



STRENGTH

8wk Workout Program

Workout Expectations

- Workouts should take about an hour
- Metabolic load on the body = ~500cal
- With respect to isolation, output and time, most exercises will superset with like or complementary exercises

TERMS (glossary's are alphabetical)

- RPE – Rate of perceived exertion. On a scale from 1-10, with 10 being impossible to nearly impossible. Another way to think about it is if an exercise is RPE7, then you should have to use 70% of your effort to complete the set. This is regardless of the number of sets. Pick a weight that gives you the desired feeling over, though, or at least by the end of the desired number of reps.
- % – The percentage of your max (listed on pg 1). For exercises we've tested and have data for, this is a way for us to give you the exact number instead of a feeling (RPE). If your percentage is not an available weight (i.e., 41.25lb dumbbells), round up (i.e., 45lbs).
- Warmup sets – are important for RPE exercises as you may need to feel out what weight will give you the desired RPE (you aren't psychic). For % based lifts, we will be taxing the body more, so warm up sets prime the body for better muscle fiber recruitment and faster neurotransmitter signaling. If 2 warm up sets are required before a 50lb dumbbell bench, then one set at 25, and another at 35lbs would be great warm up sets.
- Working Sets – should be at the desired RPE/% for all sets if possible, even if you fall short of the desired reps. Life happens, lack of sleep, diet, stress, or poor programming on our part can be all or a part to play in your success or lack thereof.

- Ex. – Shorthand for exercise
- ROM – Range of motion
- Bootstrap and other exercises you may not know – google...even trainers like us buy programs and many time we have to google what something is. If google fails you on the bootstrap, E3 Strength on YouTube should have a vid on its home page.
- Rest time – Some may feel too long while others, too short. They should be representative of the strain on the body, but if you feel like you can go sooner, you are welcome to try. Know that resting, too much or too little, is the first and most important thing you can change in a fitness routine. Try to stick close to the provided times as possible.
- Superset – denoted by the same number, because they are considered one “longer” exercise, where the separation is denoted by an a . (1st ex) and a b . (2nd ex.). There should be little to no rest time in between a and b . Those with a c ., follow the same pattern, but with a 3rd ex with no rest between b and c .

Notes

- Exercise pairings are done specifically so that you don't have to travel from one end of the gym to the other. For example, an overhead press and French curl can all be done at a 90° shoulder press bench. If one is not available, you can sit on a traditional bench without back support.
- Most exercises will not require the same weight. For example, the shoulder press and French curl will be a pair of dumbbells and a single dumbbell, respectively. Your shoulder press weight will be individually lighter per dumbbell than the French curl, while the French curl will be a single dumbbell approximately 75% of the total of both dumbbells from the shoulder press added together. But that's only at the same RPE. For varying RPE's you'll need to adjust your weight accordingly.
- Free weights and machines can spend time together, but they shouldn't live together. This means that if you are super setting a machine exercise with a dumbbell exercise, please pick your dumbbells out first and bring them over to the machine which you would like to occupy. For example, if you are doing lat pull downs and single arm dumbbell rows, you will bring your single dumbbell over to the lat pulldown station where you are to complete your pull downs and then immediately step back from the machine and use the seat of the machine as a base of support for a single arm row. And, of course, be kind and put your dumbbell back where it belongs, once you are done.

WORKOUT DAY 1: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	4	4	80%	0	Go directly into Bootstrap
1b. Bootstrap	2	4	15	n/a	2min	The hamstring stretch at the top of the ROM is your indicator to come back down. Try to lower Knees as close as possible to ground w/out actually touching
2a. Straight Arm Pull Down	1	3	10	RPE7	0	Aim to feel like you are pulling your chest through your arms
2b. Cable Curl	1	3	15	RPE9	1.75min	Full stretch at the bottom; elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Lying Glute Bridge	0	3	20	n/a	0	Squeeze glutes from the bottom to the top w/ an approximate 2 sec hold at top of ROM
3b. Straight Leg Raise	0	3	15	n/a	1min	Hands underneath butt to support lumbar. If back tightness/pain, bend legs accordingly

