

JEFF NIPPARD



THE MIN-MAX PROGRAM

LOW VOLUME TRAINING

DISCLAIMER

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author, except in the case of brief quotations embodied in critical articles or reviews. Readers should be aware that Internet Web sites offered as citations and/or sources for further information may have changed or disappeared between the time this book was written and when it is read.

Limit of Liability/Disclaimer of Warranty: While the author has used his best efforts and knowledge in researching and preparing this book, he makes no representations or warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaims any implied warranties of merchantability or fitness for a particular purpose. No warranty may be created or extended by sales representatives or promotional sales materials. The advice and strategies contained herein may not be suitable for your particular situation. You should always consult with a medical professional before beginning any exercise program.

The contents of this e-book are not intended for the treatment or prevention of any disease or medical condition, nor as a substitute for medical treatment, nor as an alternative to medical advice. The author is not a licensed healthcare provider or a registered dietitian. Utilizing the information within this e-book is at the sole choice and risk of the reader. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the publisher and the author from any and all claims or causes of action, known or unknown, arising out of the contents of this book.

The author advises you to take full responsibility for your safety and to know your limits. Before practicing the skills described in this book, be sure that your equipment is well maintained and do not take risks beyond your level of experience, aptitude, training, and comfort level.

TABLE OF CONTENTS

1 The Min-Max Program Explained

3 Who This Program Is For

5 How This Program Works

8 Measuring Effort with Reps
in Reserve (RIR)

10 Brief Program Structure Overview

12 How to Run This Program

16 Muscle Anatomy

20 The Min-Max Program

21 Frequently Asked Questions

25 Final Thoughts





THE MIN-MAX PROGRAM EXPLAINED

Before I get into the details of my new program, I want to say thanks for supporting my work. It really means a lot.

I fell in love with low-volume training during my cut this year.

“Low volume” just means a relatively low number of sets, with “volume” being the number of hard sets you do in a workout, or in a week. It’s the opposite of a high-volume program, in which you do a lot of sets.

This is how I break it down:

Volume	Hard sets per exercise	Hard sets per week (per muscle)
Low	1-2	2-8
Moderate	2-3	8-15
High	4-6	15-30

I’ve always been more of a moderate- to high-volume guy. But this year, I switched to a very-low-volume program. **I’m not exaggerating when I say it’s been the best training experience I’ve ever had during a fat-loss phase.**

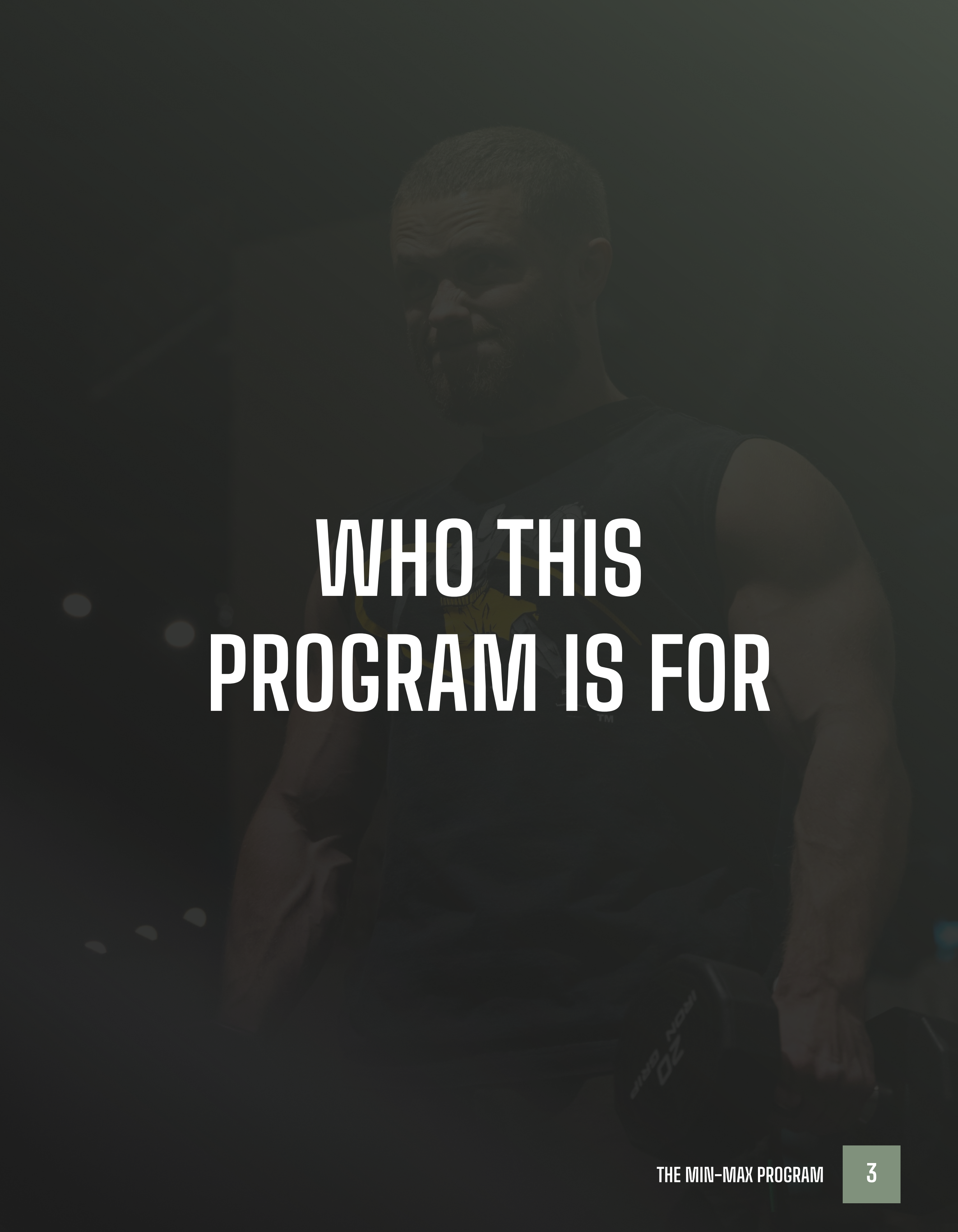
That experience motivated me to write The Min-Max Program, which is based around the same low-volume, high-intensity principles I used to get in my best shape ever.

Even though I was in a caloric deficit when I ran this program, it will still work in a caloric surplus or at caloric maintenance. In fact, I’d go so far as to say this is the ideal program for anyone with limited time or who simply prefers to do fewer sets at a higher intensity.

For our purposes, “intensity” is synonymous with effort. Effort is easily the most important factor when you’re training for muscle growth. I think it matters far more than volume. And I think the scientific evidence is quite clear in supporting this. As long as your intensity is there, you’ll make significant gains with a low-volume program.

This document will walk you through the training philosophy behind this program and highlight a few key details you should know before getting started.

Again, thank you so much for supporting my work. I hope you enjoy the program as much as I did!



