



DANGEROUS
Curves
Program

Dangerous Curves Program

PHASE 1

This part of the program will focus on improving strength and gaining muscle in the right places. There's no point in trying to train for fat loss year around without improving your ability to do high quality work. Also most women tend to use lower intensity, high volume workouts year around. The first few phases will get you away from that, but still help you build muscle, which will enhance the curves you possess later on in this program when it comes time to strip the fat away, and show them off.

The first part of these workouts (The "A" Exercises) will use a program called the 5% Solution. The point of this part of the program is to walk that fine line between building strength, and building muscle.

Dangerous Curves Program

PHASE 1

From workout to workout you'll increase the weight by 5% and drop the reps by one! For example, if you did 8 reps at 100 lbs. in workout one, in workout 2 you perform 7 reps at 105, and 6 reps at 110 in workout 3. In workout 4, you'll do the first weeks reps with the 2nd weeks weight, meaning 8 reps at 105!

Workout 5 will have you perform 7 reps at 110. Workout 6 will have you perform 6 reps at 115. If you performed the workout for the 7th time (which you'd better not) you'd be able to perform 8 reps with 110 lbs., a 10% increase!!! So with that in mind...

Workout 1 CHEST & BACK

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4-5	6-8	31X0	60 sec	
A2) Lat Pulldowns	4-5	6-8	21X2	60 sec	Or Chin-ups. Reverse Grip.
B) Bench Press	4	15, 12, 8, 20	3120	75 sec	
C) Cable Rows	4	12, 8, 6, 20	31X1	75 sec	Wide Pronated Grip.
D) Cable Crossover	3	15-20	30X0	40 sec	
E) Reverse Flyes	3	15-20	20X1	40 sec	

Workout 2 LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Squats	4-5	6-8	31X0	90 sec	
B) Leg Curls	4-5	6-8	30X1	60 sec	No 5% Solution.
C) Duck Leg Press	4	15, 12, 8, 20	3120	75 sec	
D) Hip Thrust	4	12, 8, 6, 20	10X3	75 sec	
E) Cable Pull-Throughs	3	15-20	30X1	40 sec	Kneeling
F) Leg Extension	4	15-20	20X2	40 sec	

Workout 3 SHOULDERS, BI'S & TRI'S

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press*	4-5	6-8	31X0	60 sec	
A2) Reverse Flies	4-5	8-10	21X2	60 sec	Prone. Thumbs down. No 5%
B1) Close Grip Bench Press	4	6-8	31X0	60 sec	
B2) Barbell Curls*	4	6-8	40X0	60 sec	Wide Pronated Grip.
C1) Cable Upright Rows	4	12, 12, 8, 8	30X1	---	
C2) Lateral Raise Swings	4	15-20	---	75 sec	
D1) Low Pulley Cable Curls	4	6-8	30X0	---	
D2) High Pulley Cable Curls	4	15-20	20X1	60 sec	1-armed (preferably)
E1) Overhead Triceps Extension	4	8-10	2020	---	With cables. Using Ropes
E2) Rope Pressdowns	4	10-12	30X0	60 sec	

* If you use dumbbells, you might have to increase the weight in the smallest increments possible, and understand that the reps may not work out perfectly.

Workout 4 POST. CHAIN

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	6-8	31X0	90 sec	
B1) Glute Bridge	4	6-8	30X1	---	
B2) Cable Pull-Throughs	4	15-20	3120	75 sec	Knelling
C1) Leg Curls	3	8-10	3030	---	
C2) Hamstring Prey Contraction	3	1	60 sec holds	40 sec	Holds could go as long as 90 sec.
D) Seated Calf Raise	4	15-20	21X1	40 sec	

PHASE 2

Drop-Sets Like It's Hot!!!

