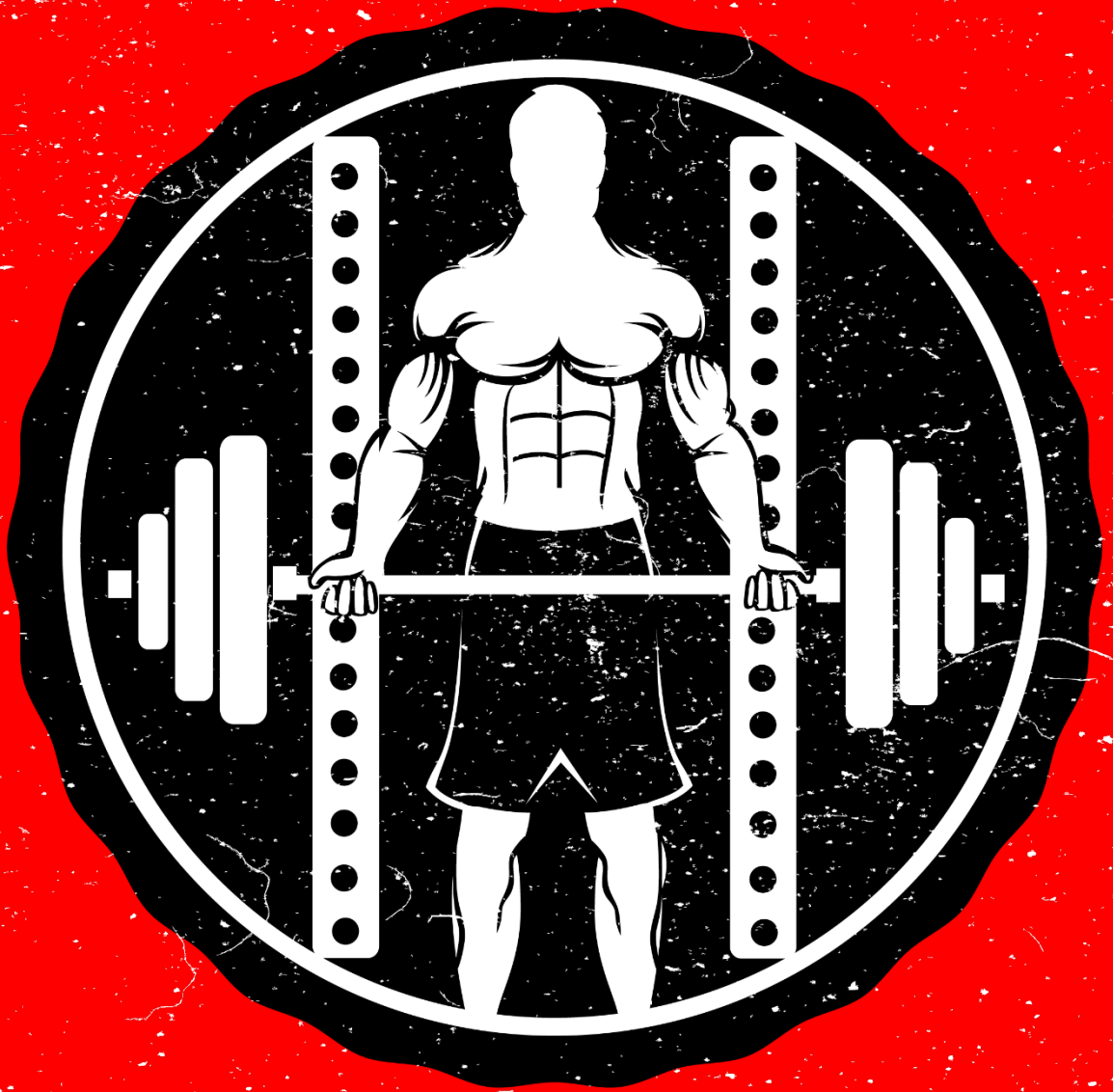


CURLS IN THE RACK



TWELVE WEEK PLAN

Phase 1 – Strength 3 weeks

Phase 2 – Pairing 3 weeks

Phase 3 – Hypertrophy 3 weeks

Phase 4 – Super & Drop sets 3 weeks

Phase 5 – Rinse & Repeat 😊

For the noobs – Here is an explanation for a few different ways that you will be performing the sets in this plan.

