Pulldown	10-12			
Cable Fly	10-12			
Rope Hammer Curl	12-15			
Rope Pressdown	12-15			
Leg Press	15-20			
Leg Extension	15-20			
Back Extension	Max			

**NOTES:**

## 1 Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3
6-8*			



## 2 Seated Cable Row

REPS	SET 1	SET 2	SET 3
6-8			



## 3 Dumbbell Curl

REPS	SET 1	SET 2	SET 3
8-10			



## 4 Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2	SET 3
8-10			



## 5 Goblet Squat

REPS	SET 1	SET 2	SET 3
10-12			



## 6 Lying Leg Curl

REPS	SET 1	SET 2	SET 3
10-12			



## 7 Plank

REPS	SET 1	SET 2	SET 3
45 secs			



## 1 Trap Bar Deadlift

REPS	SET 1	SET 2	SET 3
8-10*			



## 2 Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
8-10^			



## 3 Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
10-12			



## 4 Dumbbell One-Arm Row

REPS	SET 1	SET 2	SET 3
10-12^			



## 5 Lateral Raise

REPS	SET 1	SET 2	SET 3
12-15			



## 6 Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2	SET 3
12-15			



## 7 Standing Calf Raise

REPS	SET 1	SET 2	SET 3
25^			



## 1 Lat Pulldown

REPS	SET 1	SET 2	SET 3
10-12			



## 2 Cable Fly

REPS	SET 1	SET 2	SET 3
10-12			



## 3 Rope Hammer Curl

REPS	SET 1	SET 2	SET 3
12-15			



## 4 Rope Pressdown

REPS	SET 1	SET 2	SET 3
12-15			



## 5 Leg Press

REPS	SET 1	SET 2	SET 3
15-20			



## 6 Leg Extension

REPS	SET 1	SET 2	SET 3
15-20			



## 7 Back Extension

REPS	SET 1	SET 2	SET 3
Max			



PHASE

**1** WEEK FOUR**DAY ONE**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2
Dumbbell Incline Bench Press	6-8*		
Seated Cable Row	6-8		
Dumbbell Curl	8-10		
Dumbbell Incline Triceps Extension	8-10		
Goblet Squat	10-12		
Lying Leg Curl	10-12		
Plank	60 secs		

\* SETS ACROSS METHOD

PHASE

**1** WEEK FOUR**DAY TWO**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2
Trap Bar Deadlift	8-10*		
Dumbbell Split Squat	8-10^		
Dumbbell Bench Press with Neutral Grip	10-12		
Dumbbell One-Arm Row	10-12^		
Lateral Raise	12-15		
Dumbbell Rear-Delt Raise	12-15		
Standing Calf Raise	25^		

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**1** WEEK FOUR**DAY THREE**

DATE: \_\_\_\_\_

**EXERCISE**

EXERCISE	REPS	SET 1	SET 2
Lat Pulldown	10-12		
Cable Fly	10-12		
Rope Hammer Curl	12-15		
Rope Pressdown	12-15		
Leg Press	15-20		
Leg Extension	15-20		
Back Extension	Max		

**NOTES:**

## 1 Dumbbell Incline Bench Press

REPS	SET 1	SET 2
6-8*		



## 2 Seated Cable Row

REPS	SET 1	SET 2
6-8		



## 3 Dumbbell Curl

REPS	SET 1	SET 2
8-10		



## 4 Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2
8-10		



## 5 Goblet Squat

REPS	SET 1	SET 2
10-12		



## 6 Lying Leg Curl

REPS	SET 1	SET 2
10-12		



## 7 Plank

REPS	SET 1	SET 2
60 seconds		



## 1 Trap Bar Deadlift

REPS	SET 1	SET 2
8-10*		



## 3 Dumbbell Split Squat

REPS	SET 1	SET 2
8-10^		



## 3 Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2
10-12		



## 5 Lateral Raise

REPS	SET 1	SET 2
12-15		



## 7 Standing Calf Raise

REPS	SET 1	SET 2
25^		



## 2 Dumbbell Split Squat

REPS	SET 1	SET 2
8-10^		



## 4 Dumbbell One-Arm Row

REPS	SET 1	SET 2
10-12^		



## 6 Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2
12-15		



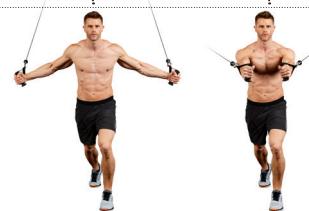
## 1 Lat Pulldown

REPS	SET 1	SET 2
10-12		



## 2 Cable Fly

REPS	SET 1	SET 2
10-12		



## 3 Rope Hammer Curl

REPS	SET 1	SET 2
12-15		



## 4 Rope Pressdown

REPS	SET 1	SET 2
12-15		



## 5 Leg Press

REPS	SET 1	SET 2
15-20		



## 6 Leg Extension

REPS	SET 1	SET 2
15-20		



## 7 Back Extension

REPS	SET 1	SET 2
Max		



# PHASE 2

# UPPER-LOWER WEEKS 5-8

## OVERVIEW

You'll train four times per week for four weeks, working the upper body on Day 1 and Day 3, and the lower body on Day 2 and Day 4. It's set up for a Monday-Tuesday-Thursday-Friday workout schedule, but if you find that back-to-back workouts leave you too sore or fatigued to get the most out of both workouts, it's fine to add a day of rest. It's always better to listen to your body, even if you need an extra week to finish the phase.

Some exercises will be unfamiliar. Embrace the novelty, and don't put any pressure on yourself to hit any particular performance standard. Some of the exercises require light weights, while on others you'll want to master the form before you get aggressive with the load.

## WEIGHT SELECTION

Most of the movements are now combined into *antagonist*

*pairings*—two exercises that work opposing muscles—biceps and triceps, for example, or chest and back. You'll do the exercises in each pairing as *alternating sets*—a set of A1, rest, a set of A2, rest, etc., until you finish all the prescribed sets for that particular pair. Then you'll move on to B1 and B2 and complete the sets in that pair, and so on.

You'll only use the sets across method for the A1 exercise in each workout. Remember the difference: With sets across, you use the same weight for every set, and only increase it when you reach max reps in every set, with reps left in the tank on most sets. On the other exercises, increase the weight when you can exceed the rep range for 2 or 3 reps.

## REST

With the antagonist pairings, you can start the second exercise whenever you're ready, but it shouldn't be immediately after

you put down the weights from your first exercise. You should do the first one with enough effort that you need at least a few seconds to catch your breath.

## VOLUME

With these intermediate-level workouts, you'll do more sets of some exercises from week to week—up to 5 sets of squats and deadlifts by Week 3. Then in Week 4, you'll decrease volume across the board, doing 2 sets of every exercise, to give your muscles a break before beginning Phase 3.

PHASE

**2** WEEK ONE**DAY ONE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3
<b>A1</b> Dumbbell Standing One-Arm Shoulder Press with Neutral Grip	8-10*^			
<b>A2</b> Lat Pulldown	8-10			
<b>B1</b> Dumbbell Bench Press with Neutral Grip	10-12			
<b>B2</b> Dumbbell One-Arm Row	10-12^			
<b>C</b> Lateral Raise	10-12			
<b>D1</b> Hammer Curl	12-15			
<b>D2</b> Dumbbell Overhead Triceps Extension	12-15			

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**2** WEEK ONE**DAY TWO**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3
<b>A</b> Barbell Front Squat	8-10*			
<b>B1</b> Dumbbell Split Squat	10-12^			
<b>B2</b> Lying Leg Curl	10-12			
<b>C1</b> Ab Wheel Rollout	10-12			
<b>C2</b> Standing Calf Raise	10-12^			

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**2** WEEK ONE**DAY THREE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3
<b>A1</b> Dumbbell Incline Bench Press	6-8*			
<b>A2</b> Dumbbell Incline Chest-Supported Row	6-8			
<b>B</b> Half-Kneeling One-Arm Angled Press	8-10^			
<b>C1</b> Dumbbell One-Arm Incline Lateral Raise	8-10^			
<b>C2</b> Dumbbell Rear-Delt Raise	8-10			
<b>D1</b> Incline Hammer Curl	10-12			
<b>D2</b> Dumbbell Incline Triceps Extension	10-12			

\* SETS ACROSS METHOD / ^ EACH SIDE

## PHASE

# 2 WEEK ONE

# DAY FOUR

DATE:

EXERCISE	REPS	SET 1	SET 2	SET 3
A1 Rack Deadlift	10-12*			
A2 Dumbbell Reverse Lunge	10-12^			
B Leg Press	12-15			
C1 Seated Calf Raise	25			
C2 Bench Kneeup	25			

## \* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A1** Dumbbell Standing One-Arm Shoulder Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
8-10*^			