WORKOUT DAY 2: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	4	3	85%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Dropset Dumbbell Bench	2	4	15	42.5%	2.5min	If set 1 or 2 is too east, be sure to add in a 3sec negative
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	10	RPE4	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated French Curl	1	3	15	RPE7	0	Keep the elbows in a fixed position. Only the forearms should move. Think of it as an isometric shoulder ex.
3c. Dumbbell Shrug	1	3	12	RPE6	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 3: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	6	RPE8	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Leg Press	1	3	15	RPE6	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Standing Calf Raise	1	3	10	RPE6	2min	4 sec negatives should get the trick done w/out weight. Only add if well below RPE6
3a. Cable Rope Grip Face Pull	1	3	15	RPE7	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE9	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 4: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Leg Curl	2	3	8	RPE6	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Plank w/glute Extension	2	3	10	n/a	2min	In a forearm plank beside the leg curl, w/a straight leg, lift a foot off the ground one at a time alternating, holding long enough to feel each glute contract and squeeze
2a. Leg Extension	1	3	15	RPE7	0	Slight pause at top of ROM; negative ½ speed of positive contraction
2b. Bear Position Hold	1	3	30 sec	n/a	2min	All fours w/ knees hovering off the floor, thighs and forearms separated by no more than 18"
3a. Dumbbell Skull Crusher	1	3	15	RPE7	0	Start the decent hammer grip, then rotate palms out as you flex to the top
3b. Dumbbell Lateral Raise	1	3	20	RPE7	1.5min	Think more about raising them out versus up

WORKOUT DAY 5: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	3	10	RPE5	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	2	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Seated Cable Row	1	3	12	RPE7	0	Lead w/shoulder blade retraction. To ensure neutral shoulder position, ROM will look short and choppy
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Bicycle Crunch	1	3	15	RPE7	1min	Opposite elbow to opposite knee

WORKOUT DAY 6: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	4	4	70%	0	Go directly into Bootstrap
1b. Bootstrap	2	4	15	n/a	2min	The hamstring stretch at the top of the ROM is your indicator to come back down. Try to lower Knees as close as possible to ground w/out actually touching
2a. Straight Arm Pull Down	1	3	10	RPE7	0	Aim to feel like you are pulling your chest through your arms
2b. Cable Curl	1	3	15	RPE9	1.75min	Full stretch at the bottom; elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Lying Glute Bridge	0	3	20	n/a	0	Squeeze glutes from the bottom to the top w/ an approximate 2 sec hold at top of ROM
3b. Straight Leg Raise	0	3	15	n/a	1min	Hands underneath butt to support lumbar. If back tightness/pain, bend legs accordingly

WORKOUT DAY 7: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	4	5	80%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Dropset Dumbbell Bench	2	4	15	42.5%	2min	If set 1 or 2 is too east, be sure to add in a 3sec negative
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	10	RPE5	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated French Curl	1	3	15	RPE7	0	Keep the elbows in a fixed position. Only the forearms should move. Think of it as an isometric shoulder ex.
3c. Dumbbell Shrug	1	3	12	RPE6	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 8: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	6	RPE8	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Leg Press	1	3	15	RPE6	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Standing Calf Raise	1	3	10	RPE6	2min	4 sec negatives should get the trick done w/out weight. Only add if well below RPE6
3a. Cable Rope Grip Face Pull	1	3	15	RPE7	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE9	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 9: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/%	Rest	Notes
1a. Leg Curl	2	3	10	RPE6	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Plank w/glute Extension	2	3	10	n/a	2min	In a forearm plank beside the leg curl, w/a straight leg, lift a foot off the ground one at a time alternating, holding long enough to feel each glute contract and squeeze
2a. Leg Extension	1	3	15	RPE7	0	Slight pause at top of ROM; negative ½ speed of positive contraction
2b. Bear Position Hold	1	3	30 sec	n/a	2min	All fours w/ knees hovering off the floor, thighs and forearms separated by no more than 18"
3a. Dumbbell Skull Crusher	1	3	15	RPE7	0	Start the decent hammer grip, then rotate palms out as you flex to the top
3b. Dumbbell Lateral Raise	1	3	20	RPE7	1.5min	Think more about raising them out versus up

