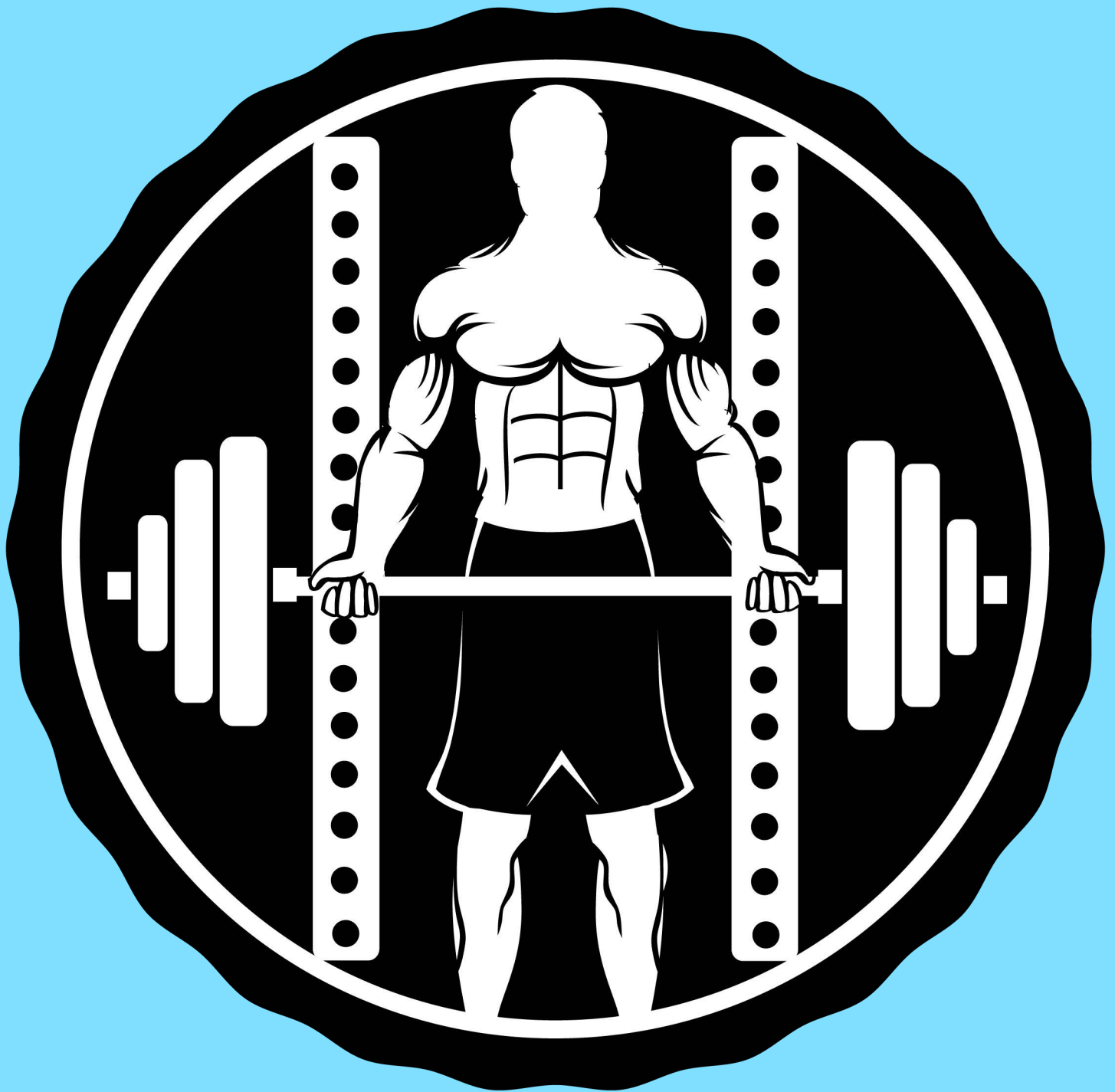


CURLS IN THE RACK



PHASE I

CURRIES IN THE RACK

DAY 1 - PULL

DEADLIFTS

Perform 2 warmup sets before your working sets. Then 3 sets Reverse Pyramid Style (Decreasing the weight and increasing the reps each set)

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

WEIGHTED NEUTRAL OR UNDERHANDED PULLUPS

3 sets Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1.5 minutes between sets)

T-BAR ROW

3 sets Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1.5 minutes between sets)

DUMBBELL PULL-OVER

3 sets Standard Sets (Pick a weight and stick with it for all 3 sets)

Weight _____

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

1 ARM CABLE\BAND LAT PULLDOWNS

3 sets Standard Sets

Weight _____

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

HANGING LEG RAISES

3 sets of 15 reps (or as many as you can do with good form) (rest 1 minute between sets)

DAY 2 - PUSH

FLAT BARBELL BENCH PRESS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

WEIGHTED CHEST DIPS

Reverse Pyramid

Weight _____

Reps 6-8 8-10 10-12 (rest 1.5 minutes between sets)

1 ARM DUMBBELL INCLINE PRESS

Standard Pyramid Style (Increasing the weight and Decreasing the reps each set)

Weight _____

Reps 10-12 8-10 6-8 (each Arm) (rest 1.5 minutes between sets)

BEHIND THE BACK CABLE/BAND LATERAL RAISES

Standard Sets (Pick a weight and stick with it for all 3 sets)

Weight _____

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

FACE PULLS

Standard Sets

Weight _____

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

BARBELL ROLLOUT

3 sets of 15 (rest 1 minute between sets)

DAY 3 - LEGS

GLUTE BRIDGES

Standard Pyramid Style (Increasing the weight and Decreasing the reps each set)

Weight _____

Reps 12-15 10-12 8-10 (rest 1 minute between sets)

BARBELL BACK SQUATS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

ROMANIAN DEADLIFT

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

BULGARIAN SPLIT SQUATS

Standard Sets

Weight _____

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

STANDING/SEATED CALF RAISES

Standard Sets

Weight _____

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

CABLE/BAND WOOD CHOPS

Standard Sets - 3 sets - Low to High, High to Low, mid rotation
(rest 1 minute between sets)

DAY 4 - SHOULDERS/ARMS

SEATED BARBELL OVERHEAD PRESS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first
2 sets) (rest 2 minutes between the last three sets)

STANDING BARBELL CURLS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

CLOSE GRIP BARBELL BENCH PRESS

Reverse Pyramid

Weight _____

Reps 3-5 3-5 4-6 6-8 8-10 (rest 1 minute between first 2 sets) (rest 2 minutes between the last three sets)

1 ARM DUMBBELL SIDE LATERALS

Standard Sets

Weight _____

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

STANDING PLATE RAISE AND TWIST

Standard Sets

Weight _____

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

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 1min in Between Rounds)



TWELVE WEEK PLAN