For this program you'll be performing drop-sets. When you perform a drop set in this program. You'll perform the original set. And then lower the weight 10-20%, and perform the specified reps (this is one drop), drop then repeat the for the specified amount of drops. In the A & B exercises, For the C & D exercises, you'll perform the drops only on the last set, and it will be 1 original set with 3 drops on that set. Here's a video demonstration: <https://youtu.be/bfsY5m3AT3c>



Workout 5 BACK & CHEST

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Cable Rows	3-4	6-8	30X2	90 sec	
B) Bench Press	3-4	6-8	3120	90 sec	
C) Incline Cable Crossover	4	10-12	2120	60 sec	Or Incline Flyes
D) Lat Pulldowns	4	10-12	10X3	60 sec	Wide Pronated grip. Pull-ups are ok if you can do them.
E) Incline Bench Press	3	15-20	31X0	40 sec	w/DB's
F) B-Pak Pullover	3	15-20	21X1	40 sec	

Workout 6 LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Leg Curls	3-4	6-8	30X2	90 sec	
B) Leg Extensions	3-4	6-8	21X2	60 sec	
C) Duck Leg Press	4	12-15	2120	75 sec	
D) Stiff Legged Deadlifts	4	10-12	3020	75 sec	
E) Lunges	2	AMRAP*	90 sec	90 sec	Front Foot elevated.
F) Glute Bridge	2	AMRAP*	45 sec	60 sec	Feet on bench. Push through heels.
G) Standing Calf Raise	4	12-15	21X1	60 sec	

*AMRAP= As Many Reps As Possible



Workout 7 SHOULDERS, BI'S & TRI'S

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Shoulder Press	3	6-8	3020	90 sec	
B) Dip Machine	3	6-8	3120	90 sec	Or Dips
C) Preacher Curls	3	6-8	31X0	90 sec	
D1) Incline Lateral Raise	3	8-10	2120		No Drops
D2) Lateral Raises	4	10-12	10X3	60 sec	Drops on the 4 th set.
E1) Incline Curls	4	8-10	31X0	---	Drops on 4 th set.
E2) Seated DB Curls	3	8-10	31X0	60 sec	w/Twist
F1) Decline Triceps Extension	3	8-10	21X1	---	
F2) Bench Dips	3	AMRAP	2020	60 sec	

AMRAP= As Many Reps As Possible

Workout 8 GLUTES & HAMS

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Deadlifts	4	6-8	31X0	90 sec	
B1) Hamstring Leg Press	4	6-8	2020	---	1-Legged. After completing set, immediately increase weight to perform B2.
B2) Hamstring Leg Press	4	8-10	31X0	90 sec	
C) Hip Thrust	3	10-12	10X3	60 sec	
D) Hip Thrust	1-2	AMRAP*	60 sec	90 sec	w/bodyweight.
E) Reverse Flyes	3	8-10	21X1	60 sec	On machine. Thumbs down.

AMRAP= As Many Reps As Possible

PHASE 3

Time to Undulate

Many people out there have multiple goals that they want to achieve in a short period of time. Some of us also have goals that can be accomplished by using different types of training. With that in mind, let me introduce you to a concept called Undulating Periodization. With periodization, you are arranging your training by certain blocks of time, in order to achieve certain goals that contribute to the larger picture. It was originally used with athlete's to make sure they peaked for competition in the right way, at the right time. With Undulating Periodization (Undulate means back and forth), you'll arrange your training to achieve two different, but similar goals with your workouts. With that being said, we'll still be looking to gain muscle, but we will also start to aim for more fat loss.

THERE WILL BE TWO PROGRAMS

8 RM WORKOUTS

WITH THIS WORKOUT PROGRAM YOU'LL CHOOSE A WEIGHT THAT YOU CAN PERFORM 8-10 REPS WITH. YOU'LL PERFORM 8 REPS, REST 15-20 SECONDS, AND THEN PERFORM AS MANY REPS AS POSSIBLE WITH THAT WEIGHT, REST ANOTHER 15-20 SECONDS, AND ONCE AGAIN PERFORM AS MANY REPS AS YOU CAN UNTIL YOU REACH FAILURE BEFORE TAKING A BREAK.

