
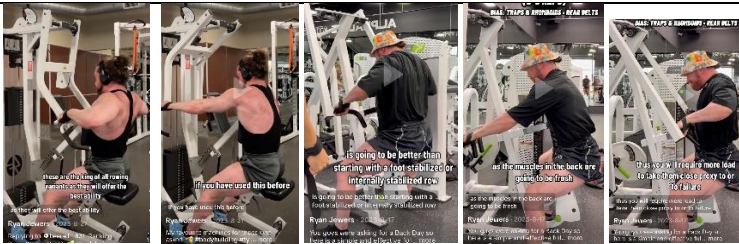



CHEST

Seated Machine Pec Fly-Press	Lower-mid pec	Mid-short pos	2 Sets	5-10 reps	Hands/Mid chest line up, bend elbows back/ and bring biceps to pec, milk length pos, slow eccentric, tuck in elbows a lot more!	
Converging machine chest press	Upper-mid pos	Length pos	2 Sets	5-10 reps	Milk lengthened stretched position, slow eccentric, pause at stretch, failure, finish with length partials	
Include DB bench press	Upper pec & triceps	Length-Pos	2 sets	5-8 reps	Control eccentric, pause at bottom, stop shy from full elbow lockout.	
Decline DB bench press	Mid-lower pec					
seated cable fly (pic, middle setting)	Mid pec	Mid pos				

BACK

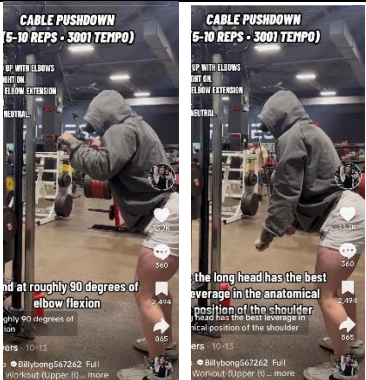
Seated Chest supported machine row or bench chest supported DB pulls	Upper back (traps & rhomboids), rear delt	short pos	2 sets	5-9 reps	Elbows very flared, round back on eccentric, full scapula retraction, do lengthened partials/shrugs for mid/lower traps!	
Unilateral Cable row, (seated 1 arm cable row)	Upper Lat	Most motor neural muscle recruitment in length pos	2 sets	5-10 reps	Flex core, remain neutral spine, elbow fully tucked, keep elbow tight to you, do partials, stop when elbow reaches your side, maintain neutral grip, drop shoulder, pull with elbow.	
M1: Seated pull down Mechanical	Lat (lower & mid)	short pos (narrow grip)	2 Sets	5-9 reps (failure)	Work eccentric ROM at bottom range to target lower lats, pause at bottom	

drop set (D grip, shoulder width)						
M2:	Teres & Rear Delts	Length pos (more emphasis on top position)	2 Sets	Failure	No rest, work the upper movement then pull, lengthened partials, pause at top	

SHOULDER

M1: DB lateral raise Mechanical Drop set	Side delt	Mid pos	2 sets	8-12 reps	Normal weight, don’t rest at bottom, slight elbow bend, raise arms at angle, failure	
M2: Heavy DB lateral raise partial	Side delt	Length pos	2 sets	Failure	Without rest, Heavy DBs, do Lengthened partials	
DB incline bench row (turn wrist)	Rear Delt	Short pos	1-2 set	Failure (lengthened partials)	Turn wrist at top, shoulder back/down (maintain), pull elbow up/back	
Jay Cutler Rear Delt fly	Rear Delt	All pos	2 sets	8-10	Pause at the stretch, contract hard	

TRICEPS

Straight Bar cable pushdown	Long head	Short & Mid Pos	2 Sets	8-10 reps	Wrist/elbow lineup, keep wrist neutral, stay 90 deg/bring elbow up	
JM Press or machine triceps dips	Medial & Lateral	Length/mid Pos	2 Sets	8-10 reps	Pause at top	
double rope (1 Set = stand away(short pos) + stand forward (mid pos))	Long head	Pause at short pos for 1.5 sec	1-2 Sets	6-10 reps	Shoulder pulled back, slight elbow flare, maintain position, keep elbows fixed, full elbow extension, finish with lengthened partials	

BICEPS

Preacher Curls	Biceps	Length-mid-pos	2 Sets	6-10 reps	Grip-elbow-shoulder alignment		
Face away cable EZ bar curls	Brachialis/ Biceps	Length-Pos	1-2 Sets	8-10 reps	Do not rest at top, curl to 90 deg or slightly higher, fix elbow in position		
Seated DB curls	Biceps	Length-Pos	1 Set	4-9 reps	Don't supinate grip		


FOREARMS

Behind back EZ bar forearm curls	Inner Forearm	Length-short-pos	2 sets	8-10 reps	Light weight, Chest up, shoulders back		
Standing reverse grip EZ bar curl	Front Forearm	Short pos	2 Sets	Failure	Control		

QUADS

Leg extension						

HAMSTRINGS

Seated hamstring Leg Curl	Hamstring	Length pos	2 sets	4-9 reps	Leaned forward & leaned backwards		
DB RDL	Hamstring	Mid pos	1-2 Sets	8-10 reps	Move glutes first, slow the descent, glutes go back only, chin tucked		
Lying hamstring curls	Hamstrings (point toes up, if out then outer, if in, then inner)	Short pos	2 Sets	5-10 reps	Drive glutes down into the pad, grab handle tight to stabilize, control eccentric down slow, limit form breakdown!		



CAVLES

Standing Calf Raises	Gastrocnemius (inner calf, toes out, outer calf toes in)	Length Pos	2 Sets	8-12 reps	Heavy, Pause at bottom for 2 sec, 2-3 min rest, lengthened partials		
Seated Calf Raises		length pos	2 Sets	10-15 reps	Moderate weight, 60 sec-90 sec rest		
Tibialis Raises	Tibialis	Short pos	1 Set	8-10 reps	Hold at top for 2 sec		

GLUTES

DB or EZ bar hip thrust	Glutes	short pos	2 Sets	10-12 reps	Slow eccentric, 1-2 sec top holds		
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ABS

Back supported Leg raises	Abs	Short & length Pos	3 Sets	5-10 reps	Raise legs higher, round the back for contraction	 	
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