WHO THIS PROGRAM IS FOR

I wrote the Min-Max program with three different lifters in mind:

Lifter 1

Wants quick but effective workouts



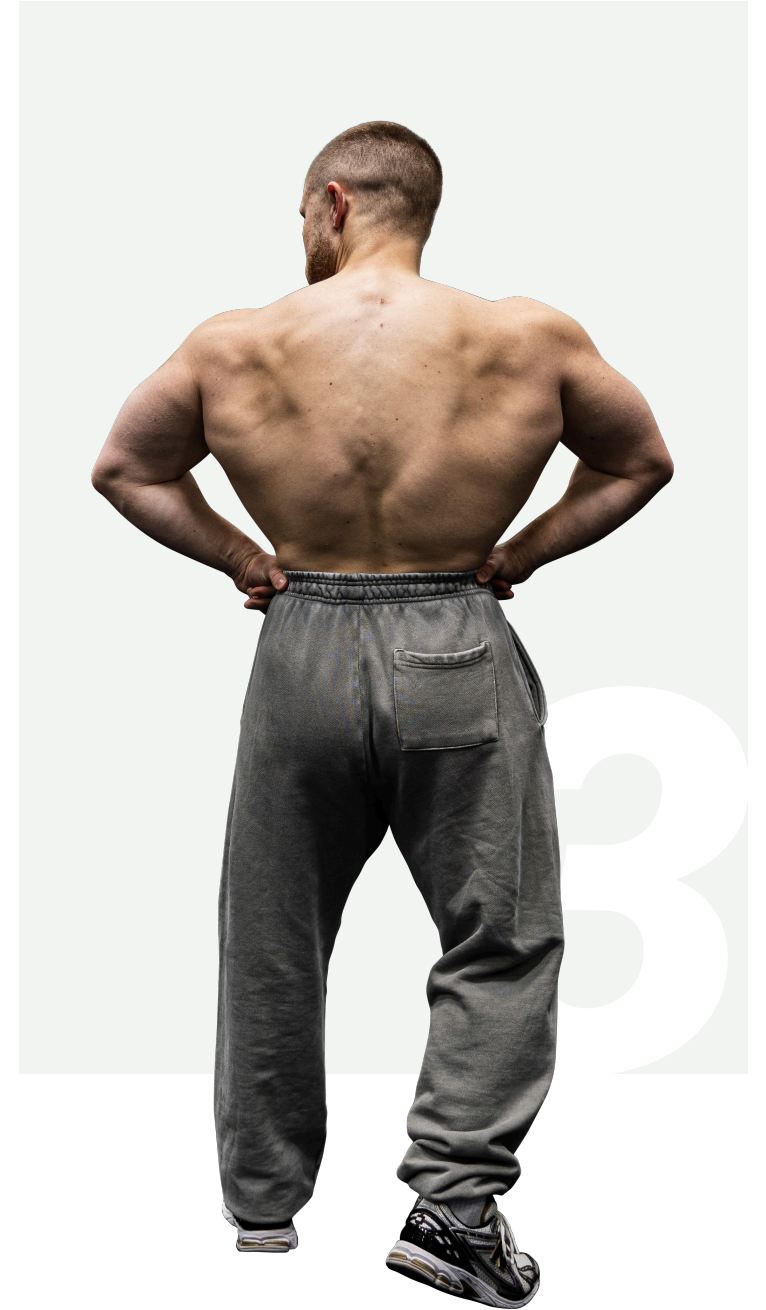
Lifter 2

Prefers training with low volume and high intensity



Lifter 3

Wants to retain as much muscle as possible in a caloric deficit



If any of those apply to you, you will have great success with it.

A muscular man is shown from the back, standing in a gym. He is shirtless, and his back muscles are visible. He is holding a pair of dumbbells in front of him. The background is a gym with various equipment and a brick wall. The text "HOW THIS PROGRAM WORKS" is overlaid in large, white, bold, sans-serif capital letters.

HOW THIS PROGRAM WORKS

For Lifters 1 and 2: Short, high-intensity workouts

I designed the program to maximize hypertrophy for lifters who only have about 45 minutes to train, 4 to 5 times per week. That's simply not enough time to do 3 to 4 sets of every exercise. Instead, you'll do just 1 or 2 hard sets of most exercises, usually taking them to failure.

This setup gives you the opportunity to focus more on quality over quantity. In my coaching experience, low-volume, high-intensity training leads to better focus and execution on each individual set. When you know you only have 1 or 2 sets to get the job done, there's no room to coast. You have to make every set count.

It also helps reduce junk volume—excessive sets that have severely diminishing returns or sets that aren't especially challenging or stimulating. By keeping volume lower and effort higher, you maximize efficiency and avoid wasting time or energy.

For Lifter 3: Maximizing muscle retention

The reality is, unless you're a beginner, or your training has been suboptimal and inconsistent, gaining muscle in a caloric deficit is unlikely. Maintaining the muscle you've built is a more realistic goal for most lifters.

To be sure, some of you will probably gain a little muscle on a cut. But even if you don't, you'll still appear far more jacked after you cut some of the fat sitting on top of the muscle you already have.

That shift in expectation calls for a shift in programming. If the goal in a surplus is to gain as much muscle as possible, then the goal in a deficit should be to lose as little muscle as possible. *Different goals require different strategies.*

That's what I set out to create with Min-Max: the most effective training plan for cutting. I've had tremendous success running it. I've maintained muscle fullness, even while getting to single-digit body fat. As a bonus, I've actually gained strength, and my recovery has been better than ever. Most importantly, I've found it far more sustainable and enjoyable than my usual high-volume approach.

As I said, this program will work with other goals. But for the specific goal of fat loss, you need a caloric deficit—burning more calories than you consume. And in a caloric deficit, your body has fewer resources to support muscle repair, glycogen replenishment, and anabolic signaling.

The Min-Max Program is designed to support effective, sustainable training with fewer calories than your body is used to having. Nearly every aspect of the program reflects this goal: efficient volume, high effort, manageable recovery demands, and a tight focus on maintaining strength and muscle.

You'll train most muscle groups with 6 to 10 sets per week, while hamstrings, abs, and calves get 4 sets per week. (See figure below.)

That means, in each workout, you'll do just 1 or 2 super-hard sets of every exercise, often taken to failure. This philosophy is based on a classic 2011 study in which researchers at the University of Alabama-Birmingham had participants do 3 sets of squats, leg presses, and leg extensions 3 times per week for 16 weeks.

After that, a subgroup of participants trained for an additional 32 weeks with just one set of each of those exercises. That's not one set per workout. It's one set per week, one ninth of the original volume. Incredibly, the subjects maintained their gains for the entire 32 weeks.