**A2** Lat Pulldown

REPS	SET 1	SET 2	SET 3
8-10			

**B1** Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2
10-12		

**B2** Dumbbell One-Arm Row

REPS	SET 1	SET 2
10-12^		

**C** Lateral Raise

REPS	SET 1	SET 2
10-12		

**D1** Hammer Curl

REPS	SET 1	SET 2
12-15		

**D2** Dumbbell Overhead Triceps Extension

REPS	SET 1	SET 2
12-15		



PHASE

2

WEEK ONE

DAY TWO

DATE: \_\_\_\_\_

**A** Barbell Front Squat

REPS	SET 1	SET 2	SET 3
8-10*			

**B2** Lying Leg Curl

REPS	SET 1	SET 2	SET 3
10-12			

**C2** Standing Calf Raise

REPS	SET 1	SET 2
10-12^		

**B1** Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
10-12^			

**C1** Ab Wheel Rollout

REPS	SET 1	SET 2
10-12		



**A1** Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3
6-8*			

**A2** Dumbbell Incline Chest-Supported Row

REPS	SET 1	SET 2	SET 3
6-8			

**B** Half-Kneeling One-Arm Angled Press

REPS	SET 1	SET 2	SET 3
8-10^			

**C1** Dumbbell One-Arm Incline Lateral Raise

REPS	SET 1	SET 2
8-10^		

**C2** Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2
8-10		

**D1** Incline Hammer Curl

REPS	SET 1	SET 2
10-12		

**D2** Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2
10-12		



\* SETS ACROSS METHOD / ^ EACH SIDE

**A1** Rack Deadlift

REPS	SET 1	SET 2	SET 3
10-12*			

**A2** Dumbbell Reverse Lunge

REPS	SET 1	SET 2	SET 3
10-12^			

**B** Leg Press

REPS	SET 1	SET 2
12-15		

**C1** Seated Calf Raise

REPS	SET 1	SET 2
25		

**C2** Bench Kneeup

REPS	SET 1	SET 2
25		



PHASE

**2** WEEK TWO**DAY ONE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3
<b>A1</b> Dumbbell Standing One-Arm Shoulder Press with Neutral Grip	8-10* <sup>^</sup>			
<b>A2</b> Lat Pulldown	8-10			
<b>B1</b> Dumbbell Bench Press with Neutral Grip	10-12			
<b>B2</b> Dumbbell One-Arm Row	10-12 <sup>^</sup>			
<b>C</b> Lateral Raise	10-12			
<b>D1</b> Hammer Curl	12-15			
<b>D2</b> Dumbbell Overhead Triceps Extension	12-15			

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

PHASE

**2** WEEK TWO**DAY TWO**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4
<b>A</b> Barbell Front Squat	8-10*				
<b>B1</b> Dumbbell Split Squat	10-12 <sup>^</sup>				
<b>B2</b> Lying Leg Curl	10-12				
<b>C1</b> Ab Wheel Rollout	10-12				
<b>C2</b> Standing Calf Raise	10-12 <sup>^</sup>				

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

PHASE

**2** WEEK TWO**DAY THREE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3
<b>A1</b> Dumbbell Incline Bench Press	6-8*			
<b>A2</b> Dumbbell Incline Chest-Supported Row	6-8			
<b>B</b> Half-Kneeling One-Arm Angled Press	8-10 <sup>^</sup>			
<b>C1</b> Dumbbell One-Arm Incline Lateral Raise	8-10 <sup>^</sup>			
<b>C2</b> Dumbbell Rear-Delt Raise	8-10			
<b>D1</b> Incline Hammer Curl	10-12			
<b>D2</b> Dumbbell Incline Triceps Extension	10-12			

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4
A1 Rack Deadlift	10-12*				
A2 Dumbbell Reverse Lunge	10-12^				
B Leg Press	12-15				
C1 Seated Calf Raise	25				
C2 Bench Kneeup	25				

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A1** Dumbbell Standing One-Arm Shoulder Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
8-10*^			

**A2** Lat Pulldown

REPS	SET 1	SET 2	SET 3
8-10			

**B1** Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
10-12			

**B2** Dumbbell One-Arm Row

REPS	SET 1	SET 2	SET 3
10-12^			

**C** Lateral Raise

REPS	SET 1	SET 2	SET 3
10-12			

**D1** Hammer Curl

REPS	SET 1	SET 2	SET 3
12-15			

**D2** Dumbbell Overhead Triceps Extension

REPS	SET 1	SET 2	SET 3
12-15			



PHASE

2

WEEK TWO

DAY TWO

DATE: \_\_\_\_\_

**A** Barbell Front Squat

REPS	SET 1	SET 2	SET 3	SET 4
8-10*				

**B1** Dumbbell Split Squat**B1** Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
10-12^			

**B2** Lying Leg Curl

REPS	SET 1	SET 2	SET 3
10-12			

**C1** Ab Wheel Rollout

REPS	SET 1	SET 2	SET 3
10-12			

**C2** Standing Calf Raise

REPS	SET 1	SET 2	SET 3
10-12^			



**A1** Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3
6-8*			

**A2** Dumbbell Incline Chest-Supported Row

REPS	SET 1	SET 2	SET 3
6-8			

**B** Half-Kneeling One-Arm Angled Press

REPS	SET 1	SET 2	SET 3
8-10^			

**C1** Dumbbell One-Arm Incline Lateral Raise

REPS	SET 1	SET 2	SET 3
8-10^			

**C2** Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2	SET 3
8-10			

**D1** Incline Hammer Curl

REPS	SET 1	SET 2	SET 3
10-12			

**D2** Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2	SET 3
10-12			



PHASE

2

WEEK TWO

DAY FOUR

DATE: \_\_\_\_\_

**A1** Rack Deadlift

REPS	SET 1	SET 2	SET 3	SET 4
10-12*				

**B** Leg Press

REPS	SET 1	SET 2	SET 3
12-15			

**C2** Bench Kneeup

REPS	SET 1	SET 2
25		

**A2** Dumbbell Reverse Lunge

REPS	SET 1	SET 2	SET 3	SET 4
10-12^				

**C1** Seated Calf Raise

REPS	SET 1	SET 2
25		



PHASE

**2** WEEK THREE**DAY ONE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4
<b>A1</b> Dumbbell Standing One-Arm Shoulder Press with Neutral Grip	8-10*^				
<b>A2</b> Lat Pulldown	8-10				
<b>B1</b> Dumbbell Bench Press with Neutral Grip	10-12				
<b>B2</b> Dumbbell One-Arm Row	10-12^				
<b>C</b> Lateral Raise	10-12				
<b>D1</b> Hammer Curl	12-15				
<b>D2</b> Dumbbell Overhead Triceps Extension	12-15				

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**2** WEEK THREE**DAY TWO**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
<b>A</b> Barbell Front Squat	8-10*					
<b>B1</b> Dumbbell Split Squat	10-12^					
<b>B2</b> Lying Leg Curl	10-12					
<b>C1</b> Ab Wheel Rollout	10-12					
<b>C2</b> Standing Calf Raise	10-12^					

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**2** WEEK THREE**DAY THREE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4
<b>A1</b> Dumbbell Incline Bench Press	6-8*				
<b>A2</b> Dumbbell Incline Chest-Supported Row	6-8				
<b>B</b> Half-Kneeling One-Arm Angled Press	8-10^				
<b>C1</b> Dumbbell One-Arm Incline Lateral Raise	8-10^				
<b>C2</b> Dumbbell Rear-Delt Raise	8-10				
<b>D1</b> Incline Hammer Curl	10-12				
<b>D2</b> Dumbbell Incline Triceps Extension	10-12				

\* SETS ACROSS METHOD / ^ EACH SIDE

EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 5
A1 Rack Deadlift**	10-12*					
A2 Dumbbell Reverse Lunge**	10-12^					
B Leg Press	12-15					
C1 Seated Calf Raise	25					
C2 Bench Kneeup	25					

## \* SETS ACROSS METHOD / ^ EACH SIDE

★ ★ THERE ARE AN UNEVEN NUMBER OF SETS. YOU'LL ALTERNATE EXERCISES, RESTING IN BETWEEN, AND FINISH THE PAIR WITH YOUR FIFTH SET OF DEADLIFTS.

## NOTES:

**A1** Dumbbell Standing One-Arm Shoulder Press with Neutral Grip

REPS	SET 1	SET 2	SET 3	SET 4
8-10*				

**B1** Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2	SET 3
10-12			

**C** Lateral Raise

REPS	SET 1	SET 2	SET 3
10-12			

**D2** Dumbbell Overhead Triceps Extension

REPS	SET 1	SET 2	SET 3
12-15			

**A2** Lat Pulldown

REPS	SET 1	SET 2	SET 3	SET 4
8-10				

**B2** Dumbbell One-Arm Row

REPS	SET 1	SET 2	SET 3
10-12*			

**D1** Hammer Curl

REPS	SET 1	SET 2	SET 3
12-15			



**A** Barbell Front Squat

REPS	SET 1	SET 2	SET 3	SET 4	SET 5
8-10*					

**B1** Dumbbell Split Squat**B1** Dumbbell Split Squat

REPS	SET 1	SET 2	SET 3
10-12^			

**B2** Lying Leg Curl

REPS	SET 1	SET 2	SET 3
10-12			

**C1** Ab Wheel Rollout

REPS	SET 1	SET 2	SET 3
10-12			

**C2** Standing Calf Raise

REPS	SET 1	SET 2	SET 3
10-12^			



**A1** Dumbbell Incline Bench Press

REPS	SET 1	SET 2	SET 3	SET 4
6-8*				

**B** Half-Kneeling One-Arm Angled Press

REPS	SET 1	SET 2	SET 3
8-10^			

**C2** Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2	SET 3
8-10			

**D2** Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2	SET 3
10-12			

**A2** Dumbbell Incline Chest-Supported Row

REPS	SET 1	SET 2	SET 3	SET 4
6-8				

**C1** Dumbbell One-Arm Incline Lateral Raise

REPS	SET 1	SET 2	SET 3
8-10^			

**D1** Incline Hammer Curl

REPS	SET 1	SET 2	SET 3
10-12			



**A1** Rack Deadlift\*\*

REPS	SET 1	SET 2	SET 3	SET 4	SET 5
10-12*					

**A2** Dumbbell Reverse Lunge\*\*

REPS	SET 1	SET 2	SET 3	SET 4
10-12^				

**B** Leg Press

REPS	SET 1	SET 2	SET 3	SET 4
12-15				

**C1** Seated Calf Raise

REPS	SET 1	SET 2
25		

**C2** Bench Kneeup

REPS	SET 1	SET 2
25		



PHASE

**2** WEEK FOUR**DAY ONE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2
<b>A1</b> Dumbbell Standing One-Arm Shoulder Press with Neutral Grip	8-10* <sup>^</sup>		
<b>A2</b> Lat Pulldown	8-10		
<b>B1</b> Dumbbell Bench Press with Neutral Grip	10-12		
<b>B2</b> Dumbbell One-Arm Row	10-12 <sup>^</sup>		
<b>C</b> Lateral Raise	10-12		
<b>D1</b> Hammer Curl	12-15		
<b>D2</b> Dumbbell Overhead Triceps Extension	12-15		

