









https://atletiq.com/en/programms/1055

Mobile Fitness Assistant

Exercising with AtletIQ, you get exactly the load established by the author of the routine at any one time performing a workout. In training you will spend only as much force as necessary to fulfill the tasks set by coach



Install App «Mobile Fitness Assistant AtletIQ»: <u>https://atletiq.com/app</u>

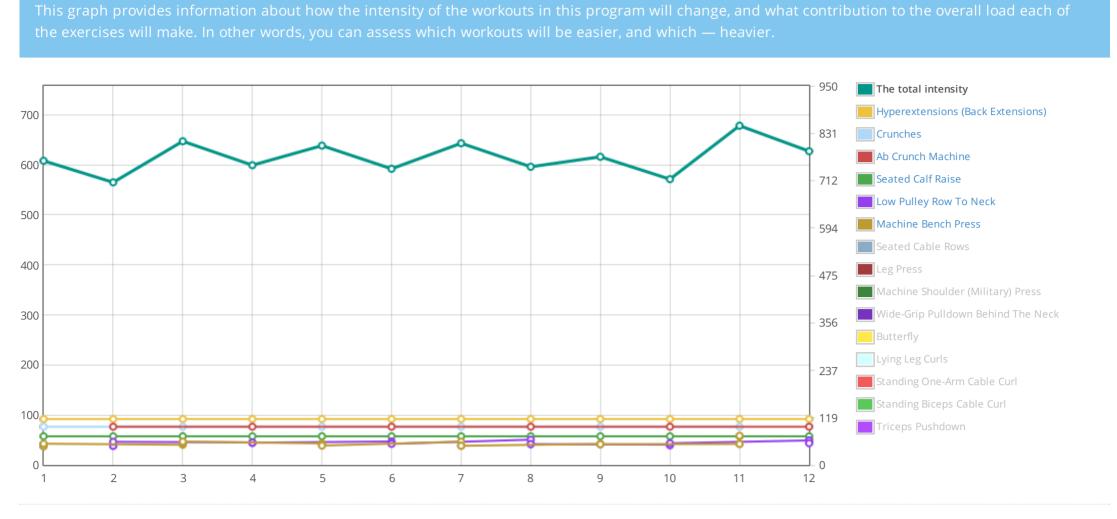
The content of of the program

«12 тренировок»

Duration in days: 23 Amount of training days: 12 Rest days: 11

ŧ	Exercise (superset)	Sets	Reps	O Rest between sets				
1 day								
1	Leg Press	3	6-15	⊙ 50-90 sec				
2	Seated Cable Rows	3	6-15	④ 50-90 sec				
3	Machine Bench Press	3	6-16 (+max)	④ 50-90 sec				
4	Wide-Grip Pulldown Behind The Neck	3	6-15	④ 50-90 sec				
5	Standing Biceps Cable Curl	3	6-15	④ 50-90 sec				
6	Triceps Pushdown	3	6-15	④ 50-90 sec				
7	Crunches	3	Max	④ 50 sec				
8	Hyperextensions (Back Extensions)	3	Max	② 50 sec				
9	Seated Calf Raise	3	Max	② 50 sec				
2 day (rest)								
3 day								
1	Lying Leg Curls	3	6-15	② 50-90 sec				
2	Low Pulley Row To Neck	3	6-15	② 50-90 sec				
3	Butterfly	3	6-15	❷ 50-90 sec				
4	Machine Shoulder (Military) Press	3	6-16 (+max)	② 50-90 sec				
5	Standing One-Arm Cable Curl	3	6-15	❷ 50-90 sec				
6	Triceps Pushdown	3	6-15	④ 50-90 sec				
7	Ab Crunch Machine	3	Max	④ 50 sec				
8	Hyperextensions (Back Extensions)	3	Max	② 50 sec				
9	Seated Calf Raise	3	Max	④ 50 sec				
4 day (rest)								

