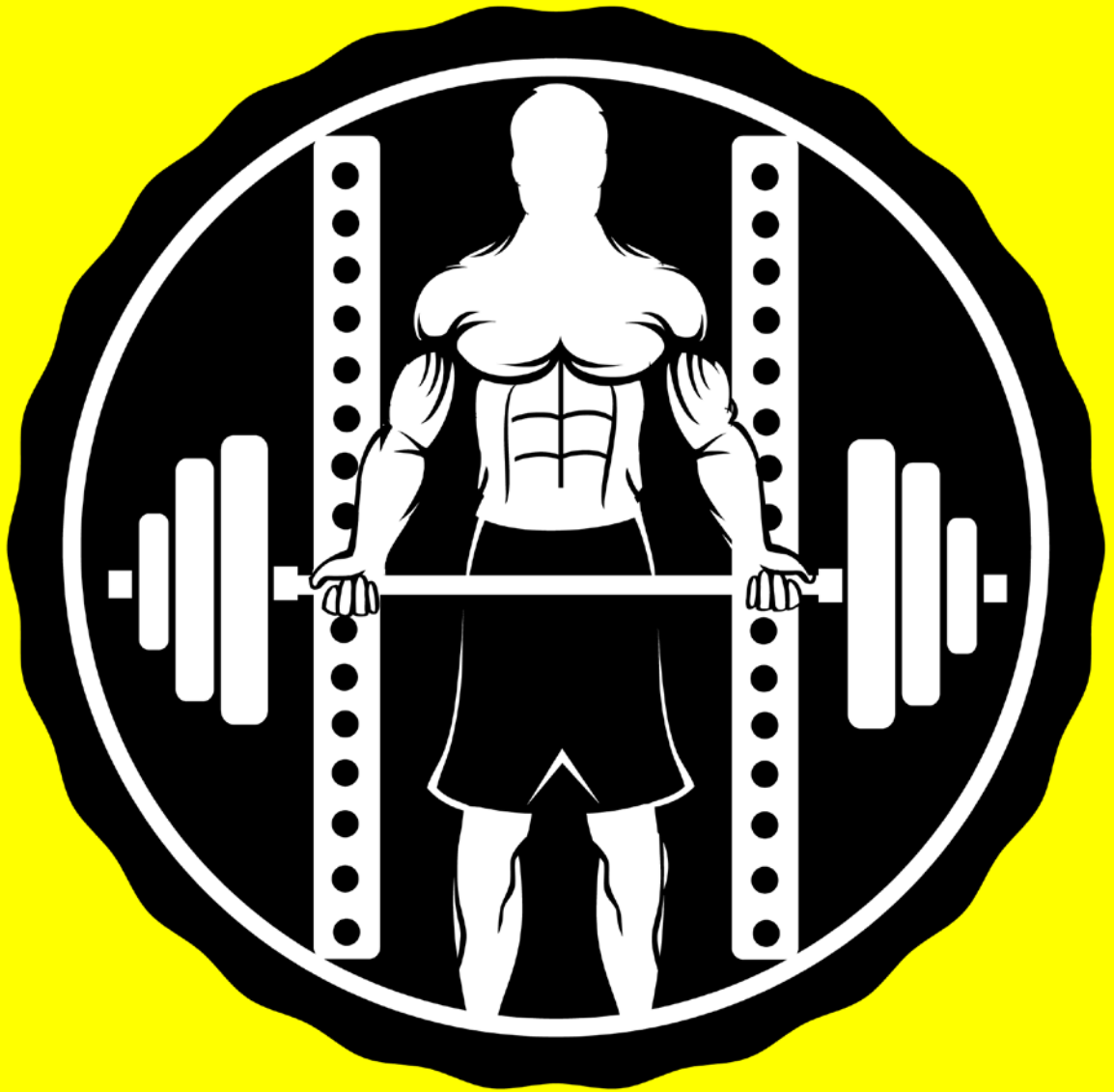


# CURLS IN THE RACK



PHASE TTT

## ***DAY 1 CHEST/TRICEPS***

### **FLAT DUMBBELL BENCH PRESS**

#### **Reverse Pyramid**

Weight \_\_\_\_\_

Reps     3-5    3-5    6-8    8-10   10-12 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

### **INCLINE BARBELL BENCH PRESS**

#### **Straight Sets**

Weight \_\_\_\_\_

Reps     10-12   10-12   10-12 (rest 1 minute between sets)

### **WEIGHTED DIPS**

#### **Straight Sets**

Weight \_\_\_\_\_

Reps     10-12   10-12   10-12 (rest 1 minute between sets)

