

10-WEEK BUILD

YOU'RE GETTING STRONGER—NOW OWN IT

WEEK THREE:

DAY 1	LEGS AND ABS	SETS	REPS	WEIGHT/NOTES
	Back Squats	4	15	
	Leg Press	4	15	
	Romanian Deadlifts	4	15	
	Leg Extensions	4	15	
	Hanging Leg Raises	4	20	
	Planks	4	90 seconds	
	Russian twists		90 seconds	
	(NEGATIVE) CHEST AND TRICEPS Start at the negative position. Hold tension for 10 sec at the end of each set.			
DAY 2		SETS	REPS	
	Barbell Bench Press	3	10	
	Incline Dumbbell Press	3	10	
	Decline Barbell Bench Press	3	10	
	Dumbbell Chest Flyes	3	10	
	Tricep Dips	3	20	
	Tricep Rope Pushdowns	3	10	
	Overhead Dumbbell Tricep Extension	3	10	
DAY 3	BACK AND BICEPS	SETS	REPS	
	Deadlifts	4	12	
	Barbell Rows	4	15	
	Lat Pulldowns	4	15	
	Face Pulls	4	12	
	Barbell Bicep Curls	4	12	
	Hammer Curls	4	12	
	(NEGATIVE) LEGS Start at the negative position. Hold tension for 10 sec at the end of each set.			
DAY 4		SETS	REPS	
	Back Squats	3	10	
	Leg Press	3	10	
	Romanian Deadlifts	3	10	
	Leg Extensions	3	10	
DAY 5	SHOULDERS AND TRAPS	SETS	REPS	
	Overhead Barbell Press	4	15	
	Lateral Raises	4	15	
	Front Plate Raises	4	15	
	Shrugs	4	15	
	Face Pulls	4	15	
DAY 6	REST DAY OR ACTIVE RECOVERY			
DAY 7	REST DAY			

CARDIO WORKOUT



If you perform your cardio immediately after your workout, supplement with BCAAs & L-glutamine prior.

40 minutes in the morning or post-workout