Training intensity for each exercise



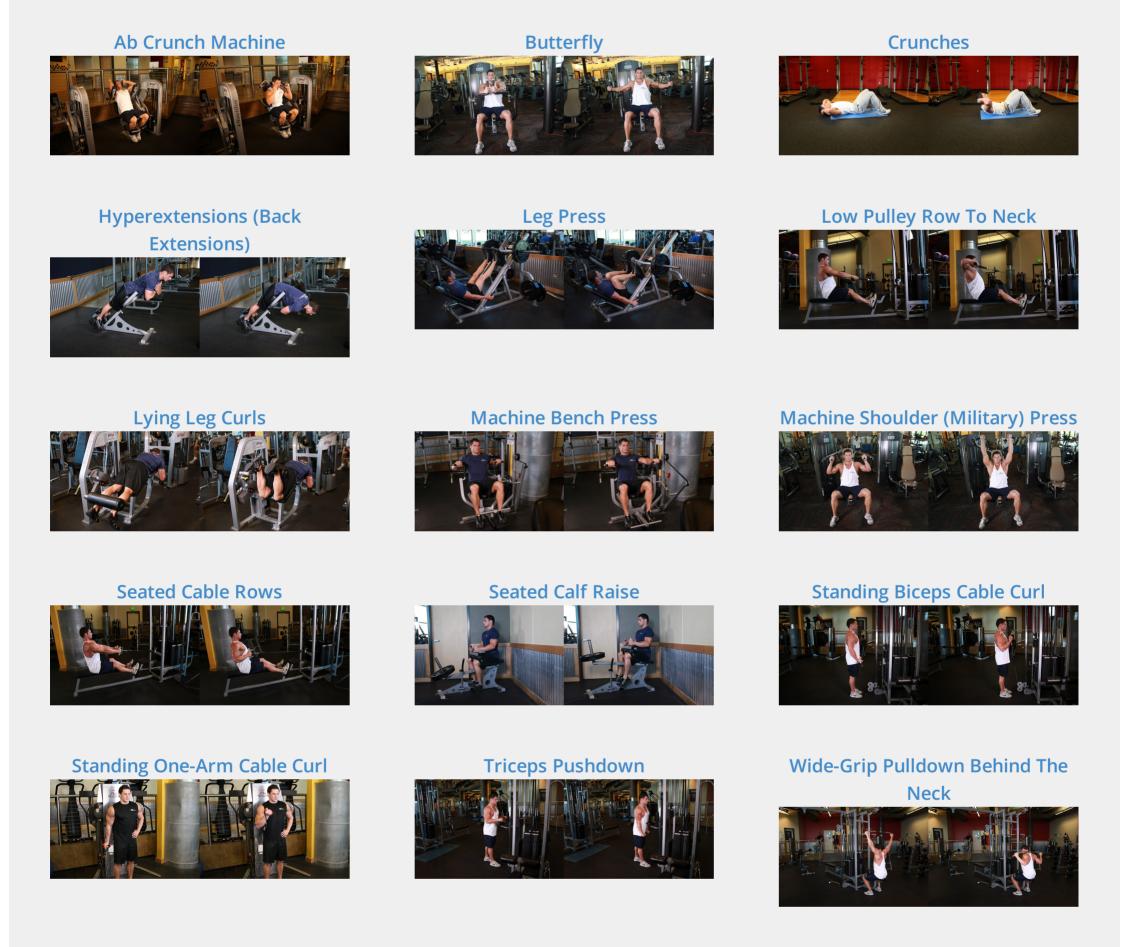
For each exercise AtletlQ calculate load level.	e a weight (or ac				
Workout #1	2 64 min	Workout #2	2 64 min	Workout #3	@ 65 min
Leg Press 1×10 Rest:	moderate	Lying Leg Curls 1×10 Rest:	moderate	Leg Press 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec	heavy
1×10 Rest: ⁽¹⁾ 70 sec Seated Cable Rows	moderate heavy	1×10 Rest: ⁽²⁾ 70 sec Low Pulley Row To Neck	moderate heavy	1×12 Rest: ⁽²⁾ 70 sec Seated Cable Rows	heavy heavy
 1×10 Rest: ● 80 sec 1×12 Rest: ● 75 sec 1×10 Rest: ● 70 sec 	moderate moderate heavy	1×10 Rest: [●] 80 sec 1×12 Rest: [●] 75 sec 1×10 Rest: [●] 70 sec	moderate moderate heavy	 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec 	heavy heavy heavy
Machine Bench Press 1×8 Rest:	heavy	Butterfly 1×10 Rest:	moderate	Machine Bench Press 1×10 Rest: ② 55 sec	heavy
1×10 Rest:	heavy heavy	1×12 Rest: ⊙ 75 sec 1×10 Rest: ⊙ 70 sec	moderate heavy	1×10 Rest: ⊙ 55 sec 1×10 Rest: ⊙ 55 sec	heavy very hard
Wide-Grip Pulldown Behind The Neck 1×10 Rest: • 80 sec 1×12 Rest: • 75 sec	moderate	Machine Shoulder (Military) Press 1×8 Rest: • 80 sec 1×10 Rest: • 60 sec	heavy heavy	Wide-Grip Pulldown Behind The Neck 1×8 Rest: • 90 sec 1×10 Rest: • 80 sec	heavy heavy
 1×10 Rest: ⁽²⁾ 70 sec Standing Biceps Cable Curl 1×10 Rest: ⁽²⁾ 80 sec 	heavy	 1×10 Rest: ② 70 sec Standing One-Arm Cable Curl 1×10 Rest: ③ 80 sec 	heavy	 1×12 Rest: ⁽¹⁾ 70 sec Standing Biceps Cable Curl 1×8 Rest: ⁽²⁾ 90 sec 	heavy
1×12 Rest: ⁽²⁾ 75 sec 1×10 Rest: ⁽²⁾ 70 sec	moderate moderate heavy	1×12 Rest: ⊙ 75 sec 1×10 Rest: ⊙ 70 sec	moderate moderate heavy	1×10 Rest: ② 80 sec 1×12 Rest: ④ 70 sec	heavy heavy heavy
Triceps Pushdown 1×10 Rest: 2 80 sec 1×12 Rest: 2 75 sec	moderate	Triceps Pushdown 1×10 Rest: ● 80 sec 1×12 Rest: ● 75 sec	moderate	Triceps Pushdown1×8Rest: ● 90 sec1×10Rest: ● 80 sec	heavy
1×10 Rest: ● 70 sec Crunches	heavy	1×10 Rest: ⊙ 70 sec Ab Crunch Machine	heavy	1×12 Rest: ⁽²⁾ 70 sec Crunches	heavy
 3×25 max Rest: ⁽²⁾ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ⁽²⁾ 50 sec 	to failure	 3×25 max Rest: ① 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ② 50 sec 	to failure	3×25 max Rest: ⁽²⁾ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ⁽²⁾ 50 sec	to failure
Seated Calf Raise 3×25 max Rest: ⁽²⁾ 50 sec	to failure	Seated Calf Raise 3×25 max Rest: • 50 sec	to failure	Seated Calf Raise 3×25 max Rest: ⁽²⁾ 50 sec	to failure to failure
> 12.51 T 🗬 762 scores 👱 550		> 9.99 T 🛷 708 scores 👱 510 k		> 12.46 T 🕜 811 scores 👱 580 I	
Workout #4	2 65 min	Workout #5	2 62 min	Workout #6	@ 62 min
Lying Leg Curls 1×8 Rest:	heavy heavy	Leg Press 1×10 Rest: ● 85 sec 1×13 Rest: ● 50 sec	heavy heavy	Lying Leg Curls 1×10 Rest: • 85 sec 1×13 Rest: • 50 sec	heavy heavy
1×12 Rest: ⁽²⁾ 70 sec Low Pulley Row To Neck	heavy	1×15 Rest: [⊙] 50 sec Seated Cable Rows	heavy	1×15 Rest: [⊙] 50 sec Low Pulley Row To Neck	heavy
 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec 	heavy heavy heavy	 1×10 Rest: ● 85 sec 1×13 Rest: ● 50 sec 1×15 Rest: ● 50 sec 	heavy heavy heavy	1×10 Rest: • 85 sec 1×13 Rest: • 50 sec 1×15 Rest: • 50 sec	heavy heavy heavy
Butterfly 1×8 Rest:	heavy	Machine Bench Press 1×10 Rest: 2 85 sec 1×13 Rest: 2 50 sec	heavy	Butterfly 1×10 Rest: ⁽²⁾ 85 sec 1×13 Rest: ⁽²⁾ 50 sec	heavy
1×12 Rest: • 70 sec Machine Shoulder (Military) Press	heavy	1×15 Rest: I So Sec 1×15 Rest: I So Sec Wide-Grip Pulldown Behind The Neck	heavy heavy	1×15 Rest: I So Sec 1×15 Rest: I So Sec Machine Shoulder (Military) Press	heavy heavy
1×10 Rest: [●] 55 sec 1×10 Rest: [●] 55 sec 1×10 Rest: [●] 55 sec	heavy heavy very hard	1×10 Rest: ② 85 sec 1×13 Rest: ② 50 sec 1×15 Rest: ② 50 sec	heavy heavy heavy	1×10 Rest: [●] 85 sec 1×13 Rest: [●] 50 sec 1×15 Rest: [●] 50 sec	heavy heavy
Standing One-Arm Cable Curl 1×8 Rest: • 90 sec	heavy	Standing Biceps Cable Curl 1×10 Rest: 2 85 sec	heavy	Standing One-Arm Cable Curl 1×10 Rest: 2 85 sec	heavy
 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec 	heavy heavy	1×13 Rest: ② 50 sec 1×15 Rest: ③ 50 sec	heavy heavy	1×13 Rest: ④ 50 sec 1×15 Rest: ④ 50 sec	heavy heavy
Triceps Pushdown1×8Rest: ● 90 sec1×10Rest: ● 80 sec	heavy heavy	Triceps Pushdown 1×10 Rest: ● 85 sec 1×13 Rest: ● 50 sec	heavy heavy	Triceps Pushdown1×10Rest: • 85 sec1×13Rest: • 50 sec	heavy heavy
1×12 Rest: • 70 sec Ab Crunch Machine 3×25 max Rest: • 50 sec	heavy	1×15 Rest: [●] 50 sec Crunches 3×25 ^{max} Rest: [●] 50 sec	heavy	1×15 Rest: (2) 50 sec Ab Crunch Machine 3×25 max Rest: (2) 50 sec	heavy
Hyperextensions (Back Extensions) 3×25 max Rest: ⁽²⁾ 50 sec	to failure	Hyperextensions (Back Extensions) 3×25 max Rest: • 50 sec	to failure	Hyperextensions (Back Extensions) 3×25 max Rest: ⁽²⁾ 50 sec	to failure to failure
Seated Calf Raise 3×25 max Rest: ⁽²⁾ 50 sec	to failure	Seated Calf Raise 3×25 max Rest: ⁽²⁾ 50 sec	to failure	Seated Calf Raise 3×25 max Rest: ⁽²⁾ 50 sec	to failure
> 9.97 T 🛷 751 scores 👱 540 kcal		> 13.9 T 🚀 800 scores <u> 580 kca</u> l			kcal
	incur	> 13.9 T 📌 800 scores 👤 580 k	cal	> 10.68 T 🛷 742 scores 👲 530 l	
Workout #7	⊘ 61 min	Workout #8	€ 61 min	Workout #9	2 60 min
Workout #7 Leg Press 1×6 Rest: ⁽²⁾ 90 sec 2×10 Rest: ⁽²⁾ 55 sec				Workout #9 Leg Press 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec	O 60 min heavy moderate
Leg Press 1×6 Rest: ❷ 90 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: ② 90 sec	2 61 min heavy	Workout #9 Leg Press 1×8 Rest: ⁽²⁾ 60 sec	2 60 min heavy
Leg Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Seated Cable Rows 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Bench Press 1×6 Rest: • 90 sec	O 61 min heavy heavy heavy heavy heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec	O 61 min heavy heavy heavy heavy heavy	Workout #9 Leg Press 1×8 Rest: @ 60 sec 1×10 Rest: @ 55 sec 1×12 Rest: @ 55 sec Seated Cable Rows 1×8 Rest: @ 60 sec 1×10 Rest: @ 55 sec 1×12 Rest: @ 55 sec	60 min heavy moderate heavy
Leg Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Seated Cable Rows 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Bench Press	O 61 min heavy heavy heavy heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly	O 61 min heavy heavy heavy heavy	Workout #9 Leg Press 1×8 Rest: @ 60 sec 1×10 Rest: @ 55 sec 1×12 Rest: @ 55 sec Seated Cable Rows 1×8 Rest: @ 60 sec 1×10 Rest: @ 55 sec	60 min heavy moderate heavy
Leg Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Seated Cable Rows 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Bench Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Wide-Grip Pulldown Behind The Neck	O 61 min heavy heavy heavy heavy	Workout #8 Lying Leg Curls 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Low Pulley Row To Neck 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Butterfly 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Shoulder (Military) Press	O 61 min heavy heavy heavy heavy heavy	Workout #9 Leg Press 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec Seated Cable Rows 1×8 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×6 Rest: • 75 sec 2×8 Rest: • 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: • 60 sec	60 min heavy moderate heavy
Leg Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Seated Cable Rows 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Bench Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing Biceps Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 90 sec 2×10 Rest: @ 90 sec	O 61 min heavy heavy heavy heavy heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec 2×10 Rest: @ 90 sec	O 61 min heavy heavy heavy heavy heavy heavy heavy	Workout #9 Leg Press 1×8 Rest: • • 60 sec 1×10 Rest: • • 55 sec 1×12 Rest: • • 55 sec 1×12 Rest: • • 55 sec Seated Cable Rows 1×8 1×8 Rest: • • 60 sec 1×10 Rest: • • 55 sec 1×12 Rest: • • 55 sec 1×12 Rest: • • 55 sec 1×6 Rest: • • 55 sec 1×6 Rest: • • 75 sec 2×8 Rest: • • 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: • • 60 sec 1×10 Rest: • • 55 sec 1×10 Rest: • • 55 sec 1×12 Rest: • • 55 sec	60 min heavy moderate heavy heavy heavy heavy heavy heavy