## FLOOR FLIES

Rest Pause

Weight \_\_\_\_\_

Reps      15      5      5      5      5

(rest 20 seconds between each set, do not set the Dumbbells down between sets. Keep them squeezed at the top portion of the movement during rest period)

## EZ BAR SKULL CRUSHERS/ DUMBBELL TRICEP KICKBACK

Super Sets

Weight \_\_\_\_\_

Reps      8-10      8-10      8-10 (rest 1.5 minutes between sets)

(Perform first movement and then second movement with no rest in between)

## BARBELL ROLLOUTS/ HANGING LEG RAISES

Super Sets

Weight \_\_\_\_\_

Reps      12-15      12-15      12-15 (rest 1.5 minutes between sets)

(Perform first movement and then second movement with no rest in between)

## ***DAY 2 BACK/BICEPS***

### **RACK PULLS**

#### **Reverse Pyramid**

Weight    \_\_\_\_\_

Reps      3-5    3-5    6-8    8-10    10-12 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

### **WEIGHTED CHINUPS**

#### **Standard Pyramid**

Weight    \_\_\_\_\_

Reps      3-5    3-5    10-12    8-10    6-8 (rest 1 minute between all sets)

### **SINGLE ARM DUMBBELL ROW**

#### **Straight Sets**

Weight    \_\_\_\_\_

Reps      10-12    10-12    10-12 (rest 1 minute between sets)

## WIDE GRIP SEATED CABLE ROW

Rest Pause

Weight \_\_\_\_\_

Reps      15      5      5      5      5

(rest 20 seconds between each set, do not set the attachment down between sets. Keep tension on the back/lats during rest periods)

## DUMBBELL CROSS BODY HAMMER CURLS/ EZ BAR PREACHER CURLS

Super Sets

Weight \_\_\_\_\_

Reps      10-12 10-12 10-12 (rest 1.5 minutes between sets)

(Perform first movement and then second movement with no rest in between)

## AB CIRCUIT

45 seconds - Heels to the Heavens

45 seconds - Step Through Planks

45 seconds - X Crunch

Thread the needle - left side 8 reps/ Right side 8 reps

45 seconds - Jack Knife

30 seconds - Stationary Bike

2 rounds – (Rest 1 minute Between Rounds)

## ***DAY 3 LEGS/GLUTES***

### **BARBELL GLUTE BRIDGE**

Straight Sets

Weight    \_\_\_\_\_

Reps      3-5    3-5    8-10   8-10   8-10 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

### **BARBELL FRONT SQUATS**

Reverse Pyramid

Weight    \_\_\_\_\_

Reps      3-5    3-5    6-8    8-10   10-12 (rest 1 minute between first 2 sets) (rest 1.5 minutes between the last three sets)

### **BARBELL REVERSE LUNGES**

Straight Sets

Weight    \_\_\_\_\_

**Reps      8-10   8-10   8-10(rest 1 minute between sets)**

### **LEG EXTENSIONS**

**Straight Sets**

**Weight      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_**

**Reps      10-12   10-12   10-12(rest 1 minute between sets)**

### **GHD RAISES**

**Rest Pause**

**Weight      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_**

**Reps      15      5      5      5      5**

**(rest 20 seconds between each set) (Rest at bottom portion of the raise)**

### **STANDING/SEATED CALF RAISES**

**Straight Sets**

**Weight      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_      \_\_\_\_\_**

**Reps      10-12   10-12   10-12   10-12   10-12 (rest 1 minute between sets)**



## CURRIES IN THE RACK

### DAY 4 SHOULDERS

#### SEATED ARNOLD PRESS

Reverse Pyramid

Weight \_\_\_\_\_

Reps 3-5 3-5 6-8 8-10 10-12(rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

#### SINGLE ARM LANDMINE PRESS

Straight Sets

Weight \_\_\_\_\_

Reps 8-10 8-10 8-10(rest 1 minute between sets)

#### DUMBBELL W-RAISES

Straight Sets

Weight \_\_\_\_\_

Reps 8-10 8-10 8-10(rest 1 minute between sets)



## SEATED DUMBBELL LATERAL RAISES

### Straight Sets

Weight \_\_\_\_\_

Reps 10-12 10-12 10-12(rest 1 minute between sets)

## FACE PULLS

### Straight Sets

Weight \_\_\_\_\_

Reps 12-15 12-15 12-15(rest 1 minute between sets)

## CAPTAINS CHAIR ALPHABET RAISES

### Straight Sets

Weight \_\_\_\_\_

(Start with A and complete as much of the alphabet as you can without failing) (rest 1 minute between each set)