DOUBLES

WHEN YOU PERFORM A DOUBLES WORKOUT, YOU'LL PERFORM A TRI-SET WITH ONE EXERCISE IN THE TRI-SET PERFORMED TWICE HENCE, THE NAME "DOUBLES" . YOU'LL PERFORM THESE WORKOUTS THE 1ST TWO WEEKS OF THIS ADVANCED PROGRAM.

Workout 9 BACK & CHEST

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	6-8	30X1	---	Close Neutral Grip
A2) Row to Neck	3-4	10-12	30X2	---	
A3) Cable Rows	3-4	15-25	20X1	90 sec	Close Neutral Grip
B1) Incline Bench Press	3-4	6-8	3120	---	
B2) Incline Flyes	3-4	10-12	2120	---	
B3) Incline Bench Press	3-4	15-20	20X0	90 sec	
C1) Lat Pulldowns	3-4	6-8	30X2	---	Wide Pronated grip. Pull-ups are ok if you can do them.
C2) Reverse Flyes	3-4	10-12	20X1	---	
C3) Lat Pulldowns	3-4	15-20	30X0	90 sec	Reverse Grip.
D1) Cable Crossovers	3	10-12	3020	---	
D2) Push-ups	3	AMRAP	20X0	90 sec	Can be done from knees.

Workout 10

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Leg Extension	3-4	8+RM+RM	30X1	60 sec	
B) Leg Curls	3-4	8+RM+RM	40X0	60 sec	
C) Low Pulley Split Squats	3-4	8+RM+RM	30X0	90 sec	Work original reps, + the RM's on the same leg before switching. Front foot elevated.
D) Glute Bridge	3-4	8+RM+RM	20X1	60 sec	
E) Stiff Legged Deadlifts	4	15-20	3020	50 sec	
F) Squats	1-2	AMRAP	75 sec	90	

Workout 11 BICEPS & TRICEPS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Barbell Curls	3-4	6-8	30X1	---	
A2) Preacher Curls	3-4	6-8	21X1	---	
A3) Barbell Curls	3-4	15-25	30X1	90 sec	
B1) Decline Triceps Extension	3-4	6-8	2120	---	
B2) Close Grip Push-Ups	3-4	AMRAP	2120	---	
B3) Decline Triceps Extensions	3-4	15-20	2120	90 sec	
C1) Incline Curls	3-4	8-10	3021	---	
C2) Concentration Curls	3-4	6-8	20X2	---	
C3 Incline Curls	3-4	15-20	30X0	90 sec	Reverse Grip.

Workout 12 SHOULDERS, HAMS, & GLUTES

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Shoulder Press	3-4	8+RM+RM	40X0	60 sec	Neutral Grip
B) Deadlift	3-4	8+RM+RM	30X2	90 sec	
C) Incline Lateral Raises	3-4	8+RM+RM	20X1	60 sec	Finish RM's on same arm before changing
D) Hip Thrust	3-4	8+RM+RM	10X4	60 sec	
E1) Upright Rows	3-4	10-12	2120	---	
E2) Reverse Hypers	3-4	15-20	20X0	90 sec	Or Frog Reverse Hypers

Workout 13

BACK & CHEST

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Bench Press	3-4	8+RM+RM	40X0	60 sec	
B) Lat Pulldowns	3-4	8+RM+RM	31X1	60 sec	Or Chin-ups
C) Cable Crossover	3-4	8+RM+RM	2020	60 sec	
D) DB Rows	3-4	8+RM+RM	30X2	60 sec	Finish RM's on same arm before changing
E) B-Pak Pullover	3-4	10+RM+RM	30X2	60 sec	
F) Incline Bench Press	3-4	8+RM+RM	31X0	60 sec	
Exercise	Sets	Reps	Tempo	Rest	Notes
A) Bench Press	3-4	8+RM+RM	40X0	60 sec	
B) Lat Pulldowns	3-4	8+RM+RM	31X1	60 sec	Or Chin-ups