Leg Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Seated Cable Rows 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Bench Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing Biceps Cable Curl 1×6 Rest: @ 90 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Shoulder (Military) Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: •• 60 sec 1×10 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 60 sec 1×10 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 75 sec 2×8 Rest: •• 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: •• 60 sec 1×10 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 55 sec 1×12 Rest: •• 55 sec	60 min heavy
Leg Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Seated Cable Rows 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Bench Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing Biceps Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Shoulder (Military) Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec Seated Cable Rows 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 75 sec 2×8 Rest: • 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec	O 60 min heavy moderate heavy moderate heavy
Leg Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Seated Cable Rows 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Bench Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Standing Biceps Cable Curl 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Standing Biceps Cable Curl 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Triceps Pushdown 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Crunches 3×25 max Rest: • 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: • 50 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Shoulder (Military) Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec 1×10 Rest: • 55 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 80 sec 2×8 Rest: • 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: • 60 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec 1×12 Rest: • 55 sec 1×10 Rest: • 55 sec 1×12 Rest: • 55 sec	O 60 min heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyper extensions (Back Extensions) 3×25 max Rest: @ 50 sec	O 61 min heavy to failure to failure	Workout #9 Leg Press 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 75 sec 2×8 Rest: © 75 sec 2×8 Rest: © 75 sec 2×8 Rest: © 75 sec 1×6 Rest: © 75 sec 1×10 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×10 Rest: © 55 sec 1×12 Rest: © 60 sec 1×12 Rest: © 60 sec 1×10 Rest: © 55 sec	O 60 min heavy moderate heavy
Leg Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Seated Cable Rows 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Bench Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Standing Biceps Cable Curl 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Triceps Pushdown 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Triceps Pushdown 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Crunches 3×25 max Rest: • 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: • 50 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Low Pulley Row To Neck 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Butterfly 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Machine Shoulder (Military) Press 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Standing One-Arm Cable Curl 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Standing One-Arm Cable Curl 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Triceps Pushdown 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Triceps Pushdown 1×6 Rest: • 90 sec 2×10 Rest: • 55 sec Hyperextensions (Back Extensions) 3×25 max Rest: • 50 sec	O 61 min heavy to failure to failure	Workout #9 Leg Press 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec Seated Cable Rows 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 75 sec 2×8 Rest: © 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×12 Rest: © 50 sec 3×25 max Rest: © 50 sec <td>O 60 min heavy moderate heavy heavy</td>	O 60 min heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyper extensions (Back Extensions) 3×25 max Rest: @ 50 sec	O 61 min heavy to failure to failure	Workout #9 Leg Press 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec Seated Cable Rows 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 75 sec 2×8 Rest: © 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: © 60 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec	O 60 min heavy moderate heavy to failure to failure
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyper extensions (Back Extensions) 3×25 max Rest: @ 50 sec	O 61 min heavy to failure to failure	Workout #9 Leg Press 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 75 sec 2×8 Rest: © 75 sec 2×8 Rest: © 75 sec 2×8 Rest: © 75 sec 1×10 Rest: © 55 sec 1×110 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 50 sec 1×12 Rest: © 50 sec <t< td=""><td>O 60 min heavy moderate heavy to failure to failure</td></t<>	O 60 min heavy moderate heavy to failure to failure
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec	Continue Image: Continue Ima	Workout #8 Lying Leg Curls 1×6 Rest: © 90 Sec 2×10 Rest: © 55 Sec Low Pulley Row To Neck 1×6 Rest: © 90 Sec 2×10 Rest: © 55 Sec Triceps Pushdown 1×6 Rest: © 90 Sec 2×10 Rest: © 55 Sec Ab Crunch Machine 3×25 max Rest: © 50 Sec Seated Calf Raise 3×25 max Rest: © 50 Sec > 9.49 T ¶747 scores ¶540 k Workout #11 Leg Press 1×8 Rest: © 65 Sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 75 sec 2×8 Rest: 0 75 sec 2×8 Rest: 0 55 sec 1×12 Rest: 0 60 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: 0 50 sec >11.97 T 7 772 scores 2 5501 <tr< td=""><td>O 60 min heavy moderate heavy moderate heavy heavy</td></tr<>	O 60 min heavy moderate heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Hyper extensions (Back Extensions) 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec ×11.45 T ¶ 806 scores ∮ 580	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Butterfly 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Shoulder (Military) Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing One-Arm Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec > 9.49 T 747 scores \$ 540 k Workout #11 Leg Press	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 50 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 75 sec 2×8 Rest: 0 75 sec 2×8 Rest: 0 50 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×112 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: 0 50 sec >11.97T 772 scores 550 l Vorkout #12 Lying Leg Curls 1×12 Rest:	O 60 min heavy moderate heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 55 sec Seated Calf Raise 3×25 max Rest: © 55 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 1×6 Rest: © 50 sec 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec >9.49 T 747 scores 2 540 k Seated XVorkout #11 Leg Press 1×6 Rest: © 55 sec 1×6 Rest: © 55 sec 1×6 Ses c <tr< td=""><td>O 61 min heavy heavy</td><td>Workout #9 Leg Press 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 75 sec 2×8 Rest: 0 75 sec 2×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×111 Rest: 0 55 sec 1×12 Rest: 0 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: 0 50 sec >11.97 T 772 scores 1 550 l Vorkout #12 Lying Leg Curls 1×8 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×8 Rest: 0</td><td> </td></tr<>	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 75 sec 2×8 Rest: 0 75 sec 2×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×110 Rest: 0 55 sec 1×111 Rest: 0 55 sec 1×12 Rest: 0 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: 0 50 sec >11.97 T 7 72 scores 1 550 l Vorkout #12 Lying Leg Curls 1×8 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×8 Rest: 0	