WORKOUT DAY 10: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	3	10	RPE6	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	2	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Seated Cable Row	1	3	12	RPE7	0	Lead w/shoulder blade retraction. To ensure neutral shoulder position, ROM will look short and choppy
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Bicycle Crunch	1	3	15	RPE7	1min	Opposite elbow to opposite knee

WORKOUT DAY 11: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	4	4	90%	0	Go directly into Bootstrap
1b. Bootstrap	2	4	15	n/a	2.5min	The hamstring stretch at the top of the ROM is your indicator to come back down. Try to lower Knees as close as possible to ground w/out actually touching
2a. Straight Arm Pull Down	1	3	10	RPE7	0	Aim to feel like you are pulling your chest through your arms
2b. Cable Curl	1	3	15	RPE10	1.75min	Full stretch at the bottom; elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Lying Glute Bridge	0	3	20	n/a	0	Squeeze glutes from the bottom to the top w/ an approximate 2 sec hold at top of ROM
3b. Straight Leg Raise	0	3	15	n/a	1min	Hands underneath butt to support lumbar. If back tightness/pain, bend legs accordingly

WORKOUT DAY 12: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	4	3	90%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Dropset Dumbbell Bench	2	4	15	45%	2.5min	If set 1 or 2 is too east, be sure to add in a 3sec negative
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	10	RPE6	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated French Curl	1	3	15	RPE7	0	Keep the elbows in a fixed position. Only the forearms should move. Think of it as an isometric shoulder ex.
3c. Dumbbell Shrug	1	3	12	RPE6	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 13: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	6	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE9	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Leg Press	1	3	15	RPE7	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Standing Calf Raise	1	3	10	RPE7	2min	4 sec negatives should get the trick done w/out weight. Only add if well below RPE6
3a. Cable Rope Grip Face Pull	1	3	15	RPE7	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE9	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 14: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/%	Rest	Notes
1a. Leg Curl	2	3	12	RPE7	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Plank w/glute Extension	2	3	10	n/a	2min	In a forearm plank beside the leg curl, w/a straight leg, lift a foot off the ground one at a time alternating, holding long enough to feel each glute contract and squeeze
2a. Leg Extension	1	3	15	RPE7	0	Slight pause at top of ROM; negative ½ speed of positive contraction
2b. Bear Position Hold	1	3	30 sec	n/a	2min	All fours w/ knees hovering off the floor, thighs and forearms separated by no more than 18"
3a. Dumbbell Skull Crusher	1	3	15	RPE7	0	Start the decent hammer grip, then rotate palms out as you flex to the top
3b. Dumbbell Lateral Raise	1	3	20	RPE7	1.5min	Think more about raising them out versus up

WORKOUT DAY 15: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	3	10	RPE7	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	2	3	10	RPE 9	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Seated Cable Row	1	3	12	RPE7	0	Lead w/shoulder blade retraction. To ensure neutral shoulder position, ROM will look short and choppy
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Bicycle Crunch	1	3	15	RPE7	1min	Opposite elbow to opposite knee

WORKOUT DAY 16: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	4	6	75%	0	Go directly into Bootstrap
1b. Bootstrap	2	4	15	n/a	2min	The hamstring stretch at the top of the ROM is your indicator to come back down. Try to lower Knees as close as possible to ground w/out actually touching
2a. Straight Arm Pull Down	1	3	10	RPE8	0	Aim to feel like you are pulling your chest through your arms
2b. Cable Curl	1	3	15	RPE10	1.75min	Full stretch at the bottom; elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Lying Glute Bridge	0	3	20	n/a	0	Squeeze glutes from the bottom to the top w/ an approximate 2 sec hold at top of ROM
3b. Straight Leg Raise	0	3	15	n/a	1min	Hands underneath butt to support lumbar. If back tightness/pain, bend legs accordingly

