

VORKOUT : WEDNESDAY: LEGS GOAL: HYPERTROPHY			DATE: MONTH 1			
WARM-UP						
Exercise	Se	ts	Duration		Coaching Tip	
Jumping Jacks				conds		
Walking lunges				conds		
Seated Leg Extensions	3	3		)	Pre Activation: Slow and controlled. Light Weight	
RESISTANCE						
Exercise	Sets	Reps	Тетро	Rest	Coaching Tip	
Barbell Deadlifts	3	10	2/0/2	90- 120 sec	tempo is 2 second concentric/0 hold/2 eccentric	
Back Squat	3	10	2/0/2	"		
Step Back Lunges	3	16	2/0/2	"	8 reps each side	
Seated Leg Extensions	3	10	2/0/2	60-90 sec		
Lying Hamstring Curls	3	10	2/0/2	"		
Standing Calf Raises	3	10	2/0/2	"		
Stiff Leg Dumbbell Deadlifts	3	16	2/0/2	"	light weight. Focus on hamstring stretch	
COOL-DOWN						
Exercise	Se	Sets		on	Coaching Tip	
Treadmill/walk cool down				tes		
Dynamic Stretching			5 minut	tes		
Coaching Tins:						



ExerciseSetsDurationCoaching TipJumping Jacks $$ $60 \ sec \ ods$ Walking lunges $$ $60 \ sec \ ods$ $60 \ sec \ ods$ $60 \ sec \ ods$ $70 \ sec \ ods$ <	ORKOUT : WEDNESDAY: LEGS OAL: HYPERTROPHY			DATE: MONTH 2			
Jumping Jacks   60 seconds     Walking lunges   60 seconds     Seated Leg Extensions   3   10   Pre Activation: Slow controlled. Light We     RESISTANCE   Exercise   Sets   Reps   Tempo   Rest   Coaching Tip     Barbell Deadlifts   4   9   2/0/2   90- 120   tempo is 2 second   concentric/0 hold/2 eccentric     Back Squat   4   9   2/0/2   "   tempo is 2 second   concentric/0 hold/2 eccentric     Back Squat   4   9   2/0/2   "   tempo is 2 second   concentric/0 hold/2 eccentric     Back Lunges   4   14   2/0/2   "   Tempo is 2 second   concentric/0 hold/2 eccentric     Step Back Lunges   4   9   2/0/2   "   Tempo is 2 second   concentric/0 hold/2 eccentric     Standing Curls   4   9   2/0/2   "   Tempo is 2 second   concentric/0 hold/2 eccentric     Stiff Leg Dumbbell Deadlifts   3   16   2/0/2   "   Tempo is 2 second   concentric/0 hold/2 eccentric     Stiff Leg Dumbbell Deadlifts   3   16   2/0/2   "   tight weight.	WARM-UP						
Walking lunges60 secondsSeated Leg Extensions310Pre Activation: Slow controlled. Light WeRESISTANCEFerroiseSetsRepsTempoRestCoaching TipBarbell Deadlifts492/0/290- 120 sectempo is 2 second concentric/0 hold/2 eccentrictempo is 2 second concentric/0 hold/2 eccentricBack Squat492/0/2"10Step Back Lunges4142/0/2"10Seated Leg Extensions492/0/2"10Standing Calf Raises492/0/2"10Stiff Leg Dumbbell Deadlifts3162/0/2"11COOL-DOWNSetsDurationCoaching Tip1111Treadmill/walk cool downSetsDurationCoaching Tip	Exercise	Se	ts	Duration		Coaching Tip	
Seated Leg Extensions   3   10   Pre Activation: Slow controlled. Light We controled. Light We controlled. Light We contend. Lig	Jumping Jacks				conds		
Controlled. Light WeRESISTANCEExerciseSetsRepsTempoRestCoaching TipBarbell Deadlifts492/0/290- 120 sectempo is 2 second concentric/0 hold/2 eccentricBack Squat492/0/2"1Step Back Lunges4142/0/2"7 reps each sideSeated Leg Extensions492/0/2"1Lying Hamstring Curls492/0/2"1Stiff Leg Dumbbell Deadlifts3162/0/2"1ExerciseSetsDurationCoaching TipTreadmill/walk cool down5minutes11	Walking lunges			60 seconds			
ExerciseSetsRepsTempoRestCoaching TipBarbell Deadlifts492/0/290- 120 sectempo is 2 second concentric/0 hold/2 eccentricBack Squat492/0/2"1Step Back Lunges4142/0/2"7 reps each sideSeated Leg Extensions492/0/260- sec7Lying Hamstring Curls492/0/2"1Standing Calf Raises492/0/2"1Stiff Leg Dumbbell Deadlifts3162/0/2"1ExerciseSetsDurationCoaching TipTreadmill/walk cool downII5 minuteI	Seated Leg Extensions	3	3		)	Pre Activation: Slow and controlled. Light Weight	
ExerciseSetsRepsTempoRestCoaching TipBarbell Deadlifts492/0/290- 120 sectempo is 2 second concentric/0 hold/2 eccentricBack Squat492/0/2"1Step Back Lunges4142/0/2"7 reps each sideSeated Leg Extensions492/0/260- 9 sec1Lying Hamstring Curls492/0/2"1Standing Calf Raises492/0/2"1Stiff Leg Dumbbell Deadlifts3162/0/2"1ExerciseSetsDurationCoaching TipTreadmill/walk cool downII5 minutesI	PESISTANCE				-		
Barbell Deadlifts492/0/290- 120 sectempo is 2 second concentric/0 hold/2 eccentricBack Squat492/0/2"*********************************		Sets	Reps	Тетро	Rest	Coaching Tip	
Back Squat492/0/2~Step Back Lunges4142/0/2"7 reps each sideSeated Leg Extensions492/0/260- 90 sec90 sec14Lying Hamstring Curls492/0/2"14Standing Calf Raises492/0/2"14Stiff Leg Dumbbell Deadlifts3162/0/2"19COOL-DOWNExerciseSetsDurationCoaching Tip Treadmill/walk cool down	Barbell Deadlifts	4	9	2/0/2	120	concentric/0 hold/2	
Step back Lunges4142/0/27 reps each sideSeated Leg Extensions492/0/260- 90 secLying Hamstring Curls492/0/2"Standing Calf Raises492/0/2"Stiff Leg Dumbbell Deadlifts3162/0/2"COOL-DOWNExerciseSetsDurationCoaching TipTreadmill/walk cool down55minutes	Back Squat	4	9	2/0/2	"		
Lying Hamstring Curls492/0/2"Lying Hamstring Curls492/0/2"Standing Calf Raises492/0/2"Stiff Leg Dumbbell Deadlifts3162/0/2"COOL-DOWNExerciseExerciseSetsDurationCoaching TipTreadmill/walk cool down5minutes5	Step Back Lunges	4	14	2/0/2	"	7 reps each side	
Lying Hamstring Curts 4 9 27072   Standing Calf Raises 4 9 2/0/2 "   Stiff Leg Dumbbell Deadlifts 3 16 2/0/2 "   COOL-DOWN   Exercise Sets Duration Coaching Tip   Treadmill/walk cool down 5 minutes 1	Seated Leg Extensions	4	9	2/0/2	90		
Standing Call Raises 4 9 27072   Stiff Leg Dumbbell Deadlifts 3 16 2/0/2 " light weight. Focus of hamstring stretch   COOL-DOWN   Exercise Sets Duration Coaching Tip   Treadmill/walk cool down 5 minutes 5	Lying Hamstring Curls	4	9	2/0/2	"		
Stim Leg Dumbbert Deadints S N 27072 Hight weight. Focus to hamstring stretch   COOL-DOWN   Exercise Sets Duration Coaching Tip   Treadmill/walk cool down 5 minutes 5 minutes	Standing Calf Raises	4	9	2/0/2	"		
ExerciseSetsDurationCoaching TipTreadmill/walk cool down5 minutes	Stiff Leg Dumbbell Deadlifts	3	16	2/0/2	"	light weight. Focus on hamstring stretch	
Treadmill/walk cool down 5 minutes	COOL-DOWN						
	Exercise	Se	Sets		on	Coaching Tip	
	Treadmill/walk cool down				es		
Dynamic Stretching 5 minutes	Dynamic Stretching			5 minut	es		



