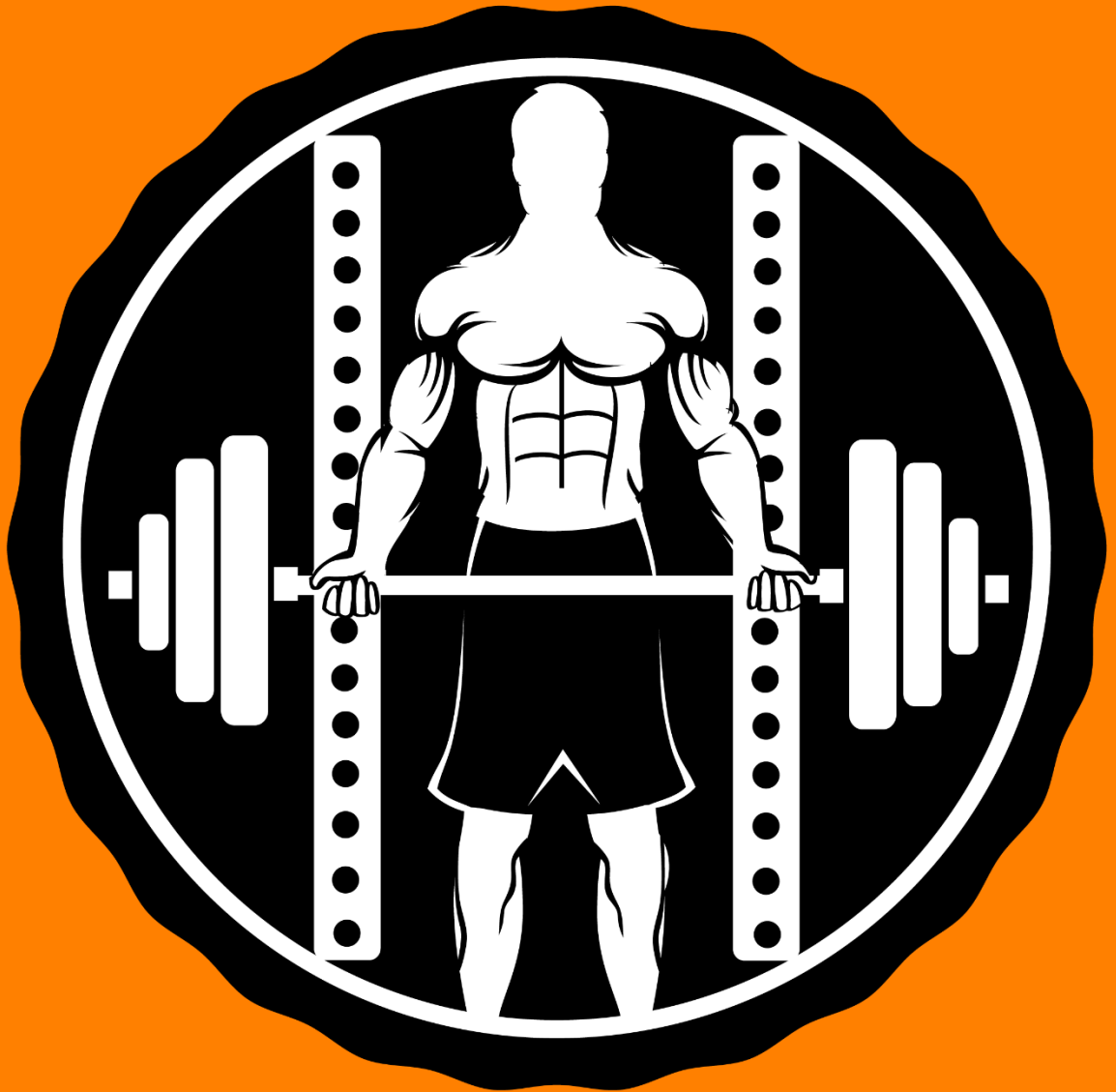


CURLS IN THE RACK



PHASE IV

CURVES IN THE RACK

DAY 1 SHOULDERS

STANDING BARBELL PRESS / STANDING L RAISES

Super Sets

Weight _____

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

SINGLE ARM LANDMINE PUSH PRESS / TRAP BAR DEADLIFT

Super Sets

Weight _____

Reps 10-12 10-12 10-12 (rest 2 minutes between sets)

REAR CABLE LATERAL RAISE

Drop Sets

Weight _____

Reps 8-10 8-10 8-10 8-10 (no rest between each drop)

TWELVE WEEK PLAN

FACE PULLS

Straight Sets

Weight _____

Reps 12-15 12-15 12-15

(rest 1 minute between each set)

WEIGHTED PLANK

Straight Sets

Weight _____

Time 1.5min 1.5min 1.5min (rest 1.5 minutes between sets)

DAY 2 BACK/BICEPS

DEADLIFTS / WEIGHTED WIDE GRIP PULLUPS

Super Sets

Weight _____

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

BARBELL DEADROW / STRAIGHT ARM CABLE PULL DOWN

Super sets

Weight _____ _____ _____

Reps 10-12 10-12 10-12 (rest 2 minutes between sets)

EZ BAR PREACHER CURLS

Drop Sets

Weight _____ _____ _____ _____

Reps 8-10 8-10 8-10 8-10 (no rest between each drop)