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Kyperextensions (Back Extensions) 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec ×11.45 T	Co failure to failure to failure kcal	Workout #8 Lying Leg Curls 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 1×6 Rest: © 50 sec 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec >9.49 T 747 scores 540 k Workout #11 Leg Press 1×6 Rest: © 55 sec 1×12 Rest: © 55 sec 1×8 Rest: © 55 sec 1×8 Res	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 50 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec seated Cable Rows 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 75 sec 2×8 Rest: 0 75 sec 2×8 Rest: 0 60 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 60 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: 0 50 sec >11.97T<<772 scores	O 60 min heavy moderate heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise Seated Calf Raise S	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: © 90 sec 2×10 Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec >9.49 T 747 scores >9.49 T 747 scores Seated Cable Rows 1×12 1×8 <t></t>	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec seated Cable Rows 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×11 Rest: © 55 sec 1×12 Rest: © 50 sec 1×25 1×25 Next: © 55 sec <tr< td=""><td> </td></tr<>	
Leg Press 1×6 Rest: 0 90 sec 2×10 Rest: 0 55 sec Triceps Pushdown 1×6 Rest: 0 90 sec 2×10 Rest: 0 55 sec Crunches 3×25 max Rest: 0 50 sec Seated Calf Raise 3×25 max Rest: 0 60 sec 1×10 Rest: 0 55 sec Seated Calf Raise 1×12 Rest: 0 55 sec Seated Calf Raise 1×10 Rest: 0 55 sec	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Butterfly 1×6 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Shoulder (Military) Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing One-Arm Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 50 sec 2×10 Rest: © 50 sec 2×10 Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec >9.49 T ¶747 scores § 540 l Workout #11 Leg Press 1×8 Rest: © 55 sec 1×6 Rest: © 55 sec 1×6 Rest: © 55 sec 1×8 Rest: © 5	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 50 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×8 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×12 Rest: 0 75 sec 2×8 Rest: 0 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: 0 50 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: 0 50 sec >11.97 T ¶ 772 scores § 5501 Vorkout #12 Lying Leg Curls 1×8 Rest: 0 55 sec 1×6 Rest: 0 55	
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 1×6 Rest: © 50 sec 2×10 Rest: © 50 sec 2×10 Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 3×25 max Rest: © 50 sec 1×48 Rest: © 50 sec 1×47<#806 scores	 61 min heavy heavy	Workout #8 Lying Leg Curls 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Low Pulley Row To Neck 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 1×6 Rest: @ 50 sec Ab Crunch Machine 3×25 max 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: @ 50 sec seated Calf Raise 3×25 sec 1×8 Rest: @ 55 sec 1×8 Rest: @ 55 sec 1×12 Rest: @ 55 sec 1×2 Rest: @ 55 sec 1×12 Rest: @ 55 sec 1×12 Rest: @ 55 sec 1×12 Rest: @ 55 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 60 Sec 1×10 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×10 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×10 Rest: 0 55 Sec 1×10 Rest: 0 55 Sec 1×10 Rest: 0 55 Sec 1×110 Rest: 0 55 Sec 1×12 Rest: 0 50 Sec 1×12 Rest: 0 55 Sec	Continue Continue heavy moderate heavy
Leg Press 1×6 Rest: © 90 SeC 2×10 Rest: © 55 SeC Triceps Pushdown 1×6 Rest: © 50 SeC Crunches 3×25 <max< td=""> Rest: © 50 SeC Seated Calf Raise 3×25<max< td=""> Rest: © 50 SeC > >11.45 T< # 806 scores \$ 580 > >11.45 T< # 806 scores \$ 580 > >11.45 T< \$ 806 scores \$ 580 > >11.45 T 2 Seated Calf Raise 3×25<max< td=""> Rest: © 50 SeC 1×10 Rest: © 55 SeC 1×110</max<></max<></max<>	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: 0.90 sec 2×10 Rest: 0.90 sec 1×8 Rest: 0.90 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0.60 sec 1×10 Rest: 0.55 sec Seated Cable Rows 1×8 Rest: 0.55 sec 1×10 Rest: 0.55 sec 1×112 Rest: 0.55 sec 1×12 Rest: 0.75 sec 1×8 Rest: 0.75 sec 2×8 Rest: 0.75 sec 2×8 Rest: 0.55 sec 1×10 Rest: 0.55 sec 1×110 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×110 Rest: 0.55 sec 1×12 Rest: 0.60 sec 1×10 Rest: 0.55 sec 1×110 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×12 Rest: 0.50 sec 1×12 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×12 Rest: 0.55 sec 1×12	• 60 min • heavy •
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec >>11.45 T< # 806 scores	C C C C M MINI I heavy	Workout #8 Lying Leg Curls 1×6 Rest: 0 90 sec 2×10 Rest: 0 55 sec Triceps Pushdown 1×6 Rest: 0 90 sec 2×10 Rest: 0 50 sec Seated Calf Raise 3×25 max Rest: 0 50 sec Seated Cable Rows 1×8 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×2 Rest: 0 55 sec 1×2 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×2 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×12 Rest: 0 55 sec 1×14 Rest: 0 55 sec 1×16 Rest: 0 55 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×10 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×12 Rest: 0 75 sec 2×8 Rest: 0 80 sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: 0 60 sec 1×10 Rest: 0 55 sec 1×11 Rest: 0 55 sec 1×12 Rest: 0 50 sec 1×12 Rest: 0 55 sec <td> O 60 min heavy moderate heavy heavy</td>	 O 60 min heavy moderate heavy heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 1×6 Rest: © 90 sec 2×10 Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: © 50 sec 1×45 T < 806 scores	 O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: 0.90 sec 2×10 Rest: 0.90 sec 3×25 max Rest: 0.90 sec 3×25 max Rest: 0.90 sec 1×6 Rest: 0.90 sec 2×10 Rest: 0.95 sec 1×8 Rest: 0.95 sec 1×8 Rest: 0.95 sec 1×12 Rest: 0.95 sec 1×12 Rest: 0.95 sec 1×12 Rest: 0.95 sec 1×12 Rest: 0.95 sec	O 61 min heavy	Workout #9 Leg Press 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec Seated Cable Rows 1×8 Rest: © 55 sec 1×10 Rest: © 55 sec 1×110 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 60 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×12 Rest: © 55 sec 1×10 Rest: © 55 sec 1×110 Rest: © 55 sec 1×12 Rest: © 50 sec 1×14 Rest: © 55 sec 1×15	
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec 7 7 7 7 7 7 7 8 7 8 8 8 2 5 8 8 7 7 7 8 8 8 8 7 7 7 8 8 8 8 7 7 8 8 8 8 7 7 8 8 8 8 7 7 8 8 8 8 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8	O 61 min heavy	Workout #8 Lying Leg Curls 1×6 Rest: © 90 sec 2×10 Rest: © 95 sec Butterfly 1×6 Rest: © 90 sec 2×10 Rest: © 50 sec 1×6 Rest: © 50 sec 1×6 Rest: © 55 sec 1×6 Rest: © 55 sec 1×12 Rest: © 55 sec	 61 min heavy heavy	Workout #9 Leg Press 1×8 Rest: 0 55 Sec 1×10 Rest: 0 75 Sec 2×8 Rest: 0 80 Sec Wide-Grip Pulldown Behind The Neck 1×8 Rest: 0 60 Sec 1×10 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×12 Rest: 0 50 Sec 1×12 Rest: 0 50 Sec 1×12 Rest: 0 50 Sec Seated Calf Raise 3×25 max Rest: 0 50 Sec 1×8 Rest: 0 50 Sec 1×8 Rest: 0 50 Sec 1×8 Rest: 0 55 Sec 1×12 Rest: 0 55 Sec 1×8 Rest: 0 65 Sec	 60 min heavy moderate heavy moderate heavy
Leg Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 50 sec Crunches 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec 1×10 Rest: © 55 sec 1×12 Rest: © 55 sec 1×1	O 61 min heavy	Workout #8Lying Leg Curls1×6 Rest: © 50 sec2×10 Rest: © 55 secButterfly1×6 Rest: © 90 sec2×10 Rest: © 55 secButterfly1×6 Rest: © 90 sec2×10 Rest: © 55 secMachine Shoulder (Military) Press1×6 Rest: © 90 sec2×10 Rest: © 55 secStanding One-Arm Cable Curl1×6 Rest: © 90 sec2×10 Rest: © 55 secTriceps Pushdown1×6 Rest: © 90 sec2×10 Rest: © 55 secAb Crunch Machine3×25 max3×25 maxRest: © 50 secSeated Calf Raise3×25 max3×25 maxRest: © 50 secseated Calf Raise3×25 max1×8 Rest: © 50 secseated Calf Raise3×25 max1×8 Rest: © 55 sec1×6 Rest: © 55 sec1×8 Rest: © 55 sec1×8 Rest: © 55 sec1×8 Rest: © 55 sec1×8 Rest: © 55 sec1×12 Rest: © 55 sec1×8 Rest: © 55 sec1×12 Rest: © 55 sec	61 min heavy	Workout #9Leg Press1×81×10Rest: © 55 Sec1×12Rest: © 55 Sec1×12Rest: © 55 Sec1×10Rest: © 55 Sec1×11Rest: © 55 Sec1×12Rest: © 55 Sec1×110Rest: © 55 Sec1×12Rest: © 60 Sec1×101×8Rest: © 55 Sec1×110Rest: © 55 Sec1×12Rest: © 50 Sec1×12Rest: © 55 Sec1×121×12Rest: © 55 Sec1×12 <trr< td=""><td>Continue Continue heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy</td></trr<>	Continue Continue heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy

1×12 Rest: @ /5 sec	moderate
1×10 Rest: ② 70 sec	heavy
Machine Bench Press	
1×8 Rest: ④ 80 sec	heavy
1×10 Rest: ④ 60 sec	heavy
1×10 Rest: ② 70 sec	heavy
Wide-Grip Pulldown Behind The Neck	
1×10 Rest: ④ 80 sec	moderate
1×12 Rest: ⁽²⁾ 75 sec	moderate
1×10 Rest: ④ 70 sec	heavy
Standing Biceps Cable Curl	
1×10 Rest:	moderate
1×12 Rest: [⊙] 75 sec 1×10 Rest: [⊙] 70 sec	moderate
T×TU Rest: ♥ 70 Sec	heavy
Triceps Pushdown	
1×10 Rest: • 80 sec	moderate
1×12 Rest:	moderate
	heavy
Crunches	
3×25 max Rest: ⁽²⁾ 50 sec	to failure
Hyperextensions (Back Extensions)	
3×25 max Rest: 2 50 sec	to failure
Seated Calf Raise	
3×25 max Rest: 2 50 sec	to failure
> 12.51 T 📌 762 scores ! 550 k	cal
Workout #4	2 65 min
lying Leg Curls	
Lying Leg Curls1×8Rest: O 90 sec	heavy
1×10 Rest: ❷ 80 sec	heavy
1×12 Rest: ① 70 sec	heavy
Low Pulley Pow To Nock	
Low Pulley Row To Neck 1×8 Rest: ① 90 sec	heavy
1×10 Rest: ❷ 80 sec	heavy
1×12 Rest: ④ 70 sec	heavy
Butterfly	
1×8 Rest: ② 90 sec	heavy
1×10 Rest: 1 80 sec	heavy
1×12 Rest: ¹ 70 sec	heavy
Machine Shoulder (Military) Press	
1×10 Rest: ② 55 sec	heavy
1×10 Rest: ④ 55 sec	heavy
1×10 Rest: ② 55 sec	very hard
Standing One-Arm Cable Curl	
Standing One-Arm Cable Curl 1×8 Rest: ① 90 sec	heavy
_	heavy
1×8 Rest: ② 90 sec	
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec	heavy
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec	heavy
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec	heavy
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec	heavy heavy heavy
1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Triceps Pushdown 1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Ab Crunch Machine	heavy heavy heavy
 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec 	heavy heavy heavy
1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Triceps Pushdown 1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Ab Crunch Machine	heavy heavy heavy heavy
 1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Triceps Pushdown 1×8 Rest: • 90 sec 1×10 Rest: • 80 sec 1×12 Rest: • 70 sec Ab Crunch Machine 3×25 max Rest: • 50 sec 	heavy heavy heavy heavy
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec</pre>	heavy heavy heavy heavy to failure
<pre>1×8 Rest: ④ 90 sec 1×10 Rest: ④ 80 sec 1×12 Rest: ④ 70 sec Triceps Pushdown 1×8 Rest: ④ 90 sec 1×10 Rest: ④ 80 sec 1×12 Rest: ④ 70 sec Ab Crunch Machine 3×25 max Rest: ④ 50 sec</pre>	heavy heavy heavy heavy to failure
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec</pre>	heavy heavy heavy heavy to failure
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec</pre>	heavy heavy heavy heavy to failure to failure
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec</pre>	heavy heavy heavy heavy to failure to failure
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$540 kc</pre>	heavy heavy heavy heavy to failure to failure
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max 9.97 T<	heavy heavy heavy to failure to failure
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$540 kc</pre>	heavy heavy heavy to failure to failure to failure
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$ 540 kc Workout #7 Leg Press</pre>	heavy heavy heavy to failure to failure
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 90 sec 1×11 Rest: ● 90 sec 1×12 Rest: ● 90 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max 3×25 max Rest: ● 50 sec > 9.97 T<	heavy heavy heavy to failure to failure to failure
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 1×8 Rest: ● 90 sec 1×10 Rest: ● 90 sec 1×12 Rest: ● 70 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max 9.97 T<<751 scores	heavy heavy heavy to failure to failure to failure to failure
1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows	heavy heavy heavy to failure to failure to failure
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec</pre>	heavy heavy heavy to failure to failure to failure al Co failure to failure heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores \$540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec</pre>	heavy heavy heavy heavy to failure to failure to failure co failure to failure heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press</pre>	heavy heavy heavy to failure to failure to failure al Co failure to failure heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al Co failure to failure heavy heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 90 sec 2×10 Rest: ● 90 sec 2×10 Rest: ● 90 sec 2×10 Rest: ● 90 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al O 61 min heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al Co failure to failure heavy heavy heavy
<pre>1×8 Rest: © 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec 2×10 Rest: @ 90 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al 0 61 min heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec > 9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 90 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al co 61 min heavy heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows Behind The Neck 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Standing Biceps Cable Curl</pre>	heavy heavy heavy heavy to failure to failure to failure al 0 61 min heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Triceps Pushdown 1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Ab Crunch Machine 3×25 max Rest: ● 50 SeC Ab Crunch Machine 3×25 max Rest: ● 50 SeC Seated Calf Raise 3×25 max Rest: ● 50 SeC 2×10 Rest: ● 90 SeC 2×10 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Wide-Grip Pulldown Behind The Neck 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Standing Biceps Cable Curl 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC</pre>	heavy heavy heavy heavy to failure to failure to failure al co failure heavy heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Triceps Pushdown 1×8 Rest: ● 90 sec 1×10 Rest: ● 80 sec 1×12 Rest: ● 70 sec Ab Crunch Machine 3×25 max Rest: ● 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 sec Seated Calf Raise 3×25 max Rest: ● 50 sec >9.97 T 751 scores \$ 540 kc Workout #7 Leg Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Seated Cable Rows 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Machine Bench Press 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: ● 90 sec 2×10 Rest: ● 55 sec</pre>	heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Triceps Pushdown 1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Ab Crunch Machine 3×25 max Rest: ● 50 SeC Ab Crunch Machine 3×25 max Rest: ● 50 SeC Seated Calf Raise 3×25 max Rest: ● 50 SeC 2×10 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Wide-Grip Pulldown Behind The Neck 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Standing Biceps Cable Curl 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Triceps Pushdown</pre>	heavy heavy heavy heavy to failure to failure to failure al co failure heavy heavy heavy heavy heavy
<pre>1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Triceps Pushdown 1×8 Rest: ● 90 SeC 1×10 Rest: ● 80 SeC 1×12 Rest: ● 70 SeC Ab Crunch Machine 3×25 max Rest: ● 50 SeC Hyperextensions (Back Extensions) 3×25 max Rest: ● 50 SeC Seated Calf Raise 3×25 max Rest: ● 50 SeC Seated Cable Rows 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Machine Bench Press 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Wide-Grip Pulldown Behind The Neck 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Standing Biceps Cable Curl 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC Triceps Pushdown 1×6 Rest: ● 90 SeC 2×10 Rest: ● 55 SeC</pre>	heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Triceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec > 9.97 T ¶ 751 scores ↓ 540 kc Workout #7 Leg Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Seated Cable Rows 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Bench Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Machine Bench Press 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Standing Biceps Cable Curl 1×6 Rest: @ 90 sec 2×10 Rest: @ 55 sec Triceps Pushdown 1×6 Rest: @ 90 sec</pre>	heavy heavy heavy heavy to failure to failure to failure al 0 61 min heavy heavy heavy heavy heavy
<pre>1×8 Rest: @ 90 Sec 1×10 Rest: @ 80 Sec 1×12 Rest: @ 70 Sec Triceps Pushdown 1×8 Rest: @ 90 Sec 1×10 Rest: @ 80 Sec 1×12 Rest: @ 70 Sec Ab Crunch Machine 3×25 max Rest: @ 50 Sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Vorkout #7 Leg Press 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Seated Cable Rows 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Machine Bench Press 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Standing Biceps Cable Curl 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Triceps Pushdown 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Triceps Pushdown 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Crunches 3×25 max Rest: @ 50 Sec</pre>	heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec 7riceps Pushdown 1×8 Rest: @ 90 sec 1×10 Rest: @ 80 sec 1×12 Rest: @ 70 sec Ab Crunch Machine 3×25 max Rest: @ 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec Seated Calf Raise 3×25 max Rest: @ 50 sec >9.97T</pre>	heavy heavy heavy heavy to failure to failure to failure co failure heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: @ 90 Sec 1×10 Rest: @ 80 Sec 1×12 Rest: @ 70 Sec Triceps Pushdown 1×8 Rest: @ 90 Sec 1×10 Rest: @ 80 Sec 1×12 Rest: @ 70 Sec Ab Crunch Machine 3×25 max Rest: @ 50 Sec Hyperextensions (Back Extensions) 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Seated Calf Raise 3×25 max Rest: @ 50 Sec Vorkout #7 Leg Press 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Seated Cable Rows 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Machine Bench Press 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Wide-Grip Pulldown Behind The Neck 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Standing Biceps Cable Curl 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Triceps Pushdown 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Triceps Pushdown 1×6 Rest: @ 90 Sec 2×10 Rest: @ 55 Sec Crunches 3×25 max Rest: @ 50 Sec</pre>	heavy heavy heavy heavy to failure to failure to failure al 0 61 min heavy heavy heavy heavy heavy
<pre>1×8 Rest: © 90 sec 1×10 Rest: © 80 sec 1×12 Rest: © 70 sec 1×10 Rest: © 80 sec 1×10 Rest: © 80 sec 1×11 Rest: © 70 sec 1×12 Rest: © 70 sec Ab Crunch Machine 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec 2×10 Rest: © 90 sec 2×10 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec</pre>	heavy heavy heavy heavy to failure to failure to failure co failure heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: © 90 sec 1×10 Rest: © 80 sec 1×12 Rest: © 70 sec 7riceps Pushdown 1×8 Rest: © 90 sec 1×10 Rest: © 80 sec 1×12 Rest: © 70 sec Ab Crunch Machine 3×25 max Rest: © 50 sec Ab Crunch Machine 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec 2×10 Rest: © 50 sec 2×10 Rest: © 55 sec Seated Cable Rows 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Triceps Pushdown 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Crunches 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec</pre>	heavy heavy heavy heavy to failure to failure to failure co failure heavy heavy heavy heavy heavy heavy heavy
<pre>1×8 Rest: © 90 sec 1×10 Rest: © 80 sec 1×12 Rest: © 70 sec 1×10 Rest: © 80 sec 1×10 Rest: © 80 sec 1×11 Rest: © 70 sec 1×12 Rest: © 70 sec Ab Crunch Machine 3×25 max Rest: © 50 sec Hyperextensions (Back Extensions) 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec Seated Calf Raise 3×25 max Rest: © 50 sec 2×10 Rest: © 90 sec 2×10 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Machine Bench Press 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec Standing Biceps Cable Curl 1×6 Rest: © 90 sec 2×10 Rest: © 55 sec</pre>	heavy heavy heavy heavy to failure to failure co failure co failure heavy heavy heavy heavy heavy heavy heavy

