

# MAX EFFORT DAY

| <b>Exercise #1 - Max Effort Exercise</b> | <b>Reps</b>  | <b>Sets</b>  |
|--|--------------|--------------|
| Wk 1: 1-Inch board                       | Work to 1RM  | 6-10 work up |
| Wk 2: 15KG Chain                         | Work to 2RM  | 6-10 work up |
| Wk 3: Floor Press                        | Work to 1RM  | 6-10 work up |
| Wk 4: 3 Board, Close grip                | Work to 3 RM | 6-10 work up |
| Wk 5: Thin Band                          | Work to 1RM  | 6-10 work up |
| Wk 6: 1 Board + thin band                | Work to 1RM  | 6-10 work up |

Take 8-12 sets to work up to the max for each day, whilst minimising fatigue.

| <b>Exercise #2</b>    | <b>Reps</b> | <b>Sets</b> |
|-----------------------|-------------|-------------|
| Wk 1-3: Incline Bench | 5           | 3           |
| Wk 4-6: Spoto Press   | 5           | 5           |

| <b>Exercise #3</b>                  | <b>Reps</b> | <b>Sets</b> |
|-------------------------------------|-------------|-------------|
| Wk 1-3: Batwing Row                 | 5           | 3           |
| Wk 4-6: Chest Supported Barbell Row | 5           | 5           |

| <b>Exercise #4</b>             | <b>Reps</b> | <b>Sets</b> |
|--------------------------------|-------------|-------------|
| Wk 1-3: Close Grip Bench Press | 10          | 4           |
| Wk 4-6: JM Press               | 8           | 4           |

| <b>Exercise #5a (superset with 5b)</b> | <b>Reps</b> | <b>Sets</b> |
|--|-------------|-------------|
| Wk 1-3: Bench Grip Leaning Pulldown    | 12          | 4           |
| Wk 4-6: Split handle Cable Row         | 12          | 4           |

| <b>Exercise #5b</b>            | <b>Reps</b> | <b>Sets</b> |
|--------------------------------|-------------|-------------|
| Wk 1-3: Dumbbell Front Raise   | 12          | 4           |
| Wk 4-6: Dumbbell Lateral raise | 12          | 4           |

# DYNAMIC EFFORT DAY

| Exercise #1 –<br>Dynamic Bench Press | Load              | Sets | Reps | Rest                                    |
|--------------------------------------|-------------------|------|------|---|
| Wk 1: Barbell                        | 50%               | 16   | 3    | 30 seconds, 1 minute after every 4 sets |
| Wk 2: Barbell                        | 55%               | 16   | 3    | 30 seconds, 1 minute after every 4 sets |
| Wk 3: Barbell                        | 60%               | 16   | 3    | 30 seconds, 1 minute after every 4 sets |
| Wk 4: Banded Bench                   | 40% + 20%<br>band | 16   | 3    | 30 seconds, 1 minute after every 4 sets |
| Wk 5: Banded Bench                   | 45% + 20%<br>band | 16   | 3    | 30 seconds, 1 minute after every 4 sets |
| Wk 6: Banded Bench                   | 50% + 20%<br>band | 16   | 3    | 30 seconds, 1 minute after every 4 sets |

Use 4 grips, Change every 4 sets. Grips: Wide, Regular, Narrow (1 inch in) super narrow (Index fingers on smooth of bar).

| Exercise #2                   | Reps | Sets |
|-------------------------------|------|------|
| Wk 1-3: Incline Dumbell Press | 15   | 3    |
| Wk 4-6: Seated Dumbell Press  | 15   | 3    |

| Exercise #3                       | Reps | Sets |
|-----------------------------------|------|------|
| Wk 1-3: Decline Rolling Extension | 8    | 3    |
| Wk 4-6: Floor Skull Crushers      | 8    | 3    |

| Exercise #4a (superset with 4b)   | Reps | Sets |
|-----------------------------------|------|------|
| Wk 1-3: Wide grip Chest Cable row | 12   | 4    |
| Wk 4-6: Stretchers                | 12   | 4    |

| Exercise #4b                 | Reps | Sets |
|------------------------------|------|------|
| Wk 1-3: Seated Lateral raise | 15   | 4    |
| Wk 4-6: Stretchers           | 12   | 4    |

| Exercise #5a (superset with 5b)     | Reps | Sets |
|-------------------------------------|------|------|
| Wk 1-3: Behind head cable Extension | 15   | 4    |
| Wk 4-6: V bar cable push down       | 20   | 4    |

| Exercise #5b                       | Reps | Sets |
|------------------------------------|------|------|
| Wk 1-3: Hammer Curl                | 20   | 3    |
| Wk 4-6: Reverse grip Dumbell curls | 20   | 3    |