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

PHASE

**2** WEEK FOUR**DAY TWO**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2
<b>A</b> Barbell Front Squat	8-10*		
<b>B1</b> Dumbbell Split Squat	10-12 <sup>^</sup>		
<b>B2</b> Lying Leg Curl	10-12		
<b>C1</b> Ab Wheel Rollout	10-12		
<b>C2</b> Standing Calf Raise	10-12 <sup>^</sup>		

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

PHASE

**2** WEEK FOUR**DAY THREE**

DATE: \_\_\_\_\_

EXERCISE	REPS	SET 1	SET 2
<b>A1</b> Dumbbell Incline Bench Press	6-8*		
<b>A2</b> Dumbbell Incline Chest-Supported Row	6-8		
<b>B</b> Half-Kneeling One-Arm Angled Press	8-10 <sup>^</sup>		
<b>C1</b> Dumbbell One-Arm Incline Lateral Raise	8-10 <sup>^</sup>		
<b>C2</b> Dumbbell Rear-Delt Raise	8-10		
<b>D1</b> Incline Hammer Curl	10-12		
<b>D2</b> Dumbbell Incline Triceps Extension	10-12		

\* SETS ACROSS METHOD / <sup>^</sup> EACH SIDE

EXERCISE	REPS	SET 1	SET 2
A1 Rack Deadlift	10-12*		
A2 Dumbbell Reverse Lunge	10-12^		
B Leg Press	12-15		
C1 Seated Calf Raise	25		
C2 Bench Kneeup	25		

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A1** Dumbbell Standing One-Arm Shoulder Press with Neutral Grip

REPS	SET 1	SET 2
8-10 <sup>*^</sup>		

**B1** Dumbbell Bench Press with Neutral Grip

REPS	SET 1	SET 2
10-12		

**C** Lateral Raise

REPS	SET 1	SET 2
10-12		

**D2** Dumbbell Overhead Triceps Extension

REPS	SET 1	SET 2
12-15		

**A2** Lat Pulldown

REPS	SET 1	SET 2
8-10		

**B2** Dumbbell One-Arm Row

REPS	SET 1	SET 2
10-12 <sup>^</sup>		

**D1** Hammer Curl

REPS	SET 1	SET 2
12-15		



PHASE

2

WEEK FOUR

DAY TWO

DATE: \_\_\_\_\_

**A** Barbell Front Squat

REPS	SET 1	SET 2
8-10*		

**B1** Dumbbell Split Squat

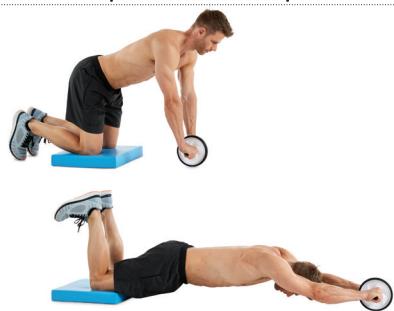
REPS	SET 1	SET 2
10-12^		

**B2** Lying Leg Curl

REPS	SET 1	SET 2
10-12		

**C1** Ab Wheel Rollout

REPS	SET 1	SET 2
10-12		

**C2** Standing Calf Raise

REPS	SET 1	SET 2
10-12^		



**A1** Dumbbell Incline Bench Press

REPS	SET 1	SET 2
6-8*		

**A2** Dumbbell Incline Chest-Supported Row

REPS	SET 1	SET 2
6-8		

**B** Half-Kneeling One-Arm Angled Press

REPS	SET 1	SET 2
8-10^		

**C1** Dumbbell One-Arm Incline Lateral Raise

REPS	SET 1	SET 2
8-10^		

**C2** Dumbbell Rear-Delt Raise

REPS	SET 1	SET 2
8-10		

**D1** Incline Hammer Curl

REPS	SET 1	SET 2
10-12		

**D2** Dumbbell Incline Triceps Extension

REPS	SET 1	SET 2
10-12		



\* SETS ACROSS METHOD / ^ EACH SIDE

**A1** Rack Deadlift

REPS	SET 1	SET 2
10-12*		

**B** Leg Press

REPS	SET 1	SET 2
12-15		

**C2** Bench Kneeup

REPS	SET 1	SET 2
25		

**A2** Dumbbell Reverse Lunge

REPS	SET 1	SET 2
10-12^		

**C1** Seated Calf Raise

REPS	SET 1	SET 2
25		



# PHASE 3

# PUSH-PULL WEEKS 9-12

## OVERVIEW

Now you'll train five times a week for four weeks—or, I should say, you'll cycle through five workouts, each of which you'll do four times. If you finish in four weeks, great! If you take longer, that's fine too. Because they aren't full-body workouts (more on that in a moment), it should be easier to do workouts on consecutive days without too much fatigue or residual soreness. (Although you might get sore the first time through.)

## TECHNIQUES AND WEIGHT SELECTION

Now the fun begins! Each of the five workouts in Phase 3 offers unique challenges.

## SUPERSETS

Along with straight sets and antagonist pairings, you'll also do *supersets*: two exercises for

the same muscle group with no rest in between. On some of them you'll go straight from the first to the second exercise with no rest, using the same weight where indicated, and do as many reps as you can. Then you'll rest before you repeat the superset.

## REST PERIODS

This is the first time I've specified how long to rest between sets since most workouts include supersets with no rest, and because I want you to attack each set at full strength. When you force yourself to rest a little more than you ordinarily would, you'll be surprised at how much stronger you are on the next set.

That said, don't feel obligated to follow the guideline down to the second, especially if you get so bored between sets you start checking your email. If you're ready to lift, lift. My goal is to get you to focus on full recovery

between sets and exercises, and see how much more work you can do with that technique.

## FINISHERS

You'll end each workout with a bang, completing a challenging finisher that takes you out of your comfort zone. The finisher varies based on the workout, listed under "technique" on each workout log. Here's how to do them:

## Every minute on the minute (EMOM)

On Day 1 and Day 3, you'll do 10 kettlebell swings each minute for 10 minutes. You'll need to use a timer or position yourself where you can see a wall clock. With a timer, hit "start," do 10 swings, and put the weight down to rest. When the timer hits one minute—exactly 60 seconds after you started the first set—begin the next set, and continue that way until you've completed all 10 sets.

Start off with a modest weight and see how it goes. If you've chosen correctly, by the fifth or sixth set your reps will slow down and you'll start to feel like you need more rest between sets. If that doesn't happen until the very end, just use a heavier weight next time. If it happens sooner, by the third or fourth set, it's okay to change weights so you can continue with a lighter one.

On these exercises, you're going for a level of total-body fatigue while also building endurance in your posterior chain—glutes, hamstrings, spinal erectors, and the stabilizing muscles of your upper back.

## 100 Pushups

On Day 2 and Day 4, you'll do 100 pushups in as few sets as possible, using different grip widths. So if you choose a relatively narrow hand position on Day 2 (hands just inside shoulder width), go wider on Day 4 (hands at or just outside shoulder width).

My advice: Don't get too aggressive with your early sets. If you think you can knock out 30 reps on first set, for example, stop after 15. Take a short break, then go for 15 again. When 15 starts to feel like a max effort, stop at 10 on the next set.

Try to do a couple more pushups per set in subsequent weeks, with fewer total sets to reach 100.

## Farmer's Walk

I almost never give readers or clients a specific strength target. But this is an exception. On

Day 5, I'd like you to finish your workout with farmer's walks, holding much heavier weights than you'd probably choose for yourself. For men, the goal is 50 percent of your body weight in each hand. For women it's 25 percent. So the men will walk 25 yards per set with a total of 100 percent of their weight, and women will use a total of 50 percent.

I know it's a pretty tough challenge but when you have a goal to aspire to, you'll increase your loads faster than you otherwise would. Even if you don't hit the target, I think you'll be impressed by your own strength at the end of the program.

## CHOOSE YOUR OWN ADVENTURE

You get to pick your favorite squat variation on Day 1. Make sure it's one you can do with high intensity, great form, and no discomfort in your knees or back.

## VOLUME

With these advanced-level workouts, you'll see progressions in volume from week to week. In Week 4, you'll decrease volume across the board, doing 2 sets of every exercise to give your muscles a break and allow supercompensation (growth) to occur.

