

Upper Body Swole, Lower Body Get Right Program

Day 1

Exercise	Tempo	1	2	3	4	Comments	Rest
1A) SWISS Bar Floor Press	201	?x5	?x5	?x5	?x5	Tuck elbows	60 s.
						Shoulder blades back and down	
1B) DB Row	211	?x5	?x5	?x5	?x5	Squeeze back at top	60 s.
						Hold for a 1 count	
2A) Single-Leg RDL	301	2x8	3x8	3x6-8	3x6	Long spine	60 s.
						Reach long through donw leg	
2B) Half-Kneeling KB Chop & Lift	202	2x8	3x8	3x6-8	3x6	Perfect 90-90 Set-up	60 s.
						Stay tall, ribs down	
3) Core Engaged Dead Bug	301	3x6	3x6	3x8	3x8	Exhale hard, ribs down	60 s.
						Long through down leg	

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Day 2

Exercise	Tempo	1	2	3	4	Comments	Rest
1A) Chins	211	?x5	?x5	?x5	?x5	Squeeze scaps DOWN	60 s.
						Chest MUST touch bar	
1B) Single-Arm, Neutral Grip Overhead Press	201	?x5	?x5	?x5	?x5	Use DB Incline	60 s.
						if overhead pressing causes irritation	
2A) Low Cable Split-Squat	301	2x8	3x8	3x6-8	3x6	Perfect 90-90 Set-up	60 s.
						Stay tall throughout	
2B) Half-Kneeling Landmine Press	301	2x8	3x8	3x6-8	3x6	Perfect 90-90 Set-up	60 s.
						Reach long at midpoint	
3) Front Plank	ISO	3xALAP	3xALAP	3xALAP	3xALAP	Drive elbows into ground	60 s.
						Neutral spine!	

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Day 3

Exercise	Tempo	1	2	3	4	Comments	Rest
1A) Push-ups	301	?x6	?x6	?x6	?x6	Elevate feet if possible	60 s.
						Abs tight throughout	
1B) Unstable Surface Rows	211	?x6	?x6	?x6	?x6	Pull through elbows	60 s.
						Squeeze scaps BACK	
2A) Step-ups	301	2x8	3x8	3x6-8	3x6	Drive through heel	60 s.
						Finish with glute	
2B) Half-Kneeling Lat Pulldown or Face Pull	211	2x8	3x8	3x6-8	3x6	Perfect 90-90 Set-up	60 s.
						Squeeze back/down	
3) 3-Month PNF	202	3x8	3x8	3x10	3x10	Reach long throughout	60 s.