Workout 14

LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	3-4	6-8	3020	---	
A2) Wall Squats	3-4	1	40 sec Hold	---	At 90 degree knee bend.
A3) Squats	3-4	15-25	30X0	2 min	
B1) Stiff Legged Deadlift	3-4	6-8	3030	---	
B2) Hamstring Prey Contraction	3-4	1	75 sec Hold	---	
B3) Stiff Legged Deadlift	3-4	15-20	30X0	2 min	
C1) Leg Extension	3-4	8-10	2120	---	
C2) Bulgarian Squats	3-4	15-20	2020	---	
C3) Leg Extension	3-4	15-20	30X0	90 sec	Reverse Grip.

Workout 15

BICEPS & TRICEPS

Exercise	Sets	Reps	Tempo	Rest	Notes
A) Decline Close Grip Bench Press	3-4	8+RM+RM	41X0	60 sec	
B) Incline Hammer Curls	3-4	8+RM+RM	3020	60 sec	
C) Overhead Triceps Extension	3-4	8+RM+RM	22X0	60 sec	
D) Spider Curls	3-4	8+RM+RM	21X2	60 sec	
E) Triceps Pressdowns	3-4	10+RM+RM	2120	60 sec	
F) Seated DB Curls	3-4	8+RM+RM	31X0	60 sec	

Workout 16

SHOULDERS, GLUTES, & HAMS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	3-4	6-8	3020	---	
A2) Lateral Raises	3-4	10-12	21X1	---	
A3) Shoulder Press	3-4	15-25	30X0	90 sec	
B1) Deadlift	3-4	6-8	30X0	---	
B2) Hamstring Leg Press	3-4	12-15	30X0	---	
B3) Deadlift	3-4	15-20	30X0	2 min	
C1) Reverse Flyes	3-4	8-10	2120	---	Thumbs down.
C2) Front Raise	3-4	8-10	2020	---	
C3) Reverse Flyes	3-4	15-20	30X0	90 sec	Thumbs down
D1) Glute Bridges	3	6-8	10X4	---	
D2) Back Extension	3	8-10	10X3	---	For Glutes. See video
D3) Glute Bridges	3	15-20	10X4	90 sec	
E) Seated Calf Raise	4	15-20	2021	60 sec	

PHASE 4

We're continuing with our fat loss, while gaining muscle theme, but we're getting more aggressive with the fat loss. So we'll introduce two aggressive fat loss programs. One that's aimed at stripping fat, and one that's aimed at building some curve enhancing muscle while stripping fat.

SuperPump

You'll choose a weight that you can perform 10-12 reps with, and you'll perform 8 reps for each exercise in the super set or circuit unless otherwise noted, until you reach 50 reps. Once you reach 50 reps for an exercise, then you're finished, and that exercise will drop out of the circuit.

20-15-10

This is a multi-angle circuit where you'll perform an exercise perform an exercise in its weakest grip, or stance, and progress towards your strongest grip, or variation of that exercise.

Workout 1

BACK & CHEST

Exercise	Reps	Tempo	Notes
A1) Incline Bench Press	50	3120	Perform sets of 10 with a weight you can lift 12-15 times.
A2) Bent Over Rows	50	21X2	This can also be a Chest Supported Row using the Incline Bench
B1) Push-Ups	60	2120	
B2) Lat Pulldowns	50	30X2	Reverse grip.
C1) Flies	50	31X0	
C2) Pullovers	60	2120	

Workout 2

LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Duck Leg Press	3-4	20-25	2020	---	
A2) Hamstring Leg Press	3-4	15	2020	---	
A3) Leg Press	3-4	8-10	2020	75 sec	
B1) Stiff Legged Deadlift	3-4	20	3030	---	
B2) Deadlifts	3-4	15	2020	---	
B3) Glute Bridges	3-4	8-10	10X5	75 sec	
C1) Leg Extension	3-4	8-10	30X1	---	
C2) Bulgarian Squats	3-4	12-15	2020	----	
C3) Squats	3-4	25+	2020	90 sec	Close Stance. Heels elevated. Continuous tension.
D1) Leg Curls	3-4	6-8	3030	---	
D2) Swiss Ball Leg Curls	3-4	12-15	3030	----	
D3) Hamstring Prey Contraction	3-4	1	75 sec Hold	90 sec	
E) Seated Calf Raise	3-4	15-20	2121	40 sec	