WORKOUT DAY 17: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	4	3	75%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Dropset Dumbbell Bench	2	4	15	37.5%	2.5min	If set 1 or 2 is too east, be sure to add in a 3sec negative
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	10	RPE7	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated French Curl	1	3	15	RPE7	0	Keep the elbows in a fixed position. Only the forearms should move. Think of it as an isometric shoulder ex.
3c. Dumbbell Shrug	1	3	12	RPE7	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 18: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	6	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE9	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Leg Press	1	3	15	RPE8	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Standing Calf Raise	1	3	10	RPE7	2min	4 sec negatives should get the trick done w/out weight. Only add if well below RPE6
3a. Cable Rope Grip Face Pull	1	3	15	RPE8	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE9	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 19: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/%	Rest	Notes
1a. Leg Curl	2	3	8	RPE8	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Plank w/glute Extension	2	3	10	n/a	2min	In a forearm plank beside the leg curl, w/a straight leg, lift a foot off the ground one at a time alternating, holding long enough to feel each glute contract and squeeze
2a. Leg Extension	1	3	15	RPE7	0	Slight pause at top of ROM; negative ½ speed of positive contraction
2b. Bear Position Hold	1	3	30 sec	n/a	2min	All fours w/ knees hovering off the floor, thighs and forearms separated by no more than 18"
3a. Dumbbell Skull Crusher	1	3	15	RPE8	0	Start the decent hammer grip, then rotate palms out as you flex to the top
3b. Dumbbell Lateral Raise	1	3	20	RPE8	1.5min	Think more about raising them out versus up

WORKOUT DAY 20: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	3	10	RPE6	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	2	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Seated Cable Row	1	3	12	RPE7	0	Lead w/shoulder blade retraction. To ensure neutral shoulder position, ROM will look short and choppy
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Bicycle Crunch	1	3	15	RPE7	1min	Opposite elbow to opposite knee

WORKOUT DAY 21: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	3	1	3	85%	0	Go directly into Dropset
1b. Goblet Squat Dropset	2	4	5-10	65%	2min	The bulk of your effort will be in the previous exercise, so don't go for broke here. If all you have is 5, that is ok. Fatigue/failure is a good thing
2a. Assisted (Machine or band) pullup	1	3	6	RPE7	0	Aim to feel like you are pulling your chest to the bar/grips. 1.5x shoulder width
2b. Dumbbell Hammer Curl	1	3	10	RPE10	1.75min	Elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Single leg Alternating Lying Glute Bridge	0	3	10	n/a	0	Squeeze glutes from the bottom to the top, even though you feel imbalanced. Approximate 1 sec hold at top of ROM
3b. Ab wheel Rollout (Or reverse crunch)	0	3	15	n/a	1min	Hands underneath butt to support lumbar for RC. Listen to hip flexors. If unable to do either, skip and let Earl know

WORKOUT DAY 22: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	3	5	85%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Low Incline Press	2	3	15	65%	2.5min	Similar to dropset from previous 4 weeks, just harder. Stay in the meat of the motion. Be especially careful to not go too deep.
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	10	RPE5	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated Alternating French Curl	1	3	10	RPE7	0	Air on the lighter side. You can always go up next week if you are under the desired RPE
3c. Dumbbell Shrug	1	3	12	RPE6	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 23: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	6	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Single Leg Press	1	3	15	RPE7	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Leg Press Calf Raise	1	3	10	RPE7	2min	Perform calf raises on leg press. Adjust weight accordingly to meet RPE
3a. Cable Rope Grip Face Pull	1	3	15	RPE7	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	15	RPE7	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 24: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Leg Curl	3	1	8	RPE7	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Dropset Leg Curl	0	3	10	RPE 4	2.5min	Same as above, but feel free to move faster, if control can be maintained
2. Leg Extension	1	3	15	RPE8	0	Slight pause at top of ROM; negative ½ speed of positive contraction
3. Decline Dumbbell Bench	1	3	15	RPE7	2min	You will need a spotter to be on the safe side getting up and down, so this is a stand alone ex.
4a. Dumbbell Skull Crusher	1	3	15	RPE7	0	Start the decent hammer grip, then rotate palms out as you flex to the top
4b. Dumbbell Lateral Raise	1	3	20	RPE7	1.5min	Think more about raising them out versus up