VORKOUT : WEDNESDA GOAL: HYPERTROPHY	DATE: MONTH 3				
WARM-UP					
Exercise	Se	ts	Duration		Coaching Tip
Jumping Jacks				conds	
Walking lunges			60 seconds		
Seated Leg Extensions	3	3		)	Pre Activation: Slow and controlled. Light Weight
RESISTANCE					1
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Front Squats	3	10	2/0/2	90- 120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Deadlifts	3	10	2/0/2	"	
Walking Lunges	3	16	2/0/2	"	8 reps each side
Single Leg Lunge	3	20	2/0/2	"	10 reps each side
Seated Hamstring Curls	3	10	2/0/2	60- 90 sec	
Seated Calf Raises	3	10	2/0/2	"	
Body Weight Squats	2	AMRA P	2/0/2	"	
COOL-DOWN					1
Exercise	Se	Sets		on	Coaching Tip
Treadmill/walk cool down			5 minutes		
			5 minut	-05	



VORKOUT : WEDNES GOAL: HYPERTROPHY	DATE: MONTH 4				
WARM-UP					
Exercise	Se	ts	Duration		Coaching Tip
Jumping Jacks				conds	
Walking lunges			60 seconds		
Seated Leg Extensions	:	3		)	Pre Activation: Slow and controlled. Light Weight
RESISTANCE					
Exercise	Sets	Reps	Тетро	Rest	Coaching Tip
Front Squats	4	9	2/0/2	90- 120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Deadlifts	4	9	2/0/2	"	
Walking Lunges	3	20	2/0/2	"	10 reps each side
Single Leg Lunge	3	24	2/0/2	"	12 reps each side
Seated Hamstring Curls	4	9	2/0/2	60 -90 sec	
Seated Calf Raises	4	9	2/0/2	"	
Body Weight Squats	2	AMRA P	2/0/2	"	
COOL-DOWN					
Exercise	Se	Sets		on	Coaching Tip
Treadmill/walk cool down				es	
Dynamic Stretching			5 minut	es 🛛	
Coaching Tips:					