Workout 3

BI'S & TRI'S

Exercise	Reps	Tempo	Notes
A1) Incline Curls	50	3120	
A2) Triceps Extension	50	21X2	
A3) Hammer Curls		30X0	
A4) Bench Dips	60	2120	
B1) Preacher Curls	50	2120	
B2) Overhead Triceps Extension	50	31X0	
C) Standing Calf Raises		21X1	5 sets, 10-12 Reps, Rest 40 seconds

Workout 4

SHOULDERS, GLUTES & HAMS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Hip Thrust	3-4	20-25	10X3	---	1-Legged.
A2) Hip Thrust	3-4	15	10X3	---	Feet on bench.
A3) Hip Thrust	3-4	8-10	10X3	---	
A4) Sumo Deadlift	3-4	8-10	30X0	90 sec	Or Deadlift
B1) W-Press	3-4	20	2021	---	
B2) Shoulder Press	3-4	15	2020	---	Neutral Grip
B3) Shoulder Press	3-4	8-10	3030	75 sec	
C1) Reverse Flies	3-4	8-10	30X1	---	Thumbs Down
C2) Front Raise	3-4	8-10	2020	----	
C3) Reverse Flies	3-4	15-20	2020	75 sec	
D1) Lateral Raises	3-4	8-10	20X1	---	Thumbs down
D2) Lateral Raises	3-4	8-10	20X1	----	
D3) Upright Rows	3-4	15-20	20X1	60 sec	w/DB or cables

Workout 5

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Cable Rows	3-4	20-25	2021	---	Reverse Grip
A2) Cable Rows	3-4	15	2021	---	Pronated Grip
A3) Row to Neck	3-4	8-10	2021	75 sec	
B1) Bench Press	3-4	20	3030	---	Neutral Grip
B2) Flyes	3-4	15	2020	---	
B3) Bench Press	3-4	8-10	3030	75 sec	
C1) B-Pak Pullover	3-4	15-20	2021	---	
C2) Lat Pulldowns	3-4	12-15	2021	----	Pronated Grip.
C3) Lat Pulldowns	3-4	8-10	30X0	75 sec	Reverse Grip..
D1) Incline Bench Press	3-4	15-20	2020	---	Neutral grip
D2) Incline Bench Press	3-4	12-15	2020	----	Pronated grip
D3) Incline Bench Press	3-4	8-10	2120	75 sec	Lower the incline.

Workout 6 LEGS

Exercise	Reps	Tempo	Notes
A1) Leg Press	50	3030	Perform sets of 10 with a weight you can lift 12-15 times.
A2) Stiff Legged Deadlift	50	4020	Toes elevated.
B1) Bulgarian Squats	60	2120	
B2) Leg Curls	50	3020	
C1) Leg Extensions	50	31X0	
C2) Glute Bridge	100	10X3	1-Legged. Can also be Hip thrust if there's a bench available.

Workout 7 BI'S & TRI'S

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Overhead Triceps Extension	3-4	20-25	31X0	---	
A2) Decline Triceps Extension	3-4	15	30X0	---	
A3) Triceps Extensions	3-4	8-10	31X0	75 sec	
B1) DB Curls	3-4	20	2021	---	
B2) Hammer Curls	3-4	15	2020	---	
B3) Preacher Curls	3-4	8-10	3030	75 sec	
C1) Incline Curls	4	8-10	30X1	---	
C2) Bench Dips	4	8-10	2020	---	
D) Seated Calf Raise	3-4	12-15	21X1	45 sec	
E) Back Extension	3-4	8-10	2112	40 sec	For Glutes

