



Week #3: Recovery Training

1 to 2-minute rest in between sets.

Purpose – to further build and solidify neuromuscular pathways that support the full function of muscle growth and development.

Basically, this phase helps build the functionality of your muscles and major muscle groups.

Day 1 – Legs

Focus: General Recovery Training

Deficit Deadlift	10, 5, 4, 3, 1 Reps – 5 Sets, Max on last set
Plate Under Heels BB Front Squat	4 Sets of 12 Reps, Hold for 10 seconds on last rep
Leg Press	4 Sets of 10 Reps
Leg Curl	4 Sets of 10 Reps

Day 2 – Chest, Shoulders

Focus: Advanced Recovery Training

BB Inline BP	3 Sets of 10 Reps
BB Bench Press	3 Sets of 10 Reps
Dips	2 Max Sets, Hold for 10 secs on last rep
Reverse Grip BB Inclined Bench Press	15, 12, 10, 10, 10 Reps – 5 total Sets

Day 3 – Legs, Back & Bi's

Focus: Advanced Recovery Training

Good Mornings	5 Sets of 12 Reps
Deficit Deadlift	3 Sets of 10 Reps
T-Bar Row	5 Sets of 12 Reps
Bent-Over BB Row	5 Sets of 12 Reps
E-Z Bar Curls	15 Sets of 8 Reps

Day 4 – Chest, Shoulders & Tri's

Focus: Intense Recovery Training

Dumbbell Bench Press	4 Sets of 10 Reps
Skull Crushers	4 Sets of 15 Reps
Inclined DB Fly's	4 Sets of 15 Reps
Cable Lateral Raises	7 Sets of 18 Reps
Weighted Dips (60-90% MAX WGT)	6 Max Sets, Hold on Last Rep



Flexed, Tricep Pushdowns	10 Sets of 10 Reps, 10 sec hold at extension (on Last Rep)
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Day 5 – Legs, Core, Optional Cardio

Focus: Intense Recovery Training

Plate Under Toes Barbell Squat	4 Sets of 10 Reps, Hold 4 sec at bottom
Power Cleans	4 Sets of 5 Reps
Leg Press	4 Sets of 12 Reps, 20 calf presses after ea. set
Side Bends	50, 25, 10, 10, 10 Reps – 5 Total Sets
BB Calf Raises	5 Sets of 20 Reps + heavy set of 10

20 Minutes of High Intensity Cardio i.e, a sport

Day 6 – Back, Bi's & Tri's

Focus: Intense Recovery Training

Lat Pull Downs	5 Sets of 15 Reps
Barbell Shrugs	4 Sets of 12 Reps + Set of Max Weight
Tricep Extensions	4 Sets of 12 Reps
Inclined Bench Dumbbell Curls	8 