

TESTOSTERONE

SUPER SIZE

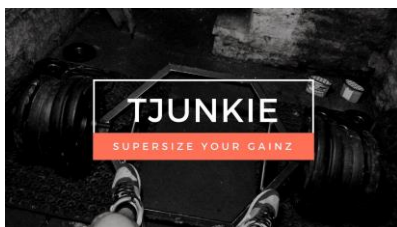
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YOUR GAINS



Day 1: Full Body A

EXERCISE		SETS	REPS	REST
Squat		5	10	60 secs
Single Leg Glute Bridge (weighted)		4	12-15	60 secs
Dumbbell Bent Over Row		3	12	60 secs



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<p>Dumbbell Shoulder Press</p>		<p>3</p>	<p>12</p>	<p>60 secs</p>
<p>DB Alternate Bicep Curl</p>		<p>2</p>	<p>15</p>	<p>60 secs</p>
<p>Tricep Kickback</p>		<p>2</p>	<p>15</p>	<p>60 secs</p>
<p>Cable Crunch</p>		<p>4</p>	<p>15</p>	<p>30 secs</p>



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Day 2: Full Body B

EXERCISE		SETS	REPS	REST
Barbell Hip Thrust		5	10	60 secs
Leg Extensions		4	12-15	60 secs
Pull Downs		3	12	60 secs

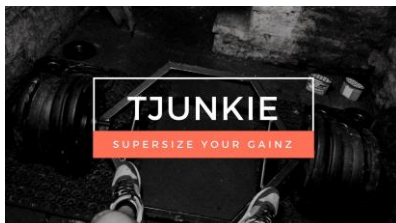


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Face Pulls		3	12	60 secs
Hammer Curls		2	15	60 secs
Bench Dips		2	15	60 secs
Russian Twist		4	15	30 secs


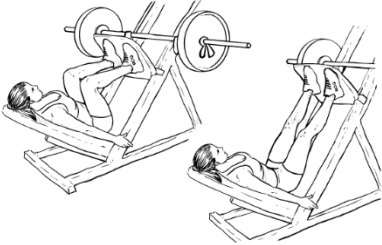



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Day 3: Full Body C

EXERCISE		SETS	REPS	REST
Sumo Deadlift		5	10	60 secs
Leg Press		4	12-15	60 secs
Seated Machine Row		3	12	60 secs







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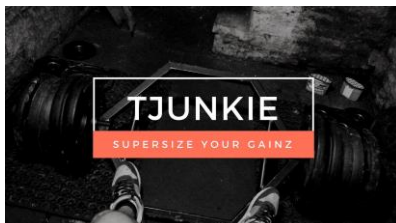
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Chest Press		3	12	60 secs
Cable Curl	 <p>STRAIGHT-BAR CABLE CURL</p>	2	15	60 secs
Rope Pushdown		2	15	60 secs
Knee Raises		4	15	30 secs



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Day 4: Glue Focus (Bonus)



<p>Barbell Hip Thrust</p>		<p>4</p>	<p>12-15</p>	<p>60 secs</p>
<p>Smith Machine Lunge</p>		<p>4</p>	<p>12-15</p>	<p>60 secs</p>
<p>Cable Hip Abductor</p>		<p>4</p>	<p>20</p>	<p>60 secs</p>



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Goblet Squat (Wide stance)		4	12-15	60 secs
Cable Pull Through		4	12-15	60 secs

Workout plan produced by Jason James www.coachjay.uk

- BSc University of Bedfordshire
- REPS personal training level 2 & 3
- REPS advanced personal training level 4
- CrossFit level 1

Schedule:

Beginners

Train 3 times a week with at least one day of rest in between each session

Intermediates

Train 4 days a week. The additional 4th workout will be focused on extra glute development and can be placed on any free day you find most convenient.