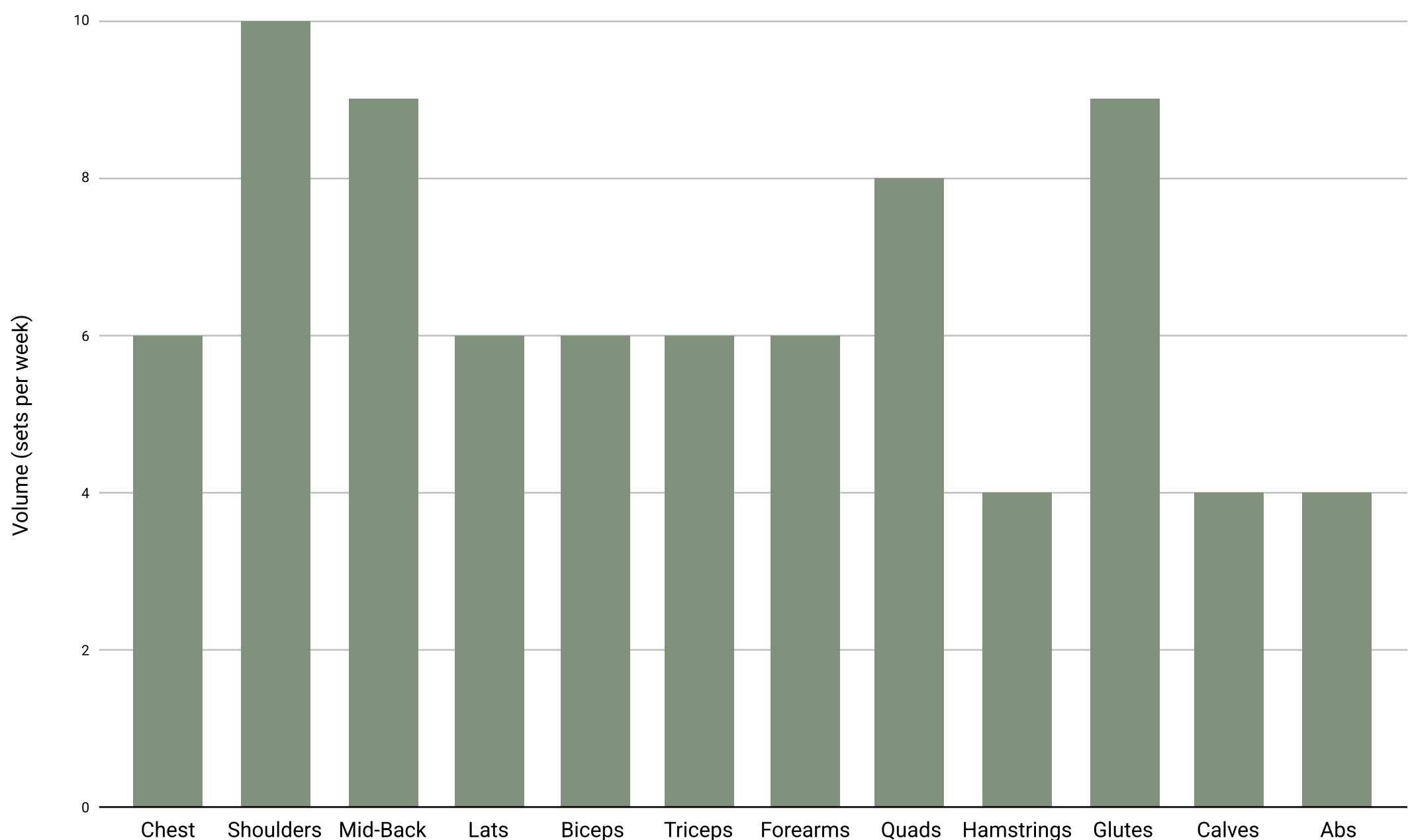
These individuals went from 27 sets per week to 3 sets, and didn't lose any strength or size! Wild!

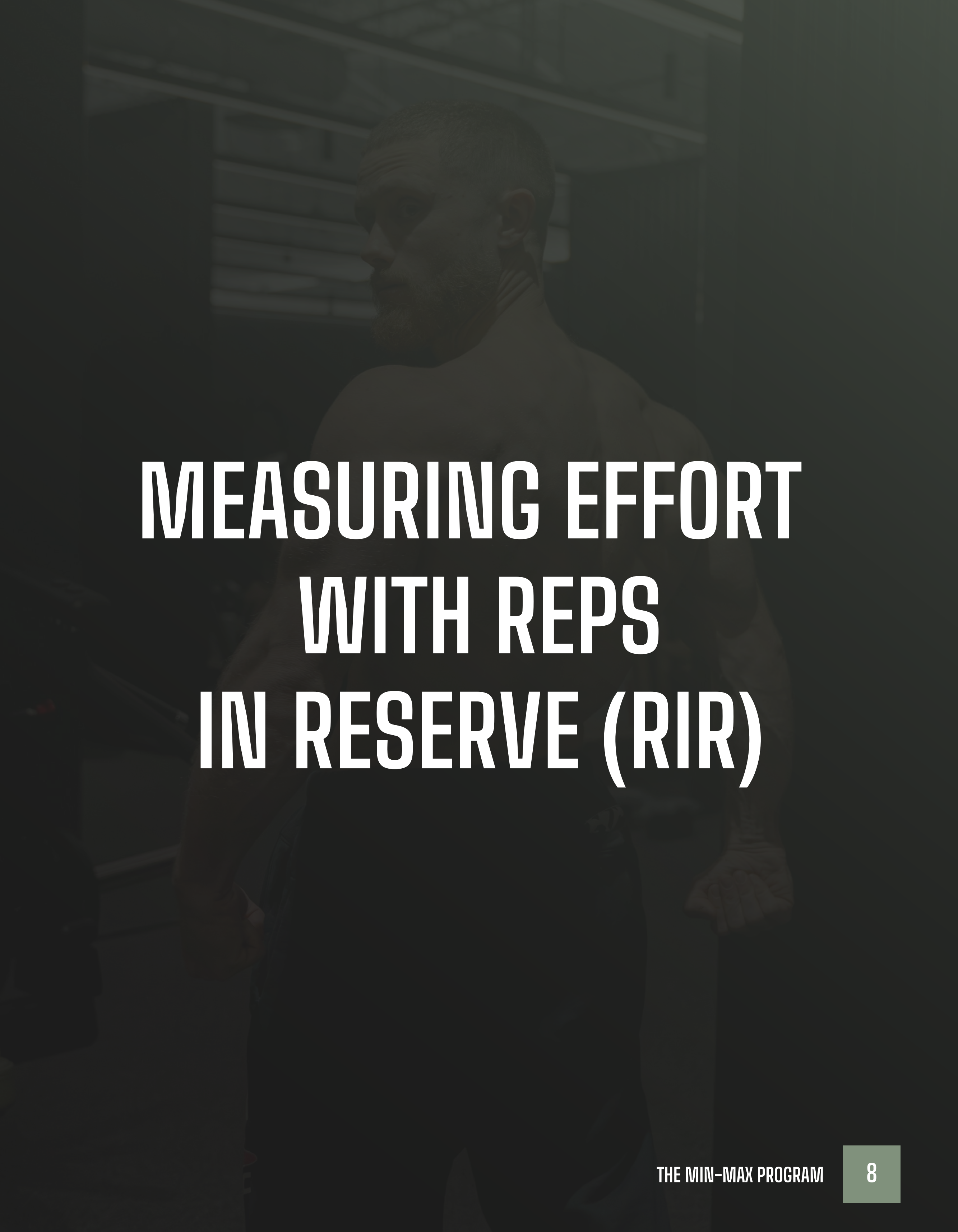
This shows that it truly does take a lot less volume to maintain muscle than it takes to build muscle.