PHASE

**3** WEEK ONE**DAY ONE: Lower Body (Squat Focus)**

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3							
A Squat Variation	6-8*	180										
B1 Dumbbell Romanian Deadlift	8-10	90										
B2 Bulgarian Split Squat	8-10^	90										
C Standing Row to Neck	12-15	45										
D Calf Raise on Leg Press Machine	12-15	45										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Kettlebell Swing	10											EMOM

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**3** WEEK ONE**DAY TWO: Push-Pull**

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3							
A1 Dumbbell Bench Press	6-8*	60										
A2 Dumbbell One-Arm Row	8-10^	60										
B1 Lateral Raise	8-10	0										
B2 Dumbbell Seated Shoulder Press with Neutral Grip	Max\$	90										
C1 Straight-Arm Lat Pulldown	8-10	0										
C2 Lat Pulldown	Max\$	90										
D1 Incline Hammer Curl	10-12	0										
D2 Hammer Curl	Max\$	90										
E1 EZ-Bar Skull Crusher	10-12	0										
E2 EZ-Bar Close-Grip Bench Press	Max	90										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Pushup	100											Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

PHASE

3 WEEK ONE

DAY THREE: Lower Body (Deadlift Focus)

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3
A Trap Bar Deadlift	8-10*	180			
B Leg Press with Constant Tension	12-15	120			
C1 Leg Curl	12-15	60			
C2 Leg Extension	15-20	60			
D1 Seated Calf Raise	15-20	30			
D2 Cable Crunch	Max	30			
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>
Kettlebell Swing	10				

\* SETS ACROSS METHOD

PHASE

3 WEEK ONE

DAY FOUR: Push

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3
A Half-Kneeling One-Arm Angled Press	10-12*^	60			
B1 Dumbbell Squeeze Press	12-15	0			
B2 Dumbbell Bench Press	Max\$	90			
C1 Cable Fly	12-15	0			
C2 Cable Chest Press	Max\$	90			
D Cable One-Arm Lateral Raise	15-20^	30			
E1 Pressdown with Reverse Grip	12-15	0			
E2 Pressdown	Max	90			
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>
Pushup	100				

Reach 100 pushups in  
as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	
FINISHER	REPS	REST	SET 1	SET 2	SET 3	TECHNIQUE
A Lat Pulldown with Neutral Grip	10-12*	180				
B Meadows Row	10-12^	120				
C1 Seated Cable Row	10-12	0				
C2 Dumbbell Rear-Delt Raise	12-15	120				
D EZ-Bar Curl	8-10	60				
E Cable Hammer Curl with Rope	15-20	60				
F Back Extension	12-15	60				
Farmer's Walk	25 yds	60				MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A** Squat Variation

REPS	REST	SET 1	SET 2	SET 3
6-8*	180			

**B2** Bulgarian Split Squat

REPS	REST	SET 1	SET 2	SET 3
8-10^	90			

**D** Calf Raise on Leg Press Machine

REPS	REST	SET 1	SET 2	SET 3
12-15	45			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

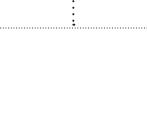
REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A1** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3
6-8*	60			

**B1** Lateral Raise

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**C1** Straight-Arm Lat Pulldown

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**D1** Incline Hammer Curl

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**E1** EZ-Bar Skull Crusher

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A** Trap Bar Deadlift

REPS	REST	SET 1	SET 2	SET 3
8-10*	180			

**B** Leg Press with Constant Tension

REPS	REST	SET 1	SET 2	SET 3
12-15	120			

**C1** Leg Curl

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**C2** Leg Extension

REPS	REST	SET 1	SET 2	SET 3
15-20	60			

**D1** Seated Calf Raise

REPS	REST	SET 1	SET 2	SET 3
15-20	30			

**D2** Cable Crunch

REPS	REST	SET 1	SET 2	SET 3
Max	30			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A** Half-Kneeling One-Arm Angled Press

REPS	REST	SET 1	SET 2	SET 3
10-12*^	60			

**B1** Dumbbell Squeeze Press**B2** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3
12-15	0			

**B2** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**C1** Cable Fly

REPS	REST	SET 1	SET 2	SET 3
12-15	0			

**C2** Cable Chest Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**D** Cable One-Arm Lateral Raise

REPS	REST	SET 1	SET 2	SET 3
15-20^	30			

**E1** Pressdown with Reverse Grip

REPS	REST	SET 1	SET 2	SET 3
12-15	0			

**E2** Pressdown

REPS	REST	SET 1	SET 2	SET 3
Max	90			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A** Lat Pulldown with Neutral Grip

REPS	REST	SET 1	SET 2	SET 3
10-12*	180			

**C1** Seated Cable Row

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**D** EZ-Bar Curl

REPS	REST	SET 1	SET 2	SET 3
8-10	60			

**F** Back Extension

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**B** Meadows Row

REPS	REST	SET 1	SET 2	SET 3
10-12^	120			

**C2** Dumbbell Rear-Delt Raise

REPS	REST	SET 1	SET 2	SET 3
12-15	120			

**E** Cable Hammer Curl with Rope

REPS	REST	SET 1	SET 2	SET 3
15-20	60			

**FINISHER** Farmer's Walk

**TECHNIQUE:** MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
25yds	60						



\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

3 WEEK TWO

## DAY ONE: Lower Body (Squat Focus)

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4						
A Squat Variation	6-8*	180										
B1 Dumbbell Romanian Deadlift	8-10	90										
B2 Bulgarian Split Squat	8-10^	90										
C Standing Row to Neck	12-15	45										
D Calf Raise on Leg Press Machine	12-15	45										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Kettlebell Swing	10											EMOM

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

3 WEEK TWO

## DAY TWO: Push-Pull

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4						
A1 Dumbbell Bench Press	6-8*	60										
A2 Dumbbell One-Arm Row	8-10^	60										
B1 Lateral Raise	8-10	0										
B2 Dumbbell Seated Shoulder Press with Neutral Grip	Max\$	90										
C1 Straight-Arm Lat Pulldown	8-10	0										
C2 Lat Pulldown	Max\$	90										
D1 Incline Hammer Curl	10-12	0										
D2 Hammer Curl	Max\$	90										
E1 EZ-Bar Skull Crusher	10-12	0										
E2 EZ-Bar Close-Grip Bench Press	Max	90										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Pushup	100											Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

PHASE

3 WEEK TWO

DAY THREE: Lower Body (Deadlift Focus)

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4
A Trap Bar Deadlift	8-10*	180				
B Leg Press with Constant Tension	12-15	120				
C1 Leg Curl	12-15	60				
C2 Leg Extension	15-20	60				
D1 Seated Calf Raise	15-20	30				
D2 Cable Crunch	Max	30				
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>	<b>TECHNIQUE</b>
Kettlebell Swing	10					EMOM

\* SETS ACROSS METHOD

PHASE

3 WEEK TWO

DAY FOUR: Push

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4
A Half-Kneeling One-Arm Angled Press	10-12**	60				
B1 Dumbbell Squeeze Press	12-15	0				
B2 Dumbbell Bench Press	Max\$	90				
C1 Cable Fly	12-15	0				
C2 Cable Chest Press	Max\$	90				
D Cable One-Arm Lateral Raise	15-20^	30				
E1 Pressdown with Reverse Grip	12-15	0				
E2 Pressdown	Max	90				
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>	<b>TECHNIQUE</b>
Pushup	100					Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4
A Lat Pulldown with Neutral Grip	10-12*	180				
B Meadows Row	10-12^	120				
C1 Seated Cable Row	10-12	0				
C2 Dumbbell Rear-Delt Raise	12-15	120				
D EZ-Bar Curl	8-10	60				
E Cable Hammer Curl with Rope	15-20	60				
F Back Extension	12-15	60				
FINISHER	REPS	REST	SET 1	SET 2	SET 3	SET 4
Farmer's Walk	25 yds	60				
TECHNIQUE	MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand					

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A** Squat Variation

REPS	REST	SET 1	SET 2	SET 3	SET 4
6-8*	180				

**B2** Bulgarian Split Squat

REPS	REST	SET 1	SET 2	SET 3	SET 4
8-10^	90				

**D** Calf Raise on Leg Press Machine

REPS	REST	SET 1	SET 2	SET 3
12-15	45			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

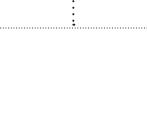
REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A1** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3	SET 4
6-8*	60				

**B1** Lateral Raise

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**C1** Straight-Arm Lat Pulldown

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**D1** Incline Hammer Curl

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**E1** EZ-Bar Skull Crusher

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

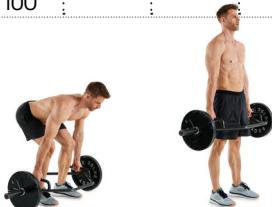
REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A** Trap Bar Deadlift

REPS	REST	SET 1	SET 2	SET 3	SET 4
8-10*	180				

**B** Leg Press with Constant Tension

REPS	REST	SET 1	SET 2	SET 3	SET 4
12-15	120				

**C1** Leg Curl

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**C2** Leg Extension

REPS	REST	SET 1	SET 2	SET 3
15-20	60			

**D1** Seated Calf Raise

REPS	REST	SET 1	SET 2	SET 3
15-20	30			

**D2** Cable Crunch

REPS	REST	SET 1	SET 2	SET 3
Max	30			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A** Half-Kneeling One-Arm Angled Press

REPS	REST	SET 1	SET 2	SET 3	SET 4
10-12*^	60				

**B2** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**C2** Cable Chest Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**E1** Pressdown with Reverse Grip

REPS	REST	SET 1	SET 2	SET 3
12-15	0			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A** Lat Pulldown with Neutral Grip