EZ BAR 21'S

Weight _____ _____

Reps 21 21 (Explanation in link [21's Tutorial](#)) (2 minute rest between each set)

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 / WEIGHTED GHD RAISES

Super Sets

Weight _____

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

BARBELL BACK SQUATS / BULGARIAN SPLIT SQUAT

Super Sets

Weight _____

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

CALF RAISES

Drop Sets

Weight _____

Reps 8-10 8-10 8-10 8-10 (no rest between drops)

SEATED LEG CURLS

Drop Sets

Weight _____

Reps 8-10 8-10 8-10 8-10 (no rest between drops)

DAY 4 CHEST & TRICEPS

FLAT BARBELL BENCH PRESS / WEIGHTED DIPS

Super Sets

Weight _____

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

SINGLE ARM INCLINE DUMBBELL BENCH PRESS / DUMBBELL FLOOR FLIES

Drop Sets

Weight _____

Reps 10-12 10-12 10-12 (rest 2 minutes between sets)

CABLE TRICEP PUSH DOWNS

Drop Sets

Weight _____

Reps 8-10 8-10 8-10 8-10 (no rest between each drop)

SKULL CRUSHERS

Drop Sets

Weight _____

Reps 8-10 8-10 8-10 8-10 (no rest between each drop)

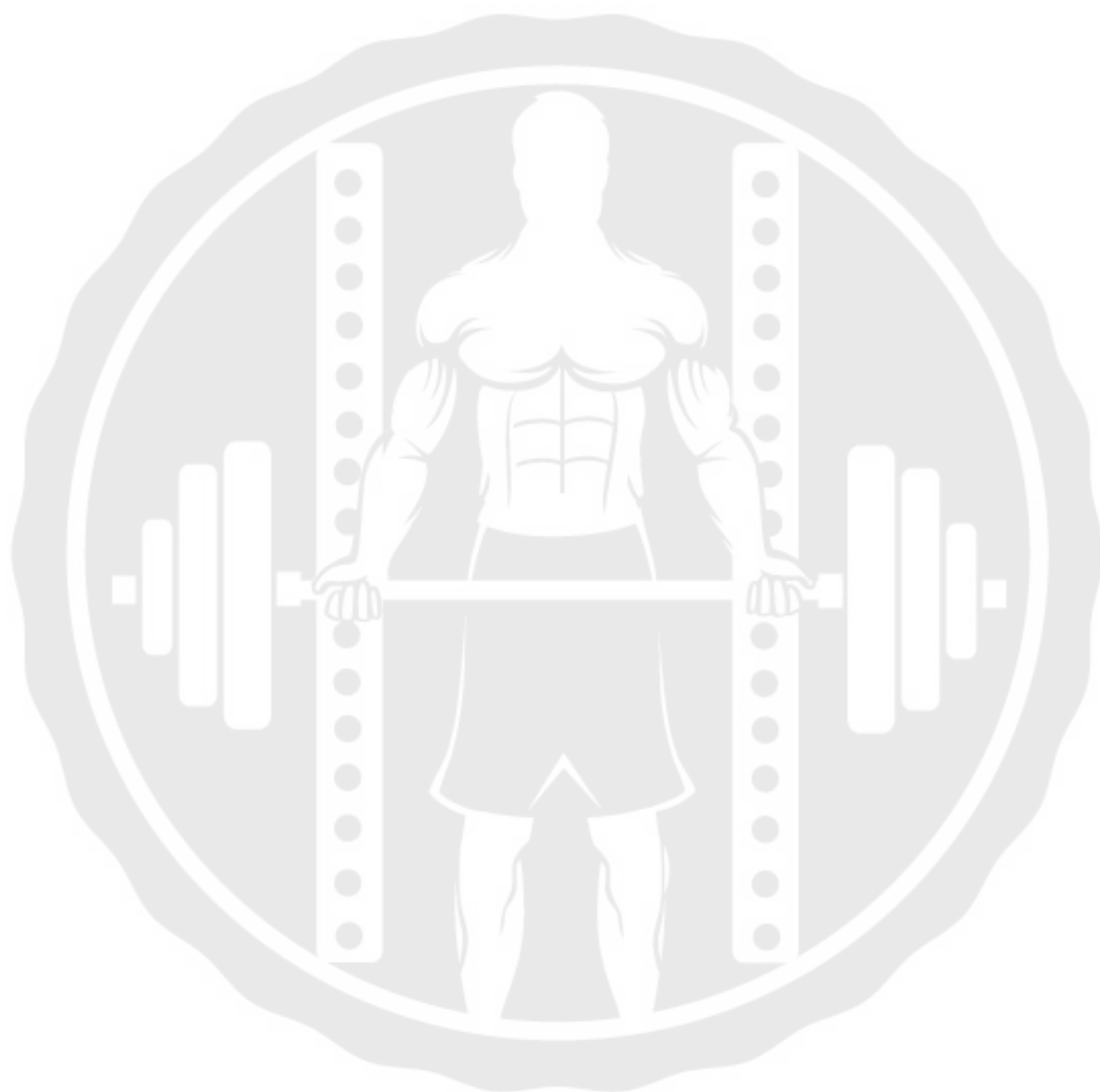
HANGING LEG RAISES / MARCHING PLANK

Super Sets

Weight _____

Reps 12-15 12-15 12-15 (30 seconds of marching planks) (rest 2 minute between sets)

CURLS IN THE RACK



TWELVE WEEK PLAN