

PUSH	1	2	3	
A1: FLAT BB PRESS (5-12)				
	1	2	3	
B1: ROLLER CABLE FLY (8-15)				
	1	2	3	
C1: INCLINE BB PRESS HIGH (6-12)				
	1	2	3	
D1: LYING CUFF LATERAL RAISES (8-20)				
	1	2	3	
E1: SINGLE TRICEP ARM CUFF CABLE EXTENSION (8-15)				
	1	2	3	
PUMP WORK 3 X 15				
A1 - ROPE DELT FACE PULL				
A2 - ROPE REAR DELT ROW				
A3 - ROPE UPRIGHT ROW				
A4 - ROPE FRONT RAISE				
A5 - ROPE FRONT VOODOO PRESS				
PULL	1	2	3	
A1: CHEST SUPPORT T-BAR ROW (5-12)				
	1	2	3	
B1: NEUTRAL GRIP MACHINE PULL DOWN (5-12)				
	1	2	3	
C1: RDL (6-12)				
	1	2	3	
D1: BENT OVER BB ROW (8-20)				
	1	2		
E1: CABLE REAR DELT (8-12)				
	1	2	3	
F1: SINGLE ARM MACHINE PREACHER CURLS (8-20)				

PUMP WORK 3 SETS				
A1: BANDED RACK DEADS (5-8)				
A2: LOW BACK EXTENSIONS (10-20)				
LOWER	1	2	3	
A1: SEATED LEG CURLS (5-12)				
	1	2	3	
B1: KNEE DOMINANT BB SQUAT (5-12)				
	1	2	3	
C1: LYING LEG CURL (6-12)				
	1	2	3	
D1: HACK SQUAT BANDED (8-20)				
	1	2		
E1: HIP LOADED CALF RAISE (8-12)				
	1	2	3	
F1: WALKING LUNGES (8-20)				
PUMP WORK 3 SETS 8 REPS (SAME LEG FOR ALL THEN SWITCH)				
A1: 2DB SPLIT SQUATS				
A2: SINGLE DB SPLIT SQUATS				
A3: BODY WEIGHT SPLIT SQUATS				