Workout #10	
	O 60 min
Lying Leg Curls	
1×8 Rest: ① 60 sec	heavy
1×10 Rest: 0 55 sec	moderate
1×12 Rest: ⁽¹⁾ 55 sec	heavy
Low Pulley Row To Neck	
1×8 Rest: 2 60 sec	heavy
1×10 Rest: ② 55 sec	moderate
1×12 Rest: 2 55 sec	heavy
Butterfly	
1×8 Rest: 1 60 sec	heavy
1×10 Rest: ⊙ 55 sec	moderate
1×12 Rest: 0 55 sec	heavy
Machine Shoulder (Military) Press	
1×6 Rest: ④ 75 sec	heavy
2×8 Rest:	heavy
Standing One-Arm Cable Curl	
1×8 Rest: ① 60 sec	heavy
1×10 Rest: ② 55 sec	moderate
1×12 Rest: ⁽²⁾ 55 sec	heavy
Triceps Pushdown	
1×8 Rest: ④ 60 sec	heavy
1×10 Rest: ② 55 sec	moderate
1×12 Rest: ⁽²⁾ 55 sec	heavy
Ab Crunch Machine	
3×25 max Rest: ⁽²⁾ 50 sec	to failure
Hyperextensions (Back Extensions)	
3×25 max Rest: ⁽²⁾ 50 sec	to failure
Seated Calf Raise	
3×25 max Rest: ⁽²⁾ 50 sec	to failure