WORKOUT DAY 25: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	3	10	RPE6	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	1	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Single arm Seated Cable Row	1	3	12	RPE7	0	Find a single handle. Focus on the stretch in your lats w/out protracting the shoulder.
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	RPE10	0	As many as you can do each set
3b. Plank Shoulder Touch	1	3	10	RPE6	2min	Pause w/each touch. The goal is not speed, but antirotation. How slow can you go and maintain still, stable hips?

WORKOUT DAY 26: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	3	1	3	90%	0	Go directly into Dropset
1b. Goblet Squat Dropset	2	4	5-10	70%	2.5min	The bulk of your effort will be in the previous exercise, so don't go for broke here. If all you have is 5, that is ok. Fatigue/failure is a good thing
2a. Assisted (Machine or band) Pullup	1	3	8	RPE8	0	Aim to feel like you are pulling your chest to the bar/grips. 1.5x shoulder width
2b. Dumbbell Hammer Curl	1	3	12	RPE10	2min	Elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Single leg Alternating Lying Glute Bridge	0	3	12	n/a	0	Squeeze glutes from the bottom to the top, even though you feel imbalanced. Approximate 1 sec hold at top of ROM
3b. Ab wheel Rollout (Or reverse crunch)	0	3	15	n/a	1min	Hands underneath butt to support lumbar for RC. Listen to hip flexors. If unable to do either, drop Earl an email.

WORKOUT DAY 27: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	3	5	90%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Low Incline Press	2	3	15	70%	2.5min	Similar to dropset from previous 4 weeks, just harder. Stay in the meat of the motion. Be especially careful to not go too deep.
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	8	RPE6	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated Alternating French Curl	1	3	12	RPE7	0	Air on the lighter side. You can always go up next week if you are under the desired RPE
3c. Dumbbell Shrug	1	3	12	RPE7	1.5min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 28: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	8	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Single Leg Press	1	3	15	RPE7	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Leg Press Calf Raise	1	3	10	RPE7	2min	Perform calf raises on leg press. Adjust weight accordingly to meet RPE
3a. Cable Rope Grip Face Pull	1	3	15	RPE7	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE8	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 29: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Leg Curl	3	1	10	RPE7	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Dropset Leg Curl	0	3	12	RPE 4	2.5min	Same as above, but feel free to move faster, if control can be maintained
2. Leg Extension	1	3	15	RPE7	0	Slight pause at top of ROM; negative ½ speed of positive contraction
3. Decline Dumbbell Bench	1	4	12	RPE7	2min	You will need a spotter to be on the safe side getting up and down, so this is a stand-alone ex.
4a. Dumbbell Skull Crusher	1	3	15	RPE7	0	Start the decent hammer grip, then rotate palms out as you flex to the top
4b. Dumbbell Lateral Raise	1	3	20	RPE7	1.5min	Think more about raising them out versus up

WORKOUT DAY 30: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	2	8	RPE7	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	2	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative.
2a. Single arm Seated Cable Row	1	3	12	RPE7	0	Find a single handle. Focus on the stretch in your lats w/out protracting the shoulder.
2b. Dumbbell Hammer Curl	1	3	10	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Plank Shoulder Touch	1	3	15	RPE7	2min	Pause w/each touch. The goal is not speed, but antirotation. How slow can you go and maintain still, stable hips?

