

TRAINING PLANPRO

FREE PREVIEW



PULL DAY

DEADLIFT

3 x 8



Instructions:

- 1 - Position your legs shoulder-width apart
- 2 - Grab the bar keeping your back flat
- 3 - Lift your chest and press your hips forward
- 4 - Begin to stand up
- 5 - Lock your knees at the top of the lift
- 6 - Lower the bar down

Tips:

- Kepp the bar as close to the body as possible
- Use magnesium
- Do not do sumo deadlifts

LEG DAY

BULGARIAN SPLIT SQUATS

3 x 10



Instructions:

- 1 - Find a platform that's about knee-height
- 2 - Find your ideal feet positioning
- 3 - Pick up the dumbbells
- 4 - Perform the exercise with as much range of motion
- 5 - Do not lock your knees between reps

Tips:

Sit on the edge with your knees locked in, that should find your ideal front foot position

Make sure your knees don't flare out, nor go further than toes

PULL DAY

HAMMER CURLS

3 x FAILURE



Instructions:

- 1 - Grab the dumbbells palms facing inwards
- 2 - Curl the dumbbells towards your shoulders
- 3 - Squeeze at the top and lower the weights down

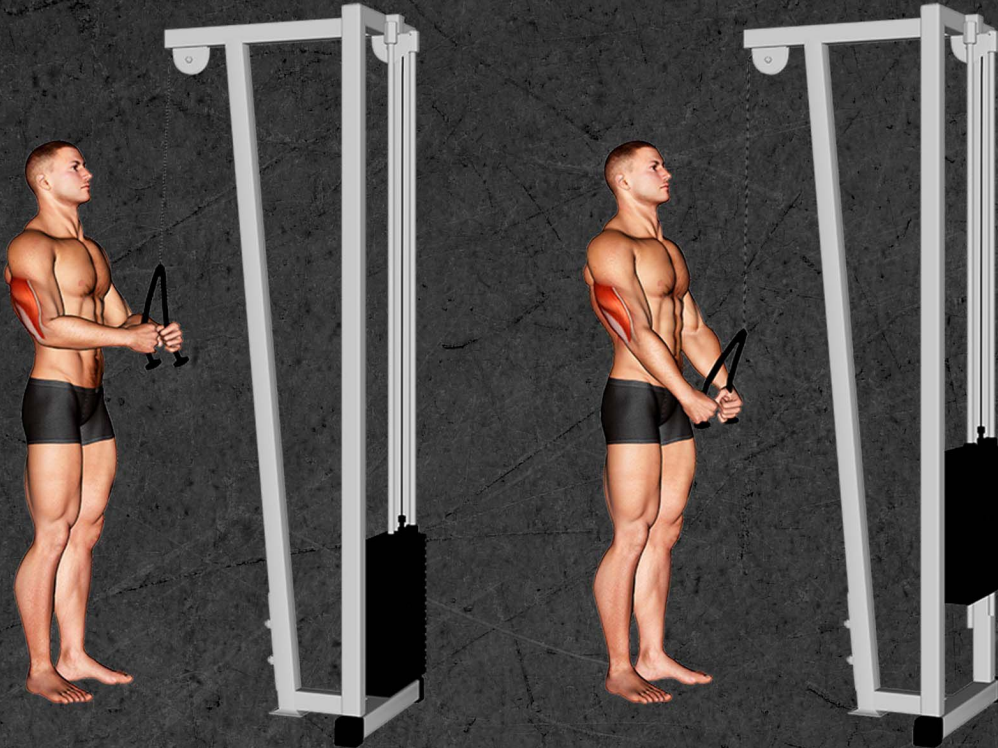
Tips:

- Keep your elbows close to your sides
- Avoid swinging the dumbbells

PUSH DAY

CABLE ROPE PUSHDOWN

3 x FAILURE



Instructions:

- 1 - Attach a double rope to the top
- 2 - Push the rope down
- 3 - Spread the ropes apart at the bottom
- 4 - Slowly control the weights back up

Tips:

Make sure you dont include your lats/abs in this exercise

Lean a bit forward

Keep your elbows at the same place throughout the exercise