Workout #11	2 60 min
Leg Press	
1×8 Rest: 0 65 sec	heavy
1×6 Rest: 0 55 sec	heavy
1×12 Rest: ⁽²⁾ 55 sec	heavy
Seated Cable Rows	
1×8 Rest: 0 65 sec	heavy
1×6 Rest: 0 55 sec	heavy
1×12 Rest: 0 55 sec	heavy
Machine Bench Press	
2×10 Rest: ④ 85 sec	heavy
1×16 max Rest: 2 55 sec	to failure
Wide-Grip Pulldown Behind The Neck	
1×8 Rest: 0 65 sec	heavy
1×6 Rest: 0 55 sec	heavy
1×12 Rest: 0 55 sec	heavy
Standing Biceps Cable Curl	
1×8 Rest: 0 65 sec	heavy
1×6 Rest: 0 55 sec	heavy
1×12 Rest: 0 55 sec	heavy
Triceps Pushdown	
1×8 Rest: 0 65 sec	heavy
1×6 Rest: ② 55 sec	heavy
1×12 Rest: 0 55 sec	heavy
Crunches	
3×25 max Rest: [●] 50 sec	to failure
Hyperextensions (Back Extensions)	
3×25 max Rest: ⁽²⁾ 50 sec	
	to failure
Seated Calf Raise	
3×25 max Rest: ② 50 sec	to failure
> 11.84 T 🛛 🛷 850 scores 🔥 610 k	cal