REPS	REST	SET 1	SET 2	SET 3	SET 4
10-12*	180				

**C1** Seated Cable Row

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**D** EZ-Bar Curl

REPS	REST	SET 1	SET 2	SET 3
8-10	60			

**F** Back Extension

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**B** Meadows Row

REPS	REST	SET 1	SET 2	SET 3	SET 4
10-12^	120				

**C2** Dumbbell Rear-Delt Raise

REPS	REST	SET 1	SET 2	SET 3
12-15	120			

**E** Cable Hammer Curl with Rope

REPS	REST	SET 1	SET 2	SET 3
15-20	60			

**FINISHER** Farmer's Walk

**TECHNIQUE:** MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
25yds	60						



\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

## 3 WEEK THREE

## DAY ONE: Lower Body (Squat Focus)

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
A Squat Variation	6-8*	180					
B1 Dumbbell Romanian Deadlift	8-10	90					
B2 Bulgarian Split Squat	8-10^	90					
C Standing Row to Neck	12-15	45					
D Calf Raise on Leg Press Machine	12-15	45					
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>	<b>SET 5</b>	<b>TECHNIQUE</b>
Kettlebell Swing	10						EMOM

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

## 3 WEEK THREE

## DAY TWO: Push-Pull

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
A1 Dumbbell Bench Press	6-8*	60					
A2 Dumbbell One-Arm Row	8-10^	60					
B1 Lateral Raise	8-10	0					
B2 Dumbbell Seated Shoulder Press with Neutral Grip	Max\$	90					
C1 Straight-Arm Lat Pulldown	8-10	0					
C2 Lat Pulldown	Max\$	90					
D1 Incline Hammer Curl	10-12	0					
D2 Hammer Curl	Max\$	90					
E1 EZ-Bar Skull Crusher	10-12	0					
E2 EZ-Bar Close-Grip Bench Press	Max	90					
<b>FINISHER</b>	<b>REPS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	<b>SET 4</b>	<b>SET 5</b>	<b>TECHNIQUE</b>
Pushup	100						Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

#### \* SETS ACROSS METHOD

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

## PHASE

# 3 WEEK THREE

## DAY FIVE: Pull

DATE:

EXERCISE	REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	
A Lat Pulldown with Neutral Grip	10-12*	180						
B Meadows Row	10-12^	120						
C1 Seated Cable Row	10-12	0						
C2 Dumbbell Rear-Delt Raise	12-15	120						
D EZ-Bar Curl	8-10	60						
E Cable Hammer Curl with Rope	15-20	60						
F Back Extension	12-15	60						
FINISHER	REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	TECHNIQUE
Farmer's Walk	25 yds	60						MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A** Squat Variation

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
6-8*	180					

**B2** Bulgarian Split Squat

REPS	REST	SET 1	SET 2	SET 3	SET 4
8-10^	90				

**D** Calf Raise on Leg Press Machine

REPS	REST	SET 1	SET 2	SET 3
12-15	45			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



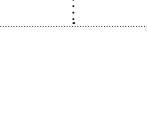
**A1** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
6-8*	60					

**B1** Lateral Raise

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**C1** Straight-Arm Lat Pulldown

REPS	REST	SET 1	SET 2	SET 3
8-10	0			

**D1** Incline Hammer Curl

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**E1** EZ-Bar Skull Crusher

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A2** Dumbbell One-Arm Row

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
8-10^	60					

**B2** Dumbbell Seated Shoulder Press with Neutral Grip

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**C2** Lat Pulldown

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**D2** Hammer Curl

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**E2** EZ-Bar Close-Grip Bench Press

REPS	REST	SET 1	SET 2	SET 3
Max	90			



**A** Trap Bar Deadlift

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
8-10*	180					

**C1** Leg Curl

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**D1** Seated Calf Raise

REPS	REST	SET 1	SET 2	SET 3
15-20	30			

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A** Half-Kneeling One-Arm Angled Press

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
10-12 <sup>^</sup>	60					

**B2** Dumbbell Bench Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**C2** Cable Chest Press

REPS	REST	SET 1	SET 2	SET 3
Max\$	90			

**E1** Pressdown with Reverse Grip

REPS	REST	SET 1	SET 2	SET 3
12-15	0			

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

**A** Lat Pulldown with Neutral Grip

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5
10-12*	180					

**C1** Seated Cable Row

REPS	REST	SET 1	SET 2	SET 3
10-12	0			

**D** EZ-Bar Curl

REPS	REST	SET 1	SET 2	SET 3
8-10	60			

**F** Back Extension

REPS	REST	SET 1	SET 2	SET 3
12-15	60			

**B** Meadows Row

REPS	REST	SET 1	SET 2	SET 3	SET 4
10-12^	120				

**C2** Dumbbell Rear-Delt Raise

REPS	REST	SET 1	SET 2	SET 3
12-15	120			

**E** Cable Hammer Curl with Rope

REPS	REST	SET 1	SET 2	SET 3
15-20	60			

**FINISHER** Farmer's Walk

**TECHNIQUE:** MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
25yds	60						



\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**3 WEEK FOUR****DAY ONE: Lower Body (Squat Focus)**

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2								
A Squat Variation	6-8*	180										
B1 Dumbbell Romanian Deadlift	8-10	90										
B2 Bulgarian Split Squat	8-10^	90										
C Standing Row to Neck	12-15	45										
D Calf Raise on Leg Press Machine	12-15	45										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Kettlebell Swing	10											EMOM

\* SETS ACROSS METHOD / ^ EACH SIDE

PHASE

**3 WEEK FOUR****DAY TWO: Push-Pull**

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2								
A1 Dumbbell Bench Press	6-8*	60										
A2 Dumbbell One-Arm Row	8-10^	60										
B1 Lateral Raise	8-10	0										
B2 Dumbbell Seated Shoulder Press with Neutral Grip	Max\$	90										
C1 Straight-Arm Lat Pulldown	8-10	0										
C2 Lat Pulldown	Max\$	90										
D1 Incline Hammer Curl	10-12	0										
D2 Hammer Curl	Max\$	90										
E1 EZ-Bar Skull Crusher	10-12	0										
E2 EZ-Bar Close-Grip Bench Press	Max	90										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Pushup	100											Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

PHASE

3 WEEK FOUR

DAY THREE: Lower Body (Deadlift Focus)

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2								
A Trap Bar Deadlift	8-10*	180										
B Leg Press with Constant Tension	12-15	120										
C1 Leg Curl	12-15	60										
C2 Leg Extension	15-20	60										
D1 Seated Calf Raise	15-20	30										
D2 Cable Crunch	Max	30										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Kettlebell Swing	10											EMOM

\* SETS ACROSS METHOD

PHASE

3 WEEK FOUR

DAY FOUR: Push

DATE: \_\_\_\_\_

EXERCISE	REPS	REST	SET 1	SET 2								
A Half-Kneeling One-Arm Angled Press	10-12*^	60										
B1 Dumbbell Squeeze Press	12-15	0										
B2 Dumbbell Bench Press	Max\$	90										
C1 Cable Fly	12-15	0										
C2 Cable Chest Press	Max\$	90										
D Cable One-Arm Lateral Raise	15-20^	30										
E1 Pressdown with Reverse Grip	12-15	0										
E2 Pressdown	Max	90										
FINISHER	REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10	TECHNIQUE
Pushup	100											Reach 100 pushups in as few sets as possible.

\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

## PHASE

# 3 WEEK FOUR

## DAY FIVE: Pull

DATE

EXERCISE	REPS	REST	SET 1	SET 2
A Lat Pulldown with Neutral Grip	10-12*	180		
B Meadows Row	10-12^	120		
C1 Seated Cable Row	10-12	0		
C2 Dumbbell Rear-Delt Raise	12-15	120		
D EZ-Bar Curl	8-10	60		
E Cable Hammer Curl with Rope	15-20	60		
F Back Extension	12-15	60		
FINISHER	REPS	REST	SET 1	SET 2
Farmer's Walk	25 yds	60		
TECHNIQUE				
MEN: Work up to holding 50% of your body weight in each hand for all 6 sets;				
WOMEN: Work up to 25% of your weight in each hand				