WORKOUT DAY 31: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	2	3	80%	0	Go directly into Dropset
1b. Goblet Squat Dropset	2	4	8	60%	2min	The bulk of your effort will be in the previous exercise, so don't go for broke here. If all you have is 5, that is ok. Fatigue/failure is a good thing
2a. Assisted (Machine or band) pullup	1	3	10	RPE8	0	Aim to feel like you are pulling your chest to the bar/grips. 1.5x shoulder width
2b. Dumbbell Hammer Curl	1	3	10	RPE10	1.75min	Elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Single leg Alternating Lying Glute Bridge	0	3	15	n/a	0	Squeeze glutes from the bottom to the top, even though you feel imbalanced. Approximate 1 sec hold at top of ROM
3b. Ab wheel Rollout (Or reverse crunch)	0	3	20	n/a	1min	Hands underneath butt to support lumbar for RC. Listen to hip flexors. If unable to do either, skip and let Earl know

WORKOUT DAY 32: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	3	8	80%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Low Incline Press	2	3	15	60%	2min	Similar to dropset from previous 4 weeks, just harder. Stay in the meat of the motion. Be especially careful to not go too deep.
2. Incline Dumbbell Row	1	3	15	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	5	RPE8	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated Alternating French Curl	1	3	15	RPE8	0	Air on the lighter side. You can always go up next week if you are under the desired RPE
3c. Dumbbell Shrug	1	3	10	RPE8	1.5min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 33: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	3	10	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	2	3	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Single Leg Press	1	4	12	RPE8	0	Increase foot placement height from Low/Med/High from set 2-3 respectively
2b. Leg Press Calf Raise	1	4	10	RPE8	2min	Perform calf raises on leg press. Adjust weight accordingly to meet RPE
3a. Cable Rope Grip Face Pull	1	3	10	RPE8	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE8	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 34: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Leg Curl	3	1	6	RPE8	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Dropset Leg Curl	0	3	10	RPE 5	2.5min	Same as above, but feel free to move faster, if control can be maintained
2. Leg Extension	1	4	12	RPE8	0	Slight pause at top of ROM; negative ½ speed of positive contraction
3. Decline Dumbbell Bench	1	4	10	RPE8	2min	You will need a spotter to be on the safe side getting up and down, so this is a stand alone ex.
4a. Dumbbell Skull Crusher	1	3	15	RPE8	0	Start the decent hammer grip, then rotate palms out as you flex to the top
4b. Dumbbell Lateral Raise	1	3	15	RPE8	1.5min	Think more about raising them out versus up

WORKOUT DAY 35: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	1	6	RPE8	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	1	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative on the down
2a. Single arm Seated Cable Row	1	3	10	RPE7	0	Find a single handle. Focus on the stretch in your lats w/out protracting the shoulder.
2b. Dumbbell Hammer Curl	1	3	8	RPE8	1.5min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	RPE10	0	As many as you can do each set
3b. Plank Shoulder Touch	1	3	20	RPE8	2min	Pause w/each touch. The goal is not speed, but antirotation. How slow can you go and maintain still, stable hips?

WORKOUT DAY 36: Lower Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Goblet Squat	2	1	2	95%	0	Go directly into Dropset
1b. Goblet Squat Dropset	2	4	5	75%	3min	The bulk of your effort will be in the previous exercise, so don't go for broke here. If all you have is 1-2, that is ok. Fatigue/failure is a good thing
2a. Assisted (Machine or band) Pullup	1	3	12	RPE8	0	Aim to feel like you are pulling your chest to the bar/grips. 1.5x shoulder width
2b. Dumbbell Hammer Curl	1	3	12	RPE10	2.25min	Elbows locked into your sides; when forearms hit biceps, that is top of ROM
3a. Single leg Alternating Lying Glute Bridge	0	3	20	n/a	0	Squeeze glutes from the bottom to the top, even though you feel imbalanced. Approximate 1 sec hold at top of ROM
3b. Ab wheel Rollout (Or reverse crunch)	0	3	20	n/a	1min	Hands underneath butt to support lumbar for RC. Listen to hip flexors. If unable to do either, drop Earl an email.