Drop set = is essentially a technique where you perform an exercise and then drop (reduce) the weight and continue for more reps until you reach failure.

Superset= is a form of strength training in which you move quickly from one exercise to a separate exercise without taking a break for rest in between the two exercises.

Reverse pyramid= is a style of training where you perform your heaviest set first when you're completely fresh and then pyramid down to a lighter weight usually with more reps for the latter sets.

Standard pyramid= is a collection of sets, of the same exercise, that starts with a light weight and higher reps, building up to a heavier weight and fewer reps.

Standard sets= Performing straight sets is the standard method for arranging your weight training workout. AKA using the same weight for all sets

Here are the links to tutorials for every exercise used in this program.... Enjoy!

Phase 1 Day 1 Exercises

[Deadlift](#)

[Weighted Chin-up](#)

[T-bar Row](#)

[Dumbbell Pullover](#)

[1 Arm Cable/Band Lat Pulldown](#)

[Hanging Leg Raises](#)

Phase 1 Day 2 Exercises

[Flat Barbell Bench Press](#)

[Weighted Chest Dips](#)

[1 Arm Dumbbell Press](#)

[Behind the Back Cable/Band Lateral Raises](#)

Face Pulls

Phase 1 Day 3 Exercises

Glute Bridges

Barbell Back Squats

Romanian Deadlift

Bulgarian Split Squat

Standing Calf Raises*

Cable/Band Wood Chops

Phase 1 Day 4 Exercises

Seated Barbell Overhead Press

Standing Barbell Curls

Close Grip Barbell Bench Press

1 Arm Dumbell Side Lateral

Standing Plate Front Raise & Twist

Ab Circuit*

TWELVE WEEK PLAN

Phase 2 Day 1 Exercises (Chest & Back)

[Incline Barbell Bench Press](#)

[Weighted Wide Grip Pullups](#)

[Weighted Chest Dips](#)

[Bentover Barbell Row](#)

[Cable/Band Crossover](#)

[Hanging Leg Raises](#)

Phase 2 Day 2 Exercises (Arms)

[Standing Barbell Curls](#)

[Barbell Skull Crushers](#)

[Seated Incline Dumbbell Curls](#)

[Cable Pushdowns](#)

[Reverse Curls](#)

[Marching Planks](#)

Phase 2 Day 3 Exercises (Legs)

[Weighted Glute Ham Developer](#)

[Barbell Box Squats](#)

[Romanian Deadlift](#)

[Lateral Dumbell Squats](#)

[Standing/Seated Calf Raises](#)

[Ab Circuit*](#)

Phase 2 Day 4 Exercises (Deadlift & Shoulders)

[Deadlift](#)

[Standing Barbell Overhead Press](#)

[1 ½ Rep Dumbell Side Laterals](#)

[Face Pulls](#)

[Cable Front Raises](#)

[Barbell Shrugs](#)

Phase 3 Day 1 Exercises (Chest & Triceps)

[Flat Dumbell Bench Press](#)

[Incline Barbell Bench Press](#)

[Weighted Chest Dips](#)

[Floor Flies](#)

Barbell Skull Crushers

Dumbbell Tricep KickBacks

Barbell Rollout

Hanging Leg Raises

Phase 3 Day 2 Exercises (Back & Biceps)

Rack Pulls

Weighted ChinUps

Single Arm Dumbbell Row

Wide Grip Seated Cable Row

Dumbbell Cross Body Hammer Curls

Preacher Curls

AB Circuit

Phase 3 Day 3 Exercises (Legs & Glutes)

Barbell Glute Bridge

Barbell Front Squat

Barbell Reverse Lunges

Leg Extensions

[GHD Raises](#)

[Standing/Seated Calf Raises](#)

Phase 3 Day 4 Exercises (Shoulders)

[Seated Arnold Press](#)

[Single Arm Landmine Press](#)

[Dumbbell W-Raises](#)

