

	Exercise	Tempo	Rest	Week	Sets	Reps
A1	Split Squat Front Foot Elevated Using Cable	3010	60	1	3	12-15
			60	2	3	10-12
			45	3	4	8-10
			45	4	4	6-8
A2	Single Leg Prone Leg Curls	3120	60	1	3	8-10
			60	2	3	7-9
			45	3	4	6-8
			45	4	4	6-8
B1	Close Grip Bench Press	4010	60	1	3	10-12
			60	2	3	8-10
			45	3	4	6-8
			45	4	4	6-8
B2	Reverse Grip Lat Pulldowns	3110	60	1	3	10-12
			60	2	3	8-10
			45	3	4	6-8
			45	4	4	6-8
C1	Standing Barbell Press	3010	60	1	3	12-15
			60	2	3	10-12
			45	3	4	8-10
			45	4	4	6-8
C2	Seated Rows	3110	60	1	3	10-12
			60	2	3	8-10
			45	3	4	6-8
			45	4	4	6-8
D1	Reverse Grip EZ Bar Curls	3010	60	1	3	12-15
			60	2	3	10-12
			45	3	4	8-10
			45	4	4	6-8
D2	Hanging Leg Raises	2010	60	1	3	8-10
			60	2	3	10-12
			45	3	4	12-15
			45	4	4	15-20

CARDIO	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Squat Push Press	5mins Warm Up	Squat Push Press	5mins Warm Up	Squat Push Press	5mins Warm Up
	8 x 20s 10s Rec	Intervals 5 x 15s 45s Rec	8 x 20s 10s Rec	Intervals 5 x 15s 45s Rec	8 x 20s 10s Rec	Intervals 5 x 15s 45s Rec
		30mins Steady State		30mins Steady State		30mins Steady State
		Intervals 6 x 20s 40s Rec		Intervals 6 x 20s 40s Rec		Intervals 6 x 20s 40s Rec
		5mins Cool Down		5mins Cool Down		5mins Cool Down
STRETCH	Specific	General	Specific	General	Specific	General