One more thing to keep in mind:

While higher volume can lead to bigger gains in a **surplus**, I suspect it may actually have the opposite effect during a **deficit**. You may notice greater fatigue, which leads to reduced training quality, which ultimately means disappointing results.

That's why this program focuses on what works best for most people in a recovery-constrained environment: fewer sets performed at a higher intensity.





MEASURING EFFORT WITH REPS IN RESERVE (RIR)

Because effort is crucial on this program, it must be monitored intentionally. This program uses a method called reps in reserve (RIR) to help you gauge how close you are to failure on each set.

It's an estimate of how many more reps you could have done if you had kept going. For example:

- RIR 2 = you stopped the set with 2 reps left in the tank
- RIR 1 = you had 1 rep left
- RIR 0 = you couldn't have done another rep because you reached failure

Each exercise includes a column that tells you the target RIR for each set. For example, in Week 2, the pull-up calls for RIR 1 on the first set and RIR 0 on the second. That means you should stop one rep shy of failure on your first set, and go all the way to failure on your second.

Making it work requires a mindset shift. When you're no longer doing 3 or 4 sets per exercise, you have to make each set count. Stopping a set short of the RIR target is a missed opportunity.

That said, it might take some practice to get good at judging RIR. At first you might stop a set short of the RIR target simply because you're used to training that way. Other times you'll hit failure when you thought you still had a couple reps left in the tank. It's totally normal. If you're honest with yourself and push hard, you'll get better at gauging your effort, and your results will reflect that newly acquired skill.

Just keep in mind, since volume is low, most sets will go all the way to 0RIR. Go into each workout ready to push!

Clarification for RIR 0:

- **For squat, barbell incline press, leg press, and Smith machine lunge:**
RIR 0 means you're confident you had zero reps left, but for safety, you didn't attempt another rep. The risk of injury on those specific lifts exceeds the potential rewards.
- **For all other exercises:**
RIR 0 means you did attempt the final rep and failed to complete it.

A man is shown from the waist up, working out on a gym machine. He is shirtless, wearing dark shorts, white socks, and white sneakers. He is holding the handles of the machine with both hands, and his arms are extended forward. The background is a gym setting with various pieces of equipment. The entire image is covered with a dark, semi-transparent overlay. The text "BRIEF PROGRAM STRUCTURE OVERVIEW" is centered in the middle of the image in a large, white, bold, sans-serif font.

BRIEF PROGRAM STRUCTURE OVERVIEW

Training blocks	The 12-week program is split into two 6-week blocks. ■ Both blocks begin with a lighter week, in which you'll do most sets to RIR 1 or 2, rather than RIR 0 or 1. ■ Block 2 introduces intensity techniques on the last set.
Training Split	There are 5 workouts per week: ■ Upper / Lower / Upper / Lower / Arms + Delts
Workout duration	Each session should take about 45 minutes, although it will vary with warm-up time and rest between sets.
Volume	■ You'll do 6 to 10 sets per week for most muscle groups. ■ You'll do 4 sets per week for hamstrings, calves, and abs.
Effort	You'll take most working sets (another way to describe hard sets) to RIR 0 or 1.
Exercise substitutions	Each exercise includes two suggested options. But those are by no means your only choices. Feel free to swap in any movement that works the same muscles in the same movement pattern.
Equipment	I based the program on equipment you'll find in most commercial gyms. But if your gym doesn't have a specific machine or apparatus, or you train at home with limited options, just make the appropriate substitution.



HOW TO RUN THIS PROGRAM

Warming up

Within the program, I give a brief overview of the warm-up protocol for each workout. The main thing is literally getting your body warmed up by increasing your core temperature with some light cardio. From there, you can ease into your working sets by doing 1-2 (sometimes 3) warm up sets that gradually get a bit heavier. No need to overthink your warm up. Get warm and get to work.

Just in case though, here is a full breakdown for those who’d like more specific guidance on warming up:

GENERAL WARM-UP	
Perform the following general warm-up before every workout. It can be as simple as 5 minutes of light cardio, or can include some or all of the exercises listed below.	
5-10 minutes	Light cardio on your choice of machine (treadmill, stair climber, elliptical, bike, etc.)
10 reps per side	Arm swings (optional)
10 reps per side	Arm circles (optional)
10 reps per side	Front-to-back leg swings (optional)
10 reps per side	Side-to-side leg swings (optional)
15 reps per side	Cable external rotations (optional)

EXERCISE-SPECIFIC WARM-UP	
The program indicates the number of warm-up sets you should perform.	
1 Warm-Up Set Listed	Use ~60% of your planned working weight for ~6-10 reps (or until you feel loose and ready to lift)
2 Warm-Up Sets Listed	Warm-up set #1: ~50% of planned working weight for ~6-10 reps Warm-up set #2: ~70% of planned working weight for 4-6 reps
3 Warm-Up Sets Listed	Warm-up set #1: ~45% of planned working weight for ~6-10 reps Warm-up set #2: ~65% of planned working weight for 4-6 reps Warm-up set #3: ~85% of planned working weight for 3-4 reps
4 Warm-Up Sets Listed	Warm-up set #1: ~45% of planned working weight for ~6-10 reps Warm-up set #2: ~60% of planned working weight for 4-6 reps Warm-up set #3: ~75% of planned working weight for 3-5 reps Warm-up set #4: ~85% of planned working weight for 2-4 reps

Workout Breakdown

WEEK 1	1	2	3	4	5	6				7		8	9	10	
	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					2	1	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					1	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					1	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					2	1	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					2	1	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					1	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					1	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					1	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

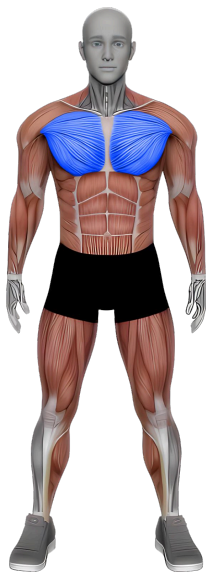
1. Exercise
 - Each exercise includes a clickable demo link for proper technique.
2. Last-set intensity technique
 - These are only used after the final working set of an exercise.
 - Block 1 includes no intensity techniques.
 - Block 2 introduces:
 - Drop sets: After reaching failure, reduce the weight by ~25% and go to failure again. Repeat once more (for a total of 3 back-to-back sets).
 - Lengthened partials: After reaching failure with a full range of motion (ROM), continue to perform reps with a partial range of motion (in the stretched position) until failure.
 - Myo-reps: After failure, rest 5 seconds and attempt 2 more reps. Repeat this cycle (5 seconds rest, followed by 2 reps) until you fail to complete 2 full-ROM reps. (This usually happens by the third cycle, if not before.)
 - Weighted static hold: After failing on the machine chest press (or dumbbell bench press substitution), hold the bottom (stretched) position under full tension for 30 seconds.
3. Warm-up sets
 - The suggested number of light sets to perform before working sets.
 - Refer to the exercise-specific warm-up above for full details.
4. Working sets
 - These are your hard sets.
 - Use the prescribed RIR target to determine effort level.