Workout 8 SHOULDERS, GLUTES, & HAMS

Exercise	Reps	Tempo	Notes
A1) Shoulder Press	50	3120	
A2) Reverse Flyes	50	2011	
B1) Lateral Raises	50	2120	
B2) Standing Calf Raise	50	30X2	
C1) Upright Rows	50	30X1	With Cables
C2) Cable Pull-Throughs	50	2012	
C3) Cable Crunches	60	2020	
C4) Glute Bridge	50	10X3	

PHASE 5

This is the 5th and final phase of this program. And as far as fat loss is concerned, it's the most aggressive part. Nutrition is going to be extremely important as well making sure you're getting the proper rest, and using proper recover protocols.

**** EDT- Escalating Density Training. You'll take a weight you can perform 15 reps with, and only perform 12 on the 1st set of each exercise in the pairing. You'll continue to perform as many sets, of as many reps as possible, that you can within 12 minutes. Every other time you perform this workout, you can increase the time spent working by 2 minutes.

PHASE 5

Here's some information about the concept of Density, and Escalating Density Training that might be helpful.

<https://youtu.be/54O1WjwTWaA>

<https://youtu.be/cxvqtgZjiHU>

++++ Hunnid 100's- Take a weight that you can ONLY perform 15-20 reps with. Keep performing sets without any rest, for each exercise in the pairing until you reach 100 reps. IF you're up for a test every other time you perform this workout you can add 10 reps to the total reps performed. Check the video for more detailed instructions.

<https://youtu.be/goYyWZ8QtMw>

Workout 1

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Incline Bench Press	4-5	6-8	40X0	---	
A2) Chin-ups	4-5	6-8	30X1	90 sec	Or Lat Pulldowns
B1) Flyes	1	12	31X0	****	EDT
B2) Cable Rows	1	12	30X2	****	EDT
C1) Push-ups	1	15-20	2020	++++	100's can be done from knees
C2) B-Pak Pullover	1	15-20	2012	++++	100's

Workout 2

LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Squats	4-5	6-8	40X0	---	
A2) Leg Curls	4-5	6-8	30X1	90 sec	
B1) Low Pulley Split Squats	1	12	31X0	****	EDT. Front foot elevated.
B2) Cable Pull-Throughs	1	12	30X2	****	EDT. Kneeling.
C1) Leg Extensions	1	15-20	2020	++++	100's
C2) Glute Bridge	1	15-20	2012	++++	100's. 1-Legged. Push through heels.
D) Standing Calf Raises	5	12-15	21X1	45 sec	

Workout 3 BI'S & TRI'S

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Decline Close Grip Bench Press	4-5	6-8	31X0	---	
A2) Hammer Curls	4-5	6-8	40X0	90 sec	
B1) Overhead Triceps Extension	1	12	21X0	****	EDT
B2) Preacher Curls	1	12	31X0	****	EDT
C1) Incline Curls	1	15-20	2020	++++	100's can be done from knees
C2) Triceps Kickbacks	1	15-20	2012	++++	100's. Can also be done with cables. Prefer working both arms at the same time

Workout 4 SHOULDERS, HAMS, & GLUTES

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Deadlift	4-5	6-8	31X0	---	
A2) Upright Rows	4-5	6-8	21X1	90 sec	
B1) Lateral Raises	1	12	21X1	****	EDT
B2) Back Extension	1	12	10X3	****	EDT. For glutes.
C1) Shoulder Press	1	15-20	30X0	++++	100's can be done from knees
C2) Frog Reverse Hypers	1	15-20	2021	++++	100's
D) Reverse Flyes	4	8-10	2021	50 sec	

Workout 5

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Bench Press	4-5	6-8	40X0	---	
A2) DB Rows	4-5	6-8	30X1	90 sec	Or any chest supported row.
B1) Lat Pulldowns	1	12	20X2	****	EDT
B2) Push-ups	1	12	30X0	****	EDT. Hands on bench. Or Incline Bench Press.
C1) Cable Crossovers	1	15-20	2020	++++	100's
C2) Reverse Flies	1	15-20	2012	++++	100's. W/Cables