\* SETS ACROSS METHOD / ^ EACH SIDE

## NOTES:

**A** Squat Variation

REPS	REST	SET 1	SET 2
6-8*	180		

**B2** Bulgarian Split Squat

REPS	REST	SET 1	SET 2
8-10^	90		

**D** Calf Raise on Leg Press Machine

REPS	REST	SET 1	SET 2
12-15	45		

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A1** Dumbbell Bench Press

REPS	REST	SET 1	SET 2
6-8*	60		

**B1** Lateral Raise

REPS	REST	SET 1	SET 2
8-10	0		

**C1** Straight-Arm Lat Pulldown

REPS	REST	SET 1	SET 2
8-10	0		

**D1** Incline Hammer Curl

REPS	REST	SET 1	SET 2
10-12	0		

**E1** EZ-Bar Skull Crusher

REPS	REST	SET 1	SET 2
10-12	0		

**FINISHER** Pushup

TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



\* SETS ACROSS METHOD / ^ EACH SIDE / \$ USE SAME WEIGHT AS PREVIOUS EXERCISE

DATE: \_\_\_\_\_

**A2** Dumbbell One-Arm Row

REPS	REST	SET 1	SET 2
8-10^	60		

**B2** Dumbbell Seated Shoulder Press with Neutral Grip

REPS	REST	SET 1	SET 2
Max\$	90		

**C2** Lat Pulldown

REPS	REST	SET 1	SET 2
Max\$	90		

**D2** Hammer Curl

REPS	REST	SET 1	SET 2
Max\$	90		

**E2** EZ-Bar Close-Grip Bench Press

REPS	REST	SET 1	SET 2
Max	90		



**A** Trap Bar Deadlift

REPS	REST	SET 1	SET 2
8-10*	180		

**C1** Leg Curl

REPS	REST	SET 1	SET 2
12-15	60		

**D1** Seated Calf Raise

REPS	REST	SET 1	SET 2
15-20	30		

**FINISHER** Kettlebell Swing

TECHNIQUE: EMOM

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
10										



**A** Half-Kneeling One-Arm Angled Press

REPS	REST	SET 1	SET 2
10-12*^	60		

**B1** Dumbbell Squeeze Press

REPS	REST	SET 1	SET 2
12-15	0		

**B2** Dumbbell Bench Press

REPS	REST	SET 1	SET 2
Max\$	90		

**C1** Cable Fly

REPS	REST	SET 1	SET 2
12-15	0		

**C2** Cable Chest Press

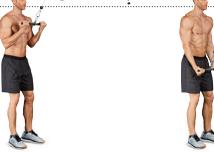
REPS	REST	SET 1	SET 2
Max\$	90		

**D** Cable One-Arm Lateral Raise

REPS	REST	SET 1	SET 2
15-20^	30		

**E1** Pressdown with Reverse Grip

REPS	REST	SET 1	SET 2
12-15	0		

**E2** Pressdown

REPS	REST	SET 1	SET 2
Max	90		

**FINISHER** Pushup

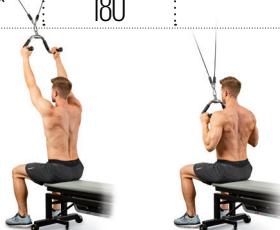
TECHNIQUE: Reach 100 pushups in as few sets as possible.

REPS	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
100										



**A** Lat Pulldown with Neutral Grip

REPS	REST	SET 1	SET 2
10-12*	180		

**C1** Seated Cable Row

REPS	REST	SET 1	SET 2
10-12	0		

**D** EZ-Bar Curl

REPS	REST	SET 1	SET 2
8-10	60		

**F** Back Extension

REPS	REST	SET 1	SET 2
12-15	60		

**B** Meadows Row

REPS	REST	SET 1	SET 2
10-12^	120		

**C2** Dumbbell Rear-Delt Raise

REPS	REST	SET 1	SET 2
12-15	120		

**E** Cable Hammer Curl with Rope

REPS	REST	SET 1	SET 2
15-20	60		

**FINISHER** Farmer's Walk

**TECHNIQUE:** MEN: Work up to holding 50% of your body weight in each hand for all 6 sets; WOMEN: Work up to 25% of your weight in each hand

REPS	REST	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
25yds	60						



\* SETS ACROSS METHOD / ^ EACH SIDE

# THE EXERCISE GUIDE

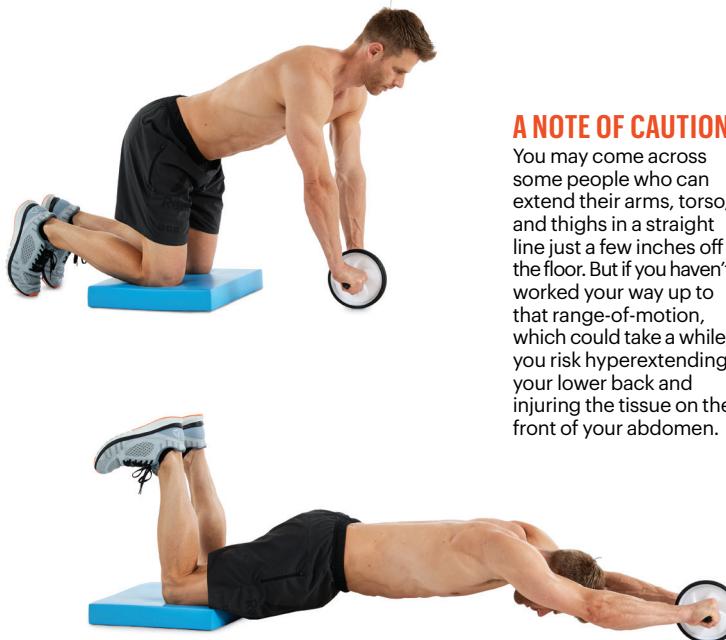
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**Page 111** Standing Row to Neck  
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**Page 112** Trap-Bar Deadlift



# EXERCISE GUIDE

## Ab Wheel Rollout

Kneel on a cushion or well-padded floor and grab the handles of the ab wheel with both hands. Lean over the wheel with your arms straight and your body aligned from neck to tailbone. Very slowly, roll the wheel out as far as you can while keeping your lower back in its naturally arched position. When you've gone as far as you can, pull the wheel back to the starting position and repeat.



### A NOTE OF CAUTION

You may come across some people who can extend their arms, torso, and thighs in a straight line just a few inches off the floor. But if you haven't worked your way up to that range-of-motion, which could take a while, you risk hyperextending your lower back and injuring the tissue on the front of your abdomen.

## Back Extension

Set up in the back-extension apparatus (sometimes called a Roman chair) with your pelvis on the large pad and your heels beneath the supports. Bend at the hips and lower your torso toward the floor. Contract your glutes and hamstrings to raise your torso back up until it forms a straight line with your legs. (Don't go any higher; that puts your lower back into hyperextension, increasing your injury risk.) Your lower back should stay in its natural arch throughout the movement. Lower yourself again and repeat.



# Barbell Back Squat

Load a barbell in the squat rack just below shoulder height.

Grab the bar with your hands outside your shoulders and duck under it. Squeeze your shoulder blades together and position the bar on the platform created by your upper traps. Lift it off the supports, step back, and set your feet about shoulder-width apart, with your feet pointed forward or angled out slightly. (Feel free to go wider with your stance if it works better for you.) Push your hips back and lower your body as far as you can while keeping your lower back in its natural arch. Push back up to the starting position and repeat.



# Barbell Front Squat

Load the bar in the squat rack, grab it with your hands shoulder-width apart, and rotate your arms under the bar so your upper arms are parallel to the floor and the bar rests on the platform created by your front delts. Lift it off the rack, step back, and set your feet shoulder-width apart. Push your hips back and lower your body as far as you can while keeping your torso upright. Push back up to the starting position and repeat.



## VARIATION (not pictured)

There are multiple ways to support the bar. Some prefer to cross their forearms in front of their chest. Others use weightlifting straps. Or you can skip the barbell and do double-kettlebell front squats (hold two kettlebells in the rack position).



# EXERCISE GUIDE

## Bench Kneeup

Sit on the end of a bench. Lift your feet off the floor as you bend your hips and knees to 90 degrees and lean back until your upper body is at a 45-degree angle to the floor. Hold the end of the bench with a soft grip for balance. Straighten your legs, extending your feet straight out. You'll have to lean back a little, but try to maintain that 45-degree angle while keeping your lower back flat. Pull your knees back to the starting position, and repeat.



## Bulgarian Split Squat

Stand with your back to a bench or step, holding a dumbbell in each hand at arm's length. Reach back with your right leg and set the ball of your foot on the step. Hop forward with your left foot into the split-squat position. Lower yourself as far as you can, pause, then push back up to the starting position. Do all your reps, switch legs, and repeat.



# Cable Chest Press

Attach stirrup handles to the pulleys in a cable-crossover station, and lift the pulleys to about shoulder height. Stand with your back to the station in between the two weight stacks and grab the handles with your palms facing in, taking a step or two forward to put tension on both cables. Start with your upper arms parallel to the floor and perpendicular to your torso, and your elbows bent. Press the handles out in front of your chest until your arms are straight. Pause, slowly return to the starting position, and repeat.



# Cable Crunch

Attach a rope handle to a cable and lift the pulley to the highest position. Grab the ends of the rope and stand with your back to the weight stack. Bend over keeping your torso straight and the ends of the rope near your ears. Flex your abs and pull your torso forward until you feel a strong contraction. Return to the starting position and repeat.



# Cable Fly

Attach stirrup handles to the pulleys in a cable-crossover station, and lift the pulleys to about shoulder height. Stand with your back to the station in between the two weight stacks and grab the handles with your palms facing out, taking a step or two forward to put tension on both cables. Start with your upper arms parallel to the floor and perpendicular to your torso and your elbows slightly bent. Set one foot in front of the other for balance, and bend forward at the hips. Pull both arms forward until your hands meet in front of your torso. Pause, slowly return to the starting position, and repeat.





# EXERCISE GUIDE

## Calf Raise on Leg Press Machine

Position yourself in the leg press machine with your legs straight and the balls of your feet on whatever part of the platform allows the greatest range of motion. Push your toes out as far as possible, feeling the squeeze in your calves. Lower your toes as far as the platform allows, and repeat.



## Dumbbell Bench Press

Grab a pair of dumbbells, lie on a flat bench, and hold the weights over your chest, with your arms straight and perpendicular to the floor. Lower the weights to the sides of your shoulders, push them back up to the starting position, and repeat.



### VARIATION 1 (not pictured)

#### Dumbbell Bench Press with Neutral Grip

Hold the weights with your palms turned in toward each other. It should be a little easier on the shoulders.

### VARIATION 2

## Dumbbell Incline Bench Press

Set the bench to an angle that feels best to you, both in terms of shoulder comfort and muscle activation. A higher incline (45 to 60 degrees) will put more emphasis on the upper pecs and front delts. If pressing from a flat bench press aggravates your shoulders, you can always substitute a low incline (15 to 30 degrees).