5. Rep range
 - Once you can perform all working sets at the top of the rep range, increase the load next session.
 - If increasing the weight would cause you to drop below the range, keep the same weight and extend the rep range slightly. For example: If the range is 6 to 8, and adding weight drops you to 4 to 5 reps, stick with the previous load and aim for 6 to 10.
6. Tracking load and reps
 - Log the weight you used and reps you completed for your working sets (if applicable).
7. Failure?
 - This column tells you how close you should be to failure on working sets, using RIR:
 - RIR 1 = 1 rep left in the tank
 - RIR 2 = 2 reps left in the tank
 - Clarification for RIR 0:
 - For the squat, barbell incline press, leg press, and Smith machine lunge, RIR 0 means you had zero reps left, but you didn't attempt and fail the final rep.
 - For all other exercises, RIR 0 means you attempted and failed the final rep.
8. Rest
 - Between working sets: follow the listed rest time (see Frequently Asked Questions for a more detailed explanation).
 - Between warm-up sets: rest 0 to 60 seconds.
 - Between exercises: rest 1 to 5 minutes, depending on how demanding the exercise is.
 - Heavy compound exercises generally require 3-5 minutes of rest between sets for recovery. Lighter compounds or isolation exercises usually only need 1-2 minutes of rest between sets.
9. Substitution options
 - Each exercise includes two alternative movements.
 - Feel free to swap in either one (or one I didn't list) if the featured exercise doesn't work for you.
10. Notes
 - Each exercise includes coaching cues in the Notes section.
 - Be sure to read these before warm-ups so you can apply any new cues while the weight is still light.



MUSCLE ANATOMY

Here are the exercises you'll use to target each muscle group. You'll note that several exercises are listed for multiple muscle groups. Squats, for example, work the quads and glutes, while T-bar rows work the lats and mid-back. Listing an exercise twice doesn't mean you'll do it twice. It just shows which muscles you're working each time you do them.



CHEST

You'll work your chest with 6 sets per week, using these exercises:

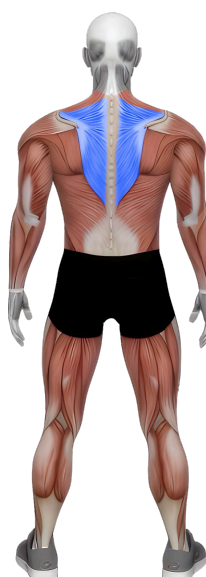
- Barbell incline press - 2 sets
- Pec deck - 2 sets
- Machine chest press - 2 sets



SHOULDERS

Your shoulders get 10 sets per week (4 for the front delts and 6 for the side delts), using these exercises:

- Barbell incline press (front delts) - 2 sets
- Machine chest press (front delts) - 2 sets
- Incline dumbbell Y-raise (side delts) - 2 sets
- Cable lateral raise (side delts) - 2 sets
- Machine lateral raise (side delts) - 2 sets



MID-BACK

You'll hit your mid-back with 9 sets per week, using these exercises:

- Pull-up (wide grip) - 2 sets
- Kelso shrug - 2 sets
- Close-grip lat pulldown - 2 sets
- Chest-supported T-bar row - 2 sets
- 1-arm reverse pec deck - 1 set



LATS

Your lats get 6 sets per week, using these exercises:

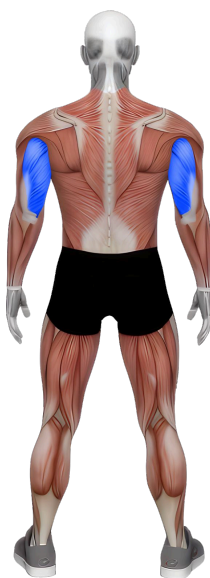
- Pull-up (wide grip) - 2 sets
- Close-grip lat pulldown - 2 sets
- Chest-supported T-bar row - 2 sets



BICEPS

You'll target your biceps with 6 sets per week, using these exercises:

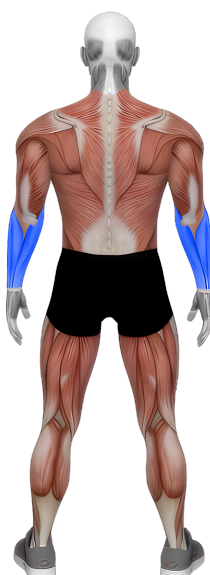
- EZ-bar preacher curl - 2 sets
- Bayesian cable curl - 2 sets
- Modified Zottman curl - 1 set
- Alternating dumbbell curl - 1 set



TRICEPS

Your triceps get 6 sets per week, using these exercises:

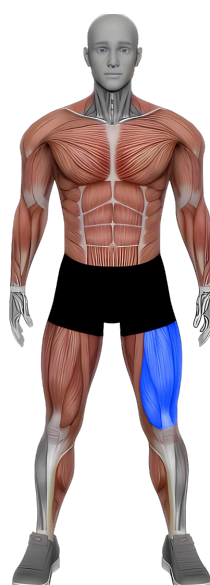
- Triceps pressdown - 2 sets
- Overhead cable triceps extension - 2 sets
- Cable triceps kickback - 2 sets



FOREARMS

You'll train your forearms with 6 sets per week, using these exercises:

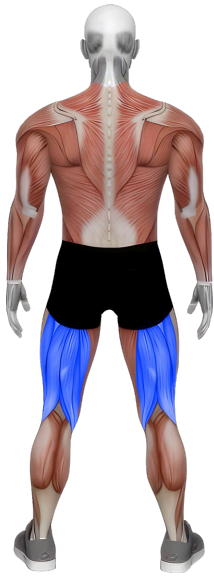
- Dumbbell wrist curl - 2 sets
- Dumbbell wrist extension - 2 sets
- Dead hang - 2 sets



QUADS

You'll work your quads with 8 sets per week, using these exercises:

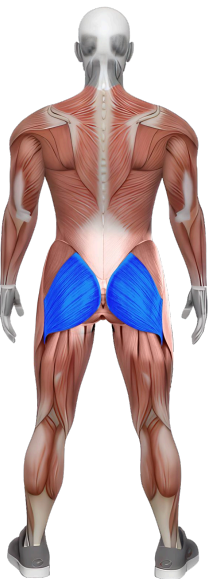
- Squat (your choice) - 2 sets
- Smith machine lunge - 1 set
- Leg extension - 4 sets
- Leg press - 1 set



HAMSTRINGS

As noted earlier, your hamstrings get 4 sets per week, using these exercises:

- Lying leg curl - 2 sets
- Barbell RDL - 2 sets



GLUTES

Your glutes get 9 sets per week, using these exercises:

- Squat (your choice) - 2 sets
- Smith machine lunge - 1 set
- Machine hip abduction - 1 set
- Barbell RDL - 2 sets
- Machine hip thrust - 2 sets
- Leg press - 1 set



CALVES

You'll hit your calves with 4 sets per week, using this exercise:

- Standing calf raise - 4 sets



ABS

Finally, your abs get 4 sets per week, using these exercises:

- Dragon flag - 2 sets
- Cable crunch - 2 sets



THE MIN-MAX PROGRAM

IMPORTANT PROGRAM NOTES

PLEASE READ BEFORE STARTING!

- Due to the lower volume in this program, it's essential that you approach each set with focused intent and high effort.
- Nearly every set in this program should be taken to failure, or 1 rep shy of failure. The only exceptions are in Week 1 (an intro week) and Week 7 (a deload week), where you won't train quite as hard.
- In the program, I use Reps In Reserve (RIR) to indicate which sets you should take to failure. An RIR of 0 means you hit failure (zero reps in the tank). An RIR of 1 means you stop 1 rep shy of failure.
- For heavy compound lifts like the Squat, Barbell Incline Press, Leg Press, and Smith Machine Lunge, an RIR of 0 means you couldn't complete another rep, but for safety you don't need to actually attempt and fail the final rep unless you want to.
- For all other exercises, an RIR of 0 means that you should actually go for another rep, even if you think you can't get it. On these exercises, go until you physically can't complete the rep and literally fail.

WARM-UP PROTOCOL

- Start each workout with about 5 minutes of light cardio to raise your core body temperature.
- Each exercise includes the recommended number of exercise-specific warm-up sets, which should be light and not fatiguing.
- For a more detailed breakdown of warm-up protocols, refer to page 13.

BLOCK 1															
INTRO WEEK															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					2	1	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					1	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					1	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					2	1	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					2	1	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					1	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					1	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					1	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					1	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					3	2	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					1	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					1	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					1	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					2	1	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					2	1	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					1	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					2	1	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					1	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					1	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					1	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					3	2	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					2	1	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					1	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					1	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					1	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					1	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					1	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					1	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					1	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					1	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

BLOCK 2															
DELOAD WEEK															
WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					2	1	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	N/A	1-2	2	6-8					1	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					1	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	N/A	1-2	2	6-8					2	1	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					2	1	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	N/A	0-1	2	6-8					1	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	N/A	0-1	2	6-8					1	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					1	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	N/A	1-2	2	6-8					1	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					3	2	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					1	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	N/A	1-2	2	6-8					1	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	N/A	0-1	2	6-8					1	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	N/A	2-3	2	8-10					2	1	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	N/A	2-3	2	8-10					2	1	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					1	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	N/A	2-4	2	8-10					2	1	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					1	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					1	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	N/A	1-2	2	8-10					1	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					3	2	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					2	1	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					1	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	N/A	0-1	2	8-10					1	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					1	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					1	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	N/A	0-1	2	8-10					1	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					1	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					1	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	N/A	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	N/A	0-1	2	8-10					1	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	Two Drop Sets (~25% per)	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	Lengthened Partial (Extend Set)	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	Myo-reps	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	Myo-reps	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	Two Drop Sets (~25% per)	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	Weighted Static Hold (30 sec)	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	Two Drop Sets (~25% per)	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	Two Drop Sets (~25% per)	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	Myo-reps	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	Two Drop Sets (~25% per)	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	Lengthened Partial (Extend Set)	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	Myo-reps	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	Myo-reps	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	Two Drop Sets (~25% per)	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	Weighted Static Hold (30 sec)	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	Two Drop Sets (~25% per)	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	Two Drop Sets (~25% per)	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	Myo-reps	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	Two Drop Sets (~25% per)	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	Lengthened Partial (Extend Set)	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	Myo-reps	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	Myo-reps	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	Two Drop Sets (~25% per)	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	Weighted Static Hold (30 sec)	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	Two Drop Sets (~25% per)	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	Two Drop Sets (~25% per)	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	Myo-reps	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

WEEK 11	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	Two Drop Sets (~25% per)	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	Lengthened Partial (Extend Set)	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	Myo-reps	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	Myo-reps	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 11	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 11	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	Two Drop Sets (~25% per)	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	Weighted Static Hold (30 sec)	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 11	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	8-10					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Barbell RDL	N/A	2-3	2	6-8					2	1	2-3 min	DB RDL	Seated Cable Deadlift	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	Machine Hip Thrust	N/A	2-4	2	6-8					1	0	2-3 min	Barbell Hip Thrust	45° Hyperextension	Squeeze your glutes hard at the top and control the weight on the way down.
	Leg Press	N/A	2-4	1	6-8					0	N/A	2-3 min	Smith Machine Squat	Barbell Squat	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	8-10					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 11	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	Two Drop Sets (~25% per)	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	Two Drop Sets (~25% per)	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	Myo-reps	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

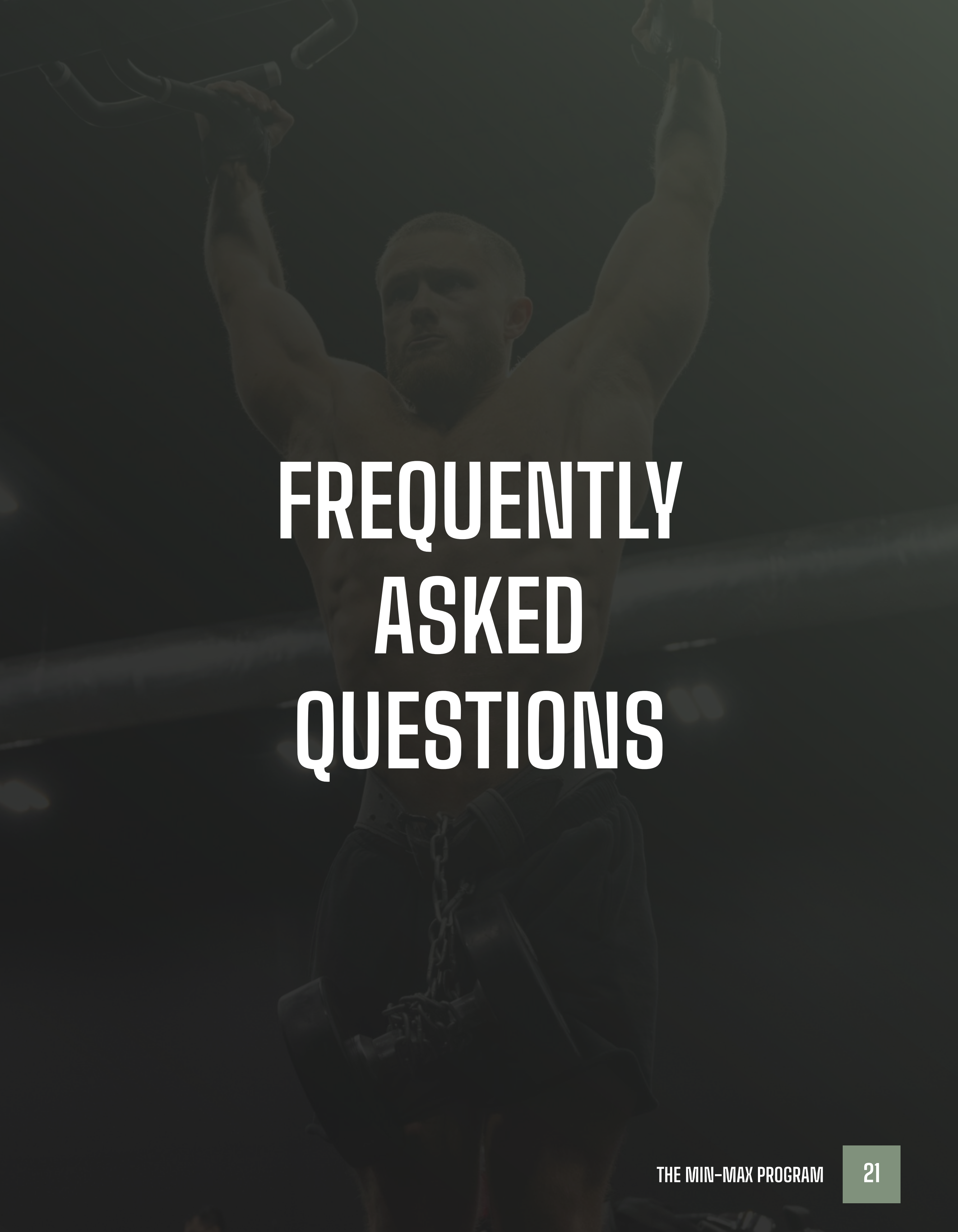
WEEK 12	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 1	Barbell Incline Press	N/A	2-4	2	6-8					1	0	3-5 min	Smith Machine Incline Press	DB Incline Press	A 30° or 45° bench will work here. Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Pec Deck	Two Drop Sets (~25% per)	1-2	2	6-8					0	0	1-2 min	DB Flye	Cable Flye	Pause for 1 second at the bottom of each rep while maintaining tension on the pecs.
	Incline DB Y-Raise	N/A	0-1	2	8-10					0	0	1-2 min	Cable Y-Raise	Machine Lateral Raise	Use a 30° incline bench (back against the bench) and lift the weight up and out in a Y shape.
	Pull-Up (Wide Grip)	Lengthened Partial (Extend Set)	1-2	2	6-8					1	0	2-3 min	Lat Pulldown (Wide Grip)	1-Arm Cable Pulldown	Control the negative and feel your lats pulling apart. Full ROM!
	Kelso Shrug	N/A	1-2	2	6-8					1	0	2-3 min	Seated Cable Kelso Shrug	Incline DB Kelso Shrug	Pause for about 1 second at the top and then allow your shoulder blades to peel apart on the way back down, under control.
	EZ-Bar Preacher Curl	Myo-reps	0-1	2	6-8					0	0	1-2 min	Machine Preacher Curl	DB Preacher Curl	Keep your triceps firmly pinned against the pad as you curl. Smooth controlled reps.
	Triceps Pressdown	Myo-reps	0-1	2	6-8					0	0	1-2 min	Close-Grip Bench Press	Smith Machine JM Press	You can use a rope or bar attachment for these, whichever you find more comfortable.
	Dragon Flag	N/A	0-1	2	6-8					0	0	1-2 min	Bent-Knee Dragon Flag	Lying Leg Raise	Keep your body as rigid as possible throughout the ROM.

WEEK 12	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 1	Lying Leg Curl	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Seated Leg Curl	Nordic Ham Curl	Set the machine so that you get the biggest stretch possible at the bottom. Prevent your butt from popping up as you curl.
	Squat (Your Choice)	N/A	2-4	2	6-8					1	0	3-5 min	See Notes	See Notes	This can be a Barbell Back Squat, Barbell Front Squat, Pendulum Squat, Hack Squat, Belt Squat, or Smith Machine Squat.
	Smith Machine Lunge	N/A	2-4	1	6-8					0	N/A	2-4 min	DB Lunge	Barbell Lunge	Minimize contribution from your back leg!
	Leg Extension	Lengthened Partial (Extend Set)	1-2	2	6-8					0	0	1-2 min	Reverse Nordic	Sissy Squat	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	Machine Hip Abduction	N/A	0-1	1	6-8					0	N/A	1-2 min	Cable Hip Abduction	Standing Plate Abduction	If possible, place foam pads in between the outside of your knees and the pads on the machine. This will increase your range of motion on the machine.
	Standing Calf Raise	Lengthened Partial (Extend Set)	0-1	2	6-8					0	0	1-2 min	Leg Press Calf Press	Donkey Calf Raise	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
REST DAY															

WEEK 12	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
UPPER 2	Close-Grip Lat Pulldown	Lengthened Partial (Extend Set)	2-3	2	8-10					1	0	2-3 min	Close-Grip Pull-Up	1-Arm Cable Pulldown	Lean back by ~15° and drive your elbows down as you squeeze your shoulder blades together. This should feel like a mix of lats and mid-traps.
	Chest-Supported T-Bar Row	Two Drop Sets (~25% per)	2-3	2	8-10					1	0	2-3 min	Chest-Supported Machine Row	Chest-Supported DB Row	Flare elbows out at roughly 45° and squeeze your shoulder blades together hard at the top of each rep.
	Machine Shrug	N/A	1-2	1	6-8					0	N/A	1-2 min	Barbell Shrug	Cable Shrug-In	Think about shrugging "up to your ears". Use straps, if possible.
	Machine Chest Press	Weighted Static Hold (30 sec)	2-4	2	8-10					1	0	3-5 min	Smith Machine Bench Press	DB Bench Press	1 second pause at the bottom of each rep while maintaining tension on the pecs.
	High-Cable Lateral Raise	N/A	0-1	2	8-10					0	0	1-2 min	DB Lateral Raise	Machine Lateral Raise	Set the cable at roughly hip height. Let your hand go slightly past your midline at the bottom of each rep to get a deep stretch on the side delt.
	1-Arm Reverse Pec Deck	N/A	0-1	1	8-10					0	N/A	1-2 min	Lying Reverse DB Flye	Reverse Cable Crossover	Sweep the weight out to create the largest semi-circle possible with your arm.
	Cable Crunch	N/A	0-1	2	6-8					0	0	1-2 min	Weighted Crunch	Machine Crunch	Round your lower back as you crunch. Maintain a mind-muscle connection with your 6-pack.

WEEK 12	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
LOWER 2	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	2	8-10					0	0	1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat (using straps can help here).
	<u>Barbell RDL</u>	N/A	2-3	2	6-8					2	1	2-3 min	<u>DB RDL</u>	<u>Seated Cable Deadlift</u>	Stick your glutes straight back as you lower the bar straight down, centered over the middle of your foot. Get a nice deep stretch at the bottom, but keep your spine neutral (don't round forward).
	<u>Machine Hip Thrust</u>	N/A	2-4	2	6-8					1	0	2-3 min	<u>Barbell Hip Thrust</u>	<u>45° Hyperextension</u>	Squeeze your glutes hard at the top and control the weight on the way down.
	<u>Leg Press</u>	N/A	2-4	1	6-8					0	N/A	2-3 min	<u>Smith Machine Squat</u>	<u>Barbell Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding.
	<u>Standing Calf Raise</u>	Lengthened Partial (Extend Set)	0-1	2	8-10					0	0	1-2 min	<u>Leg Press Calf Press</u>	<u>Donkey Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.

WEEK 12	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REP RANGE	TRACKING LOAD AND REPS				FAILURE?		REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1		SET 2		RIR (SET 1)	RIR (SET 2)				
						LOAD	REPS	LOAD	REPS						
ARMS/DELTS	Bayesian Cable Curl	N/A	0-1	2	6-8					0	0	1-2 min	Incline DB Curl	Standing DB Curl	As you curl, optionally lean forward to prevent the cable from hitting your wrist at the top. Control the negative and feel a deep stretch at the bottom of each rep.
	Overhead Cable Triceps Extension	N/A	0-1	2	8-10					0	0	1-2 min	Overhead DB Triceps Extension	Skull Crusher	Feel a deep stretch on the triceps throughout the entire negative.
	Modified Zottman Curl	N/A	0-1	1	8-10					0	N/A	1-2 min	DB Hammer Curl	Preacher Hammer Curl	Hammer curl on the way up and supinated curl (palms up) on the way down.
	Cable Triceps Kickback	Two Drop Sets (~25% per)	0-1	2	8-10					0	0	1-2 min	Seated Dip Machine	Close Grip Dip	Keep your upper arm behind your torso throughout the ROM.
	DB Wrist Curl	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Curl	N/A	Smooth, controlled reps.
	DB Wrist Extension	N/A	0-1	2	8-10					0	0	1-2 min	Cable Wrist Extension	N/A	Smooth, controlled reps.
	Alternating DB Curl	Two Drop Sets (~25% per)	0-1	1	6-8					0	N/A	1-2 min	Barbell Curl	EZ-Bar Curl	Slow, controlled reps!
	Machine Lateral Raise	Myo-reps	0-1	2	8-10					0	0	1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your side delt to move the weight.
	Dead Hang (optional)	N/A	0-1	2	N/A					0	0	1-2 min	N/A	N/A	Try to add a few more seconds each week!
REST DAY															

A muscular man is shown from the waist up, performing a pull-up exercise. He is holding onto a horizontal bar with both hands, and his arms are extended upwards. He is wearing a dark, weighted vest over a dark shirt. The background is a blurred outdoor setting, possibly a park or a training area. The text "FREQUENTLY ASKED QUESTIONS" is overlaid in large, white, bold, sans-serif capital letters in the center of the image.

FREQUENTLY ASKED QUESTIONS

Q: Can I run this program during a bulk or recomp phase? Will it work as well as a higher-volume program?

A: Some lifters may wonder if they're "leaving gains on the table" by not pushing more volume. And if you're in a bulking phase (deliberately eating more calories than you need to maintain your current weight) or attempting a recomp (gaining muscle and losing fat without changing your weight), that's a fair question.

In either of those situations, if you have the time and motivation to train longer, and you're recovering well from workout to workout, then yes, you may benefit from doing more. My Bodybuilding Transformation System is a higher-volume program for those who aren't concerned with doing longer workouts.

But before you jump over to that program though, keep in mind that the gains you see with higher volume will be diminishing. You won't double your gains by doubling your volume. I also suspect that, over time, either program would give you similar results in the end. You'd probably get there faster with higher volume, but I think you could eventually reach your full potential with lower volume too.

I also think it's smart to at least do lower volume phases periodically. Always blasting high volume can take a toll on your joints.

I recommend lower volume in several circumstances. First, of course, is when you're in a caloric deficit. Food is literally energy, and when you're consuming less energy, you have to adjust your training accordingly. You also have to adjust your expectations. Focus on maintaining muscle and strength while training consistently. This program is designed to help you do exactly that.

Your schedule also comes into play. If you have limited time to train, you'll do much better with a purpose-built lower-volume program like Min-Max, rather than a stripped-down higher-volume routine.

Finally, some people simply respond better to lower volume. Others respond better to higher volume. The only way to figure it out is to experiment with both (and perhaps a few things in between).

Q: Should I add cardio to this program?

A: Cardio can certainly help establish a caloric deficit when you're trying to lose fat. But I recommend prioritizing your diet first, cutting calories from your meals rather than relying too much on cardio to burn them off.

That said, I don't want to talk you out of cardio if you want to do it, either for fat loss or health and fitness. If that describes you, I recommend short, relatively low-intensity sessions, perhaps 20 to 30 minutes 3 to 6 times per week.

Higher-intensity cardio, while it's certainly effective for fitness goals, can compromise your recovery from higher-intensity resistance training. I recommend using it sparingly, no more than twice a week.

Q: Can I use a substitution option even if I can do the selected exercise?

A: Try to do the program as I designed it. I didn't choose the primary exercises at random. In each case, I think the movement I selected offers unique advantages in terms of tension profile, long-muscle-length bias, and stimulus-to-fatigue ratio. (If you've never heard those terms, trust me when I say they're all good reasons to choose one exercise over others.)

I'm not saying there's never a good reason, beyond equipment access, to make a substitution. For example, let's say you just can't get a good feel for one of my choices. Or, worse, you feel it in your joints rather than the targeted muscles. In those cases, it's better to switch than to continue with an exercise that isn't working for you.

Q: Do I need to time my rest periods between sets?

A: No. Generally speaking, longer rest between sets is associated with better hypertrophy because you'll be more fully recovered when you perform your next set. Thus, the most important thing is that you feel recovered between sets.

Some lifters do better by timing themselves between sets; it ensures they don't rush into the next set before they've recovered, or dawdle too long between sets. Others go by feel, understanding recovery will take longer on some days and less time on others.

Or you can split the difference: Lift when you're ready, but also keep an eye on the clock to make sure you aren't losing focus between sets.

Q: My gym is crowded. Can I switch up the exercise order?

A: Yes. Try not to completely scramble the workout, but switching a few exercises around won't compromise your ability to recover between exercises. And it certainly won't affect your results over time.

Q: I'm getting very sore from my workouts. Should I skip the gym until I'm not sore?

A: The Min-Max program presents your muscles with new challenges, which may lead to soreness. The issue will usually resolve itself after the first few workouts.

Training while sore isn't inherently problematic. At worst, you may need to use a little less weight, or perhaps skip an exercise altogether, if the soreness prevents you from using a full ROM. A slightly longer warm-up can also help.

Some research shows that foam rolling can help reduce soreness. If soreness is a consistent issue, consider foam rolling for 3 to 5 minutes at the end of your workouts.

Q: I'm not getting sore from my workouts. Is the program not working?

A: Muscle soreness isn't required for hypertrophy. Nor is it a reliable sign of an effective workout. Plenty of activities can make your muscles sore—running a marathon, for example—without providing any stimulus for muscle growth.

In fact, reduced soreness over time can be a good thing, as it suggests your body is adapting and recovering.

If you're pushing yourself hard, executing the exercises with good form, and training consistently, you don't need to chase soreness.

Q: Why is there such little exercise variation from week to week?

A: I keep exercises constant for two reasons: to allow you to master form and technique, and to ensure progression. Changing exercises from week to week makes both less likely, which limits your results.

Q: Can I run this program more than once?

A: Yes! After Week 12, you can loop back to Week 1.

Q: What if I can only train 3 times per week?

A: You can do the 4-day version of the program, carrying the remaining workout to the following week. In that case, you'll need more than 12 weeks to complete the program. Just do the workouts in the order shown, and don't skip any of them.



FINAL THOUGHTS

The Min-Max program was designed to help you get the most out of your training, whether your goal is to maximize muscle retention while cutting or maximize efficiency with shorter workouts.

Stick with it. Train hard. Track your progress. Whether you're cutting, maintaining, or in a gaining phase, this structure will give you a chance to make progress and set you up for long-term success.

I hope you enjoy the program as much as I enjoyed creating it for you!

Jeff