WORKOUT DAY 37: Chest Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Dumbbell Bench Press	2	2	3	95%	0	As soon as you can set your dumbbells down grab your lighter weight and get started with 1b
1b. Low Incline Press	2	3	15	75%	3min	Similar to dropset from previous 4 weeks, just harder. Stay in the meat of the motion. Be especially careful to not go too deep.
2. Incline Dumbbell Row	1	4	12	RPE8	1.5min	Lead with shoulder blade retraction and follow through w/ arms. Avoid over protracting at bottom of ROM
3a. Shoulder Press	1	3	8	RPE7	0	Should be overly light as the next exercise complements the same muscles very well
3b. Seated Alternating French Curl	1	3	12	RPE8	0	Air on the lighter side. You can always go up next week if you are under the desired RPE
3c. Dumbbell Shrug	1	3	12	RPE8	1min	Similar to #2 lead with retraction to promote good posture (stick your chest out)

WORKOUT DAY 38: Back Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Lat Pull Down	2	2	12	RPE9	0	1.5x your shoulder width. Lead w/ retraction; chest does not have to touch the bar
1b. Single Dumbbell Bent Over Row	1	4	10	RPE8	2.5min	Lead with retraction. Use lat pull down for stability/support
2a. Single Leg Press	1	3	15	RPE8	0	Increase foot placement height from Low/Med/High from set 1-3 respectively
2b. Leg Press Calf Raise	1	3	10	RPE	2min	Perform calf raises on leg press. Adjust weight accordingly to meet RPE
3a. Cable Rope Grip Face Pull	1	3	15	RPE8	0	Lead with retraction. Hands should stop prior to engagement w/face/torso
3b. Rope Grip Cable Hammer Curl	1	3	12	RPE8	1.5min	Try to separate ends of rope w/ each rep to recruit more muscle fibers

WORKOUT DAY 39: Leg Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Leg Curl	3	1	8	RPE8	0	Don't Throw the weight up. Squeeze the weight up and control it down. Otherwise drop weight
1b. Dropset Leg Curl	0	3	15	RPE 5	2.5min	Same as above, but feel free to move faster, if control can be maintained
2. Leg Extension	1	4	15	RPE8	0	Slight pause at top of ROM; negative ½ speed of positive contraction
3. Decline Dumbbell Bench	1	4	10	RPE8	2min	You will need a spotter to be on the safe side getting up and down, so this is a stand-alone ex.
4a. Dumbbell Skull Crusher	1	3	15	RPE8	0	Start the decent hammer grip, then rotate palms out as you flex to the top
4b. Dumbbell Lateral Raise	1	3	15	RPE8	1.5min	Think more about raising them out versus up

WORKOUT DAY 40: Delt Focused Full Body

EXERCISE	Warm Up Sets	Working Sets	Reps	RPE/ %	Rest	Notes
1a. Overhead Press	2	4	10	RPE6	0	Feel this one out. If there is pain or discomfort at all, skip. Let Earl know and we will make a modification
1b. Egyptian Lateral	1	3	10	RPE 8	2min	The Idea behind your body at a 45° is so that momentum helps you on the up. Be sure to focus on controlling your negative.
2a. Single arm Seated Cable Row	1	4	12	RPE7	0	Find a single handle. Focus on the stretch in your lats w/out protracting the shoulder.
2b. Dumbbell Hammer Curl	1	4	10	RPE8	2min	Focus on keeping the arm (bi and tri) as still as possible, so that only the forearm moves
3a. Push Up	1	3	Fail	n/a	0	As many as you can do each set.
3b. Plank Shoulder Touch	1	3	10	RPE8	2.5min	Hold each touch for 3sec/side