### VARIATION 3

## Dumbbell Squeeze Press

Using a neutral grip, hold the dumbbells against each other throughout the range of motion—all the way up and all the way down. You should get a nice pump out of the experience. Feel free to use a low incline if that feels better for your shoulders.





# EXERCISE GUIDE

## Dumbbell Curl

Grab a pair of dumbbells and stand holding them at arm's length, palms in. Bend your elbows and pull the weights up toward your chest, keeping your upper arms close to your sides with your elbows pointing toward the floor. Pause, feel the squeeze in your biceps, lower the weights and repeat.



## Dumbbell Incline Chest-Supported Row

Set a bench to an incline between 30 and 45 degrees. Grab a pair of dumbbells and hold them at arm's length as you position yourself with your chest braced near the top of the bench and your feet flat on the floor. With your palms facing in, pull the weights up to your sides, pause, lower them, and repeat.



# Dumbbell Incline Triceps Extension

Set a bench to a lower incline, preferably about 30 degrees. Grab a pair of dumbbells and lie on your back on the bench, with both feet flat on the floor. Hold the weights over your eyes with your arms straight and palms turned toward each other. Bend your elbows and lower the weights back behind your ears without moving your upper arms. Straighten your arms and repeat.



# Dumbbell One-Arm Row

Set a dumbbell on the floor next to a bench. Bend forward at the hips, keeping your back straight, and rest one hand on the bench. Pick up the dumbbell with the other hand. Start with your arm hanging straight down from your shoulder. Pull the dumbbell up to the side of your torso without rotating your shoulders. Lower the weight and repeat. Do all your reps, switch sides, and repeat the set.





# EXERCISE GUIDE

## Dumbbell Overhead Triceps Extension

Grab a dumbbell and stand holding it overhead with both hands. Bend your elbows and lower the weight behind your head, keeping your upper arms aligned with your neck and torso. Straighten your elbows and repeat.



## Dumbbell Rear-Delt Raise

Grab a pair of light dumbbells and sit on the end of a bench. Bend forward at the hips so your chest is close to your knees. Hold the weights just outside your lower legs. Pull them up and out to the sides, pause, return to the starting position, and repeat.



### VARIATION (not pictured)

#### Dumbbell One-Arm Rear-Delt Raise

It's the same exercise using one arm at a time. You'll probably get the best leverage if you stand with your nonworking hand resting on a bench or pole, and your hips bent forward close to 90 degrees.

# Dumbbell Reverse Lunge

Stand holding a dumbbell in each hand at arm's length with your feet hip-width apart. Step back with your right leg, plant your right toes on the floor, and lower your body until your left (front) knee is bent about 90 degrees and your right (rear) knee is close to the floor. Push back up to the starting position. You can do all the reps with one leg at a time, or alternate on each repetition—step back with your right, return; step back with your left, etc.



# Dumbbell Romanian Deadlift

Grab a pair of dumbbells and stand holding them at arm's length in front of your thighs. Push your hips back and lower the weights toward the floor, keeping your back straight and your shoulders and torso tight. Stop when the weights pass your knees, or sooner if you feel your lower back start to shift out of its natural arch. Push your hips forward and return to the starting position.





# EXERCISE GUIDE

## Dumbbell Seated Shoulder Press with Neutral Grip

Grab a pair of dumbbells and sit on the end of a bench. Hold the weights at your shoulders, palms turned toward each other. Press the weights straight up over your shoulders, feeling the tension in your muscles at the top. Slowly lower them and repeat.



## Dumbbell Split Squat

Stand holding a dumbbell in each hand at arm's length. Take a long step back with your right foot. Your weight should be balanced between your left (front) foot, which is flat on the floor, and the toes of your right (rear) foot. Lower your body until you feel the hamstrings of your left leg touching the calf, and the right knee is close to the floor. Push back up and repeat. Do all your reps, then switch sides and repeat the set.



# Dumbbell Standing One-Arm Shoulder Press with Neutral Grip

Grab a pair of moderately heavy dumbbells and stand holding them at your shoulders, with your palms facing in. Press your left-hand weight straight up, pause, and lower it to the starting position. Do all your reps, switch sides, and repeat the set.



# EZ-Bar Close-Grip Bench Press

Load an EZ bar and grab it with a narrow grip. Lie back on a bench and hold the weights over your chest, with your arms straight and perpendicular to the floor. Lower the bar to your chest and push back up to the starting position, and repeat.





# EXERCISE GUIDE

## EZ-Bar Curl

Load an EZ bar and grab it with your palms turned slightly toward each other. Stand holding it in front of your thighs. Set your feet shoulder-width apart, pull your shoulder blades down, and curl the weight as high as you can without using your back or hips or coming up on your toes. Lower the bar and repeat.



## EZ-Bar Skull Crusher

Load an EZ bar and grab it with a narrow grip. Lie back on a bench with your arms straight and perpendicular to your torso. (You can also start with your upper arms angled back slightly toward your head, which stretches the long head of the triceps a bit more.) Set your feet on the floor. Bend your elbows and slowly lower the bar toward your forehead, stopping just short of catastrophe. Straighten your arms and repeat.



# Farmer's Walk

Pick up a pair of weights the same way you'd lift them for any other exercise (carefully). Stand straight, and walk. One foot in front of the other.



# Goblet Squat

Grab a dumbbell and hold it against your chest, parallel to your torso, with your hands on either side of the top end. Spread your feet just a bit beyond shoulder-width apart, with your toes either pointed straight forward or angled out slightly. Focus your eyes straight ahead. Push your hips back and descend into a squat. Return to the starting position.





# EXERCISE GUIDE

## Half-Kneeling One-Arm Angled Press

Set up with a barbell in a landmine, or tucked firmly into a corner, and kneel with your right knee down and left foot flat on the floor. Hold the top of the barbell in your right hand at shoulder height, your torso upright and core muscles engaged. Press the weight up and out, pause, and return to the starting position. Do all your reps, switch sides, and repeat.



► If you don't have a landmine station, simply wrap a towel around the end of the barbell and wedge it into a corner as shown in the photo above.



## Hammer Curl

Grab a pair of dumbbells and stand with arms straight, feet shoulder-width apart, and palms turned in toward each other. Bend your elbows and curl the weights without rotating your wrists. Lower the weights and repeat.



# Incline Hammer Curl

Set a bench to a 45-degree angle, or whatever works best for your shoulders. If you've never done the exercise before, start with a slight incline—around 75 degrees. If that feels okay you can try lowering it to 60 and then 45 degrees. But if any of those angles make your shoulders angry, bring the bench back up. Grab a pair of dumbbells and set up with your feet on the floor, back on the bench, and arms perpendicular to the floor. You'll probably be most comfortable if you keep your head upright, rather than leaning back on the bench, so your neck is aligned with your arms. Starting with your arms straight and palms facing in, bend your elbows and curl the weights as high as you can while keeping your elbows pointing down to the floor. Slowly lower the weights and repeat.



# Kettlebell Swing

Set a kettlebell on the floor and stand over it with your feet wide apart and toes pointed out. Grab the handle with both hands and push your hips back, as if you're going to do a deadlift. Swing the kettlebell back between your legs, then thrust your hips forward, keeping your arms straight and allowing the kettlebell to rise to about chest level. Don't try to pull it any higher, or deliberately use your upper body at all. Push your hips back as the weight swings back between your legs, and repeat.





# EXERCISE GUIDE

## Lat Pulldown

Attach a long, straight bar to the high pulley of a lat-pulldown station. Grab the bar with an overhand grip outside shoulder width. Start with your arms straight and torso either vertical or leaning back slightly. Pull the bar to your chest, while pushing your chest out to meet it. Don't lean back any farther. Pause, feel the squeeze in your arms and back, slowly return to the starting position, and repeat.



### VARIATION

## Lat Pulldown with Neutral Grip

Attach a triangle handle to the high pulley and do the lat pull-down exercise as described above. The close, palms-in grip engages more forearm and upper-arm muscles, giving you a mechanical advantage that allows you to work with somewhat heavier weights than you can with a wider, overhand grip.



# Lateral Raise

Grab a pair of light dumbbells and stand holding them in front of your pelvis, with your elbows bent slightly, palms turned toward each other, and your torso bent forward a few degrees. You can set one foot ahead of the other for balance if you prefer. Pull the weights straight up and out to the sides until your arms are parallel to the floor. Pause, lower them under control to the starting position, and repeat.



## VARIATION 1

### Dumbbell One-Arm Incline Lateral Raise

Set a bench to a low incline. Grab a light dumbbell with your right hand and lie on the bench on your left side, with your shoulders higher than your hips. Start with your arm straight and the weight at your side. Lift it straight up to shoulder height, until your arm is parallel to the floor. Pause, lower it under control to the starting position, do all your repetitions with your right arm, switch sides, and repeat.



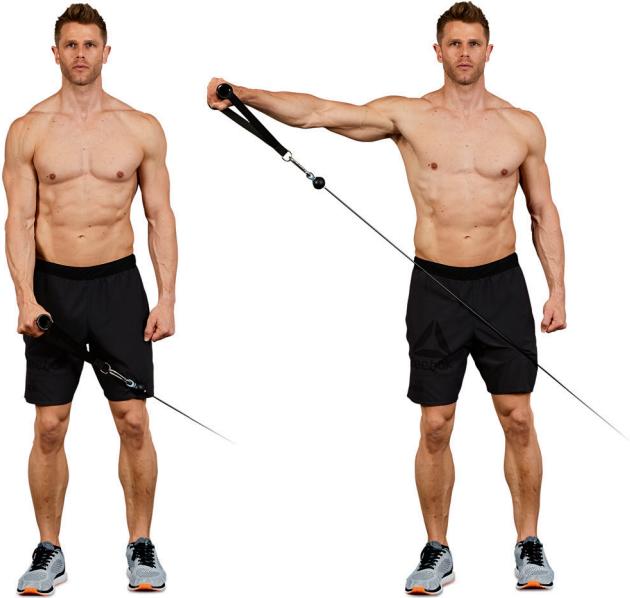


# EXERCISE GUIDE

## VARIATION 2

### Cable One-Arm Lateral Raise

Attach a stirrup handle to the cable, and lower the pulley to the bottom position. Grab the handle with your right hand and stand with your left side to the pulley. Set your feet shoulder-width apart, with your knees bent slightly and torso either upright or bent forward a few degrees. Starting with the handle in front of your body's midline, pull it up and out to the side until your upper arm is parallel to the floor. Pause, and slowly return to the starting position. Do all your reps with your right arm, switch sides, and repeat the set.



### Leg Extension

Adjust the leg extension machine to fit your dimensions. Sit with your back against the pad and your shins against the lower pads. Start with your knees bent 90 degrees. Straighten your legs, feel the squeeze in your quadriceps, lower the weight and repeat.



# Leg Press

Load the leg press machine, and set the back support to an appropriate angle for your body—if you aren’t sure what adjustments to make, don’t hesitate to ask a gym employee. Position yourself with your feet between hip- and shoulder-width apart and your back flat against the pad. Push the platform just enough to release the supports, and set your body so your hips, knees, and ankles are all bent about 90 degrees in the starting position. Push through your heels and press the platform away from your body until your legs are straight. Slowly return to the starting position and repeat, keeping your lower back in its natural arch throughout the movement.



## VARIATION (not pictured)

### Leg Press with Constant Tension

Instead of finishing each rep with your legs straight, move continuously without fully straightening your knees, feeling the tension in your muscles throughout the range of motion.

# Lying Leg Curl

Adjust the leg curl machine to fit your dimensions. Lie down with your heels under the pads and your legs straight. Bend your knees as far as you can, feel the squeeze in your hamstrings, lower the weight, and repeat.





# EXERCISE GUIDE

## Meadows Row

Set up with one end of a barbell in a landmine, a device with a base that's shaped like home plate and a cylinder to hold the end of a barbell, or tucked firmly into a corner (see example in the photo to the right). Stand with the other end of the bar on your right side and grab it with your right hand. Hold it at arm's length with your knees bent, back flat, and left forearm resting on your left knee for support if needed. Pull the bar straight up to your right shoulder, pause, and lower it to the starting position. Do all your reps, switch sides, and repeat.



► If you don't have a landmine station, simply wrap a towel around the end of the barbell and wedge it into a corner as shown in the photo above.



## Plank

Get down on the floor in a modified pushup position, with your weight resting on your forearms and toes, and your body in a straight line from neck to ankles. You probably want to put a pad beneath your forearms if you aren't on a padded or carpeted floor. Hold your body in that alignment.

# Pressdown

Attach a straight bar to the cable pulley and move it to the highest setting. Stand facing the machine and grab the bar palms-down. Start with your elbows bent and hands in front of your chest. Push it straight down, with all the movement at your elbow joints. Feel the squeeze in your triceps at the bottom, return to the starting position, and repeat.

## VARIATION 1 (not pictured)

### Pressdown with Reverse Grip

Grab the bar with your palms up, and pull it straight down. The underhand grip works the medial head of the triceps a little harder, along with some of the muscles on the outside of your forearm.



## VARIATION 2

### Pressdown with Rope

Attach a rope handle to the high pulley, and grab the ends with your palms facing each other. At the bottom, pull your hands apart and rotate your palms inward. This action allows you to isolate the lateral head of your triceps, the part of the horseshoe on the outside of your upper arm.





# EXERCISE GUIDE

## Pushup

For the traditional pushup, get into position with your hands directly below your shoulders, feet hip-width apart, and your body in a straight line from neck to ankles. Bend your elbows and lower your body as a unit toward the floor. Stop when your chest is an inch from the floor, or your upper arms are parallel to the floor, whichever comes first. (The latter stopping point is important for lifters who're tall, thin, and/or long-armed. Going too deep can be very tough on your shoulder joints.) Push yourself back up to the starting position. Be sure to complete each repetition with your arms straight and upper back flat.



### VARIATION

## Pushup with Narrow Grip

It's up to you to decide how narrow your grip should be. The closer your hands are to each other, the more you'll work your triceps. But be cautious, and let your shoulders, elbows, and wrists cast the deciding vote. If your position feels like it's straining any of those joints, widen your grip until the discomfort goes away. Hold at the top and squeeze your triceps hard. Slowly lower yourself and repeat.

# Rack Deadlift

Set a barbell on supports or boxes so it's just below knee height. Stand with your shins against the bar, your feet about shoulder-width apart, toes pointed forward or angled out slightly. Push your hips back and grab the bar overhand, your hands just outside your legs. Tighten everything from your hands through your feet, with your arms straight and your shoulders, spine, and hips locked into a single unit. Push your hips forward as you pull the weight off the supports, keeping it as close to your legs as possible. Finish with your body straight and the bar against your thighs. Push your hips back as you lower it to the starting position. Reset your grip and repeat.



# Rope Hammer Curl

Attach a rope handle to the cable and lower the pulley to the bottom. Grab the ends of the rope with your palms facing each other. Step back, holding the ends of the rope in front of your pelvis, and tighten your entire torso. Pull the rope up and in toward your shoulders, rotating your hands outward as you finish. Pause, feel the squeeze, return to the starting position and repeat.





# EXERCISE GUIDE

## Seated Cable Row

If the machine at your gym has dual independent cables, use those, with stirrup handles attached. If it has just one cable, attach a handle that allows a neutral grip, with your palms facing each other. Position yourself on the machine with your feet braced and your torso either upright or leaning back slightly, and pull the handle(s) to your lower chest or upper abdomen. Be sure to complete each rep with a full contraction of your upper-back muscles, return to the starting position, and repeat.



## Seated Calf Raise

If you have access to a seated calf-raise machine, you can use it. Or you can do the version shown here: Sit on the end of a bench with a pair of dumbbells resting upright on your lower thighs, just above your knees. Lift your heels and come up on your toes as high as possible. Feel the squeeze in your calves, lower your heels, and repeat.



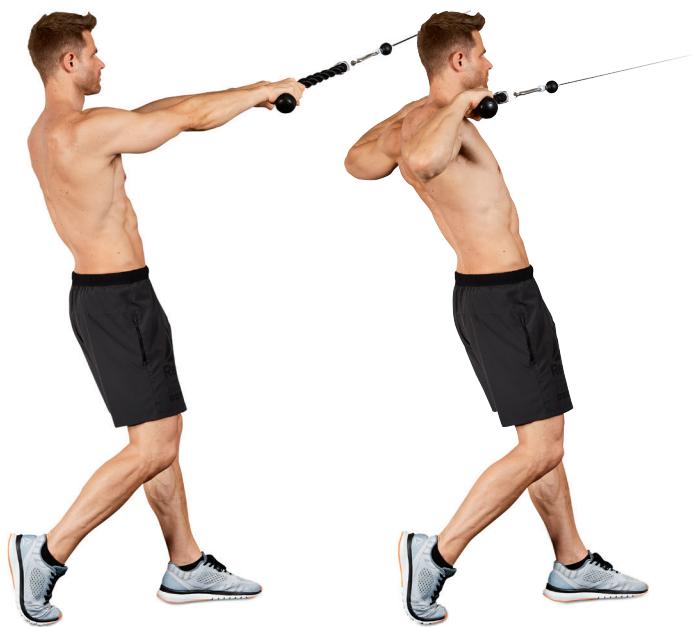
# Standing Calf Raise

If you have access to a standing calf-raise machine, you can use it. Or you can do the version shown here: Grab a dumbbell with your right hand and stand with the ball of your right foot on a low block or step. Lift your left foot and rest it lightly against your right calf. Set your left hand against a pole or wall for support. Lower your right heel as far as you can, then rise as high as you can on your toes. Feel the squeeze in your right calf, lower your heel, and repeat. Do all your reps, switch sides, and repeat the set.



# Standing Row to Neck

Attach a rope handle to a cable and position the pulley at about chest or neck level. (You may need to try a couple of angles to find the one that best suits your shoulders.) Grab the ends of the rope overhand and stand facing the machine with your arms straight and tension in the cable. Pull the rope toward your neck, with your upper arms parallel to the floor and more or less perpendicular to your torso. Your hands and forearms should rise a little higher as you engage your external rotators. Feel the squeeze in your upper back, return to the starting position, and repeat.





# EXERCISE GUIDE

## Straight-Arm Lat Pulldown

Attach a long, straight bar to the high pulley of a lat-pulldown station. Stand facing the bar and grab it overhand, with your arms straight and hands just outside shoulder width. Set your feet shoulder-width apart and brace your core muscles. Pull the bar straight down as far as you can without crashing the weight plates into the top of the machine. Pause, feel the squeeze in your back, abs, and triceps, return to the starting position, and repeat.



## Trap-Bar Deadlift

Stand in the middle of the bar with your feet aligned with the ends of the bar. Set your feet shoulder-width apart, toes pointed forward. Squat down and grab the handles, push your hips back, and tighten everything from hands to feet. Pull the bar off the floor, straightening your hips and knees, then lower it, reset your grip, and repeat.