Workout 6 LEGS

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Low Pulley Split Squats	4-5	6-8	40X0	---	
A2) Hamstring Prey Contractions	4-5	1	90-sec hold	2-Min	
B1) Duck Leg Press	1	12	31X0	****	EDT.
B2) King Deadlift	1	12	30X0	****	EDT.
C1) Goblet Squats	1	15-20	2020	++++	100's. Heels elevated.
C2) Leg Curls	1	15-20	2012	++++	100's.
D) Seated Calf Raises	5	15-20	21X1	45 sec	

Workout 7 BI'S & TRI'S

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Decline Triceps Extension	4-5	6-8	31X0	---	
A2) Hammer Curls	4-5	6-8	40X0	90 sec	
B1) Triceps Pressdowns	1	12	2020	****	EDT
B2) Low Pulley Cable Curls	1	12	31X0	****	EDT
C1) Incline Curls	1	15-20	2020	++++	100's
C2) Bench Dips	1	15-20	2012	++++	100's.

Workout 8

SHOULDERS, HAMS, & GLUTES

Exercise	Sets	Reps	Tempo	Rest	Notes
A1) Shoulder Press	4-5	6-8	31X0	---	
A2) Hip Thrust	4-5	6-8	30X1	90 sec	
B1) Lateral Raises	1	12	21X1	****	EDT
B2) Reverse Flyes	1	12	10X3	****	EDT. Thumbs down
C1) Stiff Legged Deadlift	1	15-20	30X0	++++	100's
C2) Upright Rows	1	15-20	2021	++++	100's
D) Leg Curls	4	8-10	3020	50 sec	

HELPFUL LINKS

Ab Exercises

[http://www.youtube.com/playlist?
list=PLNd91v5abDc_K351heVKzYLouv7z0vGDn](http://www.youtube.com/playlist?list=PLNd91v5abDc_K351heVKzYLouv7z0vGDn)

Biceps Exercises

[http://www.youtube.com/playlist?
list=PLNd91v5abDc8PUGAGcWiKGUy8xQYoWm5-](http://www.youtube.com/playlist?list=PLNd91v5abDc8PUGAGcWiKGUy8xQYoWm5-)

Chest Exercises

[http://www.youtube.com/playlist?
list=PLNd91v5abDc9Xx5T1osVfnRH72EX8rZbp](http://www.youtube.com/playlist?list=PLNd91v5abDc9Xx5T1osVfnRH72EX8rZbp)

Glute Exercises

[https://www.youtube.com/playlist?list=PLNd91v5abDc-
7Gnv9DdZs4LGjgL22VMOK](https://www.youtube.com/playlist?list=PLNd91v5abDc-7Gnv9DdZs4LGjgL22VMOK)

Important Workout Basics

[http://www.youtube.com/playlist?
list=PLNd91v5abDc9ypZtUbpZqU5E0TSTnNND9](http://www.youtube.com/playlist?list=PLNd91v5abDc9ypZtUbpZqU5E0TSTnNND9)

Legs

[http://www.youtube.com/playlist?
list=PLNd91v5abDc94kkr1PhrUYGo2VdOQN0Ye](http://www.youtube.com/playlist?list=PLNd91v5abDc94kkr1PhrUYGo2VdOQN0Ye)

HELPFUL LINKS

Shoulders

http://www.youtube.com/playlist?list=PLNd91v5abDc-_L1VFhDMPHmJFo5fRL0Na

Triceps

http://www.youtube.com/playlist?list=PLNd91v5abDc_EFhhUbz1_nWVuC1eNNe4S

Upper Back

http://www.youtube.com/playlist?list=PLNd91v5abDc-qoPJgTd_tDXigSYVWkptP

Workout Concepts

<http://www.youtube.com/playlist?list=PLNd91v5abDc9aPNopN28NyCIIXti7ogev>