Directory of the exercises



General recommendations on training with AtletIQ

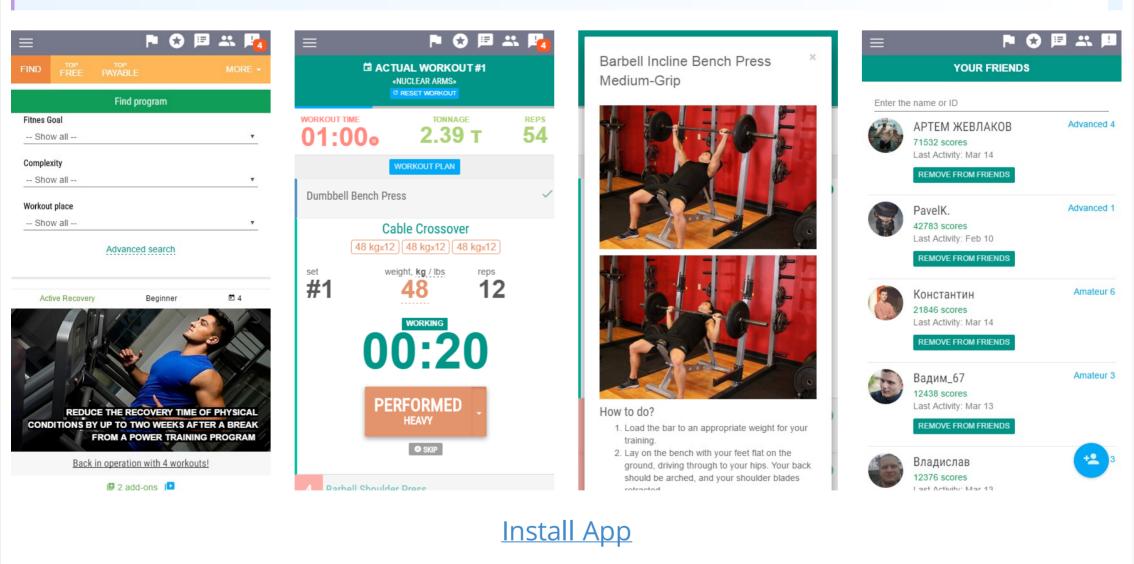
AtletIQ — a universal platform for creating training programs. All trainings are performed using a mobile application which is an interactive smart timer.

- The load in the programs is calculated relative to the maximum weight with which you can do the exercise for 1 repetition. This indicator is also calculated and adjusted automatically in the future.
- This application requires access to the Internet. There is also the opportunity to train on the special training Form, data is transferred after a workout to your personal account and are considered in the following training.
- During training, you will carry out step by step application and assess the level of load obtained after the completion of each set.
- The application will compare your score with the planned load and adjust the level of your performance in the up or down so that you will always receive a predetermined level of load according to the program.
- On training days, on which work is scheduled to failure, take care of the presence of helper
- If you go back to training after a long rest, your power rates will be recalculated in accordance with the duration of the break.
- Try to set the weights as close to the calculated considering the capabilities of your gym • Precisely follow the instructions on the pace of the exercise, if they are specified. Otherwise, the load level will not match the the planned.

How to use mobile assistant?

Universal programs designer AtletIQ allows to keep workouts in a special format that can be read by mobile app.

Automatic timer programming, the tempo-indicator of exercise, instant adjustment of load to suit your force capabilities these are not all application features.



Workout routines Gain Strength / Bulking / Cutting

AtletIQ — fitness service that brings together coaches and athletes into one social network with a special designer of workout routines and mobile assistant for their performance.

Affiliate program for coaches © 2018 — AtletIQ.com