

Day 1: Legs + Abs Day

A1 Leg extensions (hold squeeze at top for 1 second) (Lean forward on these)

Reps 15-20 (plus 10-12 bottom partials at end focusing on constant tension)

A2 Hamstring Extension (hold squeeze at top for 1 second)

Reps 15-20 (plus 10-12 bottom partials at end focusing on constant tension)

Repeat 3 circuits

B1 Back Squats

Reps 12, 10, 8, 6 (increase weight each set)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

B2 Barbell Romanian deadlift standing on a 2 inch box (keep the bar close to your shins at all times)

Reps 12 – 15 (take a 1 second pause in the most stretched position)

Repeat circuit 3 times.

C1 Single leg Press (on leg press or hack squat machine) (do the all reps on the same leg before switching)

Reps 10 – 12 (push explosively upwards through the heel and contract glutes at top)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

C2 Close Stance Hack Squats (or on leg press machine)

Reps 10 – 12 (push explosively upwards)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

Repeat circuit 3 times.

D1 Seated calf raises (hold squeeze at top for 1 second)

Reps 15-20 (focus on keeping constant tension on muscle)

D2 Standing calf raises (hold stretch position for 1 second)

Reps 10-12 (focus on keeping constant tension on muscle)

Repeat 3 circuits

E1 Abs (see tummy tuckers sheet)

Day 2: Push Day

A1 Incline Barbell Bench Press

Reps 8-10 (Heavy and explosive reps)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

A2 Incline Dumbbell Fly

Reps 10-12 (1 second hold in stretch position)

Repeat 3 circuits

B1 Seated dumbbell shoulder presses

Reps 8-10 (2 second negative on way down)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

B2 Dumbbell lateral raises

Reps 15-20 (focus on constant tension on shoulders)

Repeat 3 circuits

C1 Bodyweight Dips

Reps 8-10

C2 Bodyweight Pushups

Reps 8-10

Repeat 3 circuits

D1 Seated Triceps dips

Reps 10-12 (1 second hold in top position – squeeze hard)

D2 Triceps pushdown (on cables with rope attachment)

Reps 10-12

Repeat 3 circuits

Day 5: Pull Day

A1 Seated cable row

Reps 10-12 (2 second hold at top)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

A2 Bodyweight Pulls ups

Reps 10-12 (focus on full ROM)

Repeat 3 circuits

B1 Seated Lat pulldown (wide grip)

Reps 10-12 (2 second hold at bottom position)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

B2 Cable Bent Over Pullovers

Reps 10-12 (focus on constant tension)

Repeat 3 circuits

C1 Cable face pull to above head (rope attachment)

Reps 10-12

C2 Barbell close grip high pull (keep elbows high at top)

Reps 10-12 (2 seconds up, 2 second down)

Repeat 3 circuits

D1 Seated incline bicep dumbbell curl (focus on stretch at bottom)

Reps 10-12 (2 seconds up, 2 seconds down)

D2 Standing cable bicep curl

Reps 10-12 (focus on constant tension)

Repeat 3 circuits

Day 5: Legs + Abs Day

A1 Leg extensions (hold squeeze at top for 1 second) (lean back on these)

Reps 15-20 (plus 10-12 bottom partials at end focusing on constant tension)

A2 Hamstring Extension (hold squeeze at top for 1 second)

Reps 15-20 (plus 10-12 bottom partials at end focusing on constant tension)

Repeat 3 circuits

B1 Leg Press (feet placed high and wide for glute/hamstring activation)

Reps 6-8 (heavy weight, 2 seconds down, explosive on way up)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

B2 Barbell Romanian deadlift standing on a 2 inch box (keep the bar close to your shins at all times)

Reps 12 – 15 (take a 1 second pause in the most stretched position)

Repeat circuit 3 times.

C1 Split Squats (back leg on bench, use dumbbells in hands for added resistance) (do the all reps on the same leg before switching)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

Reps 10–12 (push explosively upwards through the heel and contract glutes)

C2 Barbell Hip Thrusters (hold top contraction for 1 second and SQUEEZE hard)

Wk1: Wk2: Wk3: Wk4: Wk5: Wk6:

Reps 10 – 12 (push explosively upwards, 2 seconds negative)

Repeat circuit 3 times.

D1 Seated calf raises (hold squeeze at top for 1 second)

Reps 15-20 (focus on keeping constant tension on muscle)

D2 Standing calf raises (hold stretch position for 1 second)

Reps 20-30 (focus on keeping constant tension on muscle)

Repeat 3 circuits

E1 Abs (see tummy tuckers sheet)