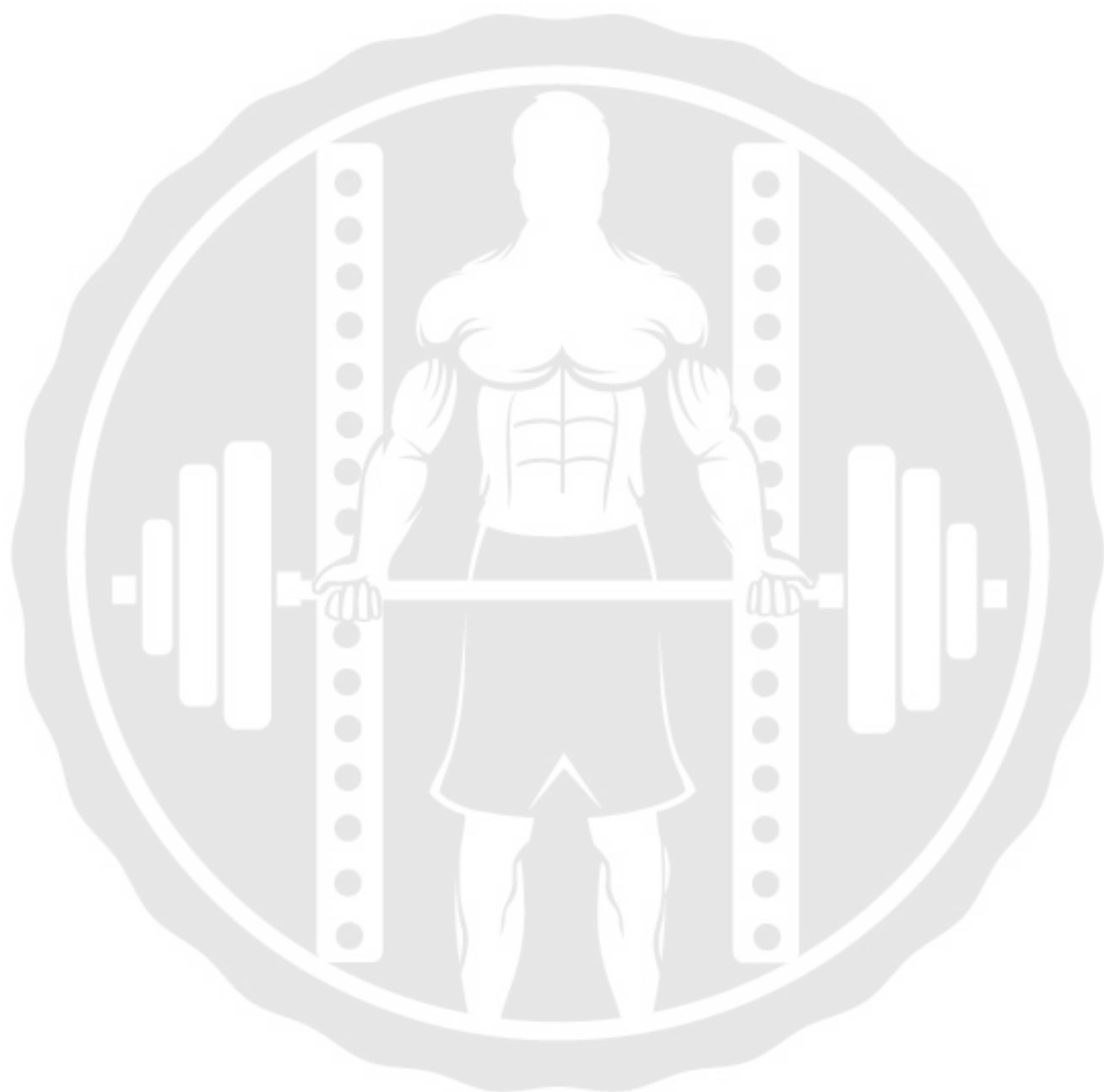
[Seated Dumbbell Lateral Raises](#)

[Face Pulls](#)

[Captain Chair Alphabet Raises](#)

TWELVE WEEK PLAN

CURLS IN THE RACK



TWELVE WEEK PLAN