



Monday (Legs)	Sets	Reps	Tempo	Rest
A. Leg Extension	4	0-12	3011	90 seconds
B. Leg Press	4	15-20	2010	75 seconds
C1. Leg Extension	4	10-12	4010	10 seconds
C2. Machine Hack Squat	4	10-12	2020	10 seconds
C3. Back Squat	4	10-12	4010	90 seconds
D. Lying Leg Curl	8	8-10	5010	45 seconds



Tuesday (Back and Biceps)	Sets	Reps	Tempo	Rest
A. Hammer Strength Lat Pulldown	4	8-10	3011	90 seconds
B. Wide-Grip Pulldown*	4	10-12	3210	75 seconds
C1. Seated Cable Row to Waist	4	10-12	2011	10 seconds
C2. Machine Pullover	4	10-12	3210	10 seconds
C3. Standing Face Pull	4	10-12	4010	90 seconds
D. Standing Cable Curl	8	8-10	5010	45 seconds

Wednesday (Active Rest)				



Thursday (Chest and Triceps)	Sets	Reps	Tempo	Rest
A. Hammer Strength Incline Press	4	8-10	3012	90 seconds
B. Incline Barbell Press*	4	10-12	3210	75 seconds
C1. Dips	4	6-8	2020	10 seconds
C2. Flat Dumbbell Hex Press	4	6-8	2020	10 seconds
C3. Flat Dumbbell Flye, Hand Pronated	4	10-12	3110	90 seconds
D. Triceps Pressdown with Rope	8	10-12	4010	45 seconds



Friday (Delts and Calves)	Sets	Reps	Tempo	Rest
A. Hammer Strength Shoulder Press**	4	8-10	2012	90 seconds
B. Upright Row*	4	10-12	3210	75 seconds
C1. Dumbbell Lateral Raise	4	10-12	3011	10 seconds
C2. Dumbbell L-Lateral Raise	4	10-12	3011	10 seconds
C3. Seated Dumbbell Overhead Press	4	15-20	3010	90 seconds
D. Standing Calf Raise	8	10-12	4010	45 seconds

Saturday (Active Rest)				

Sunday (Re-feed and Rest!)				

*During the eccentric phase stop and hold the bar 2 inches above the chest for 2 seconds

**Use bands if you have them

A complete training, diet, and supplement program to pack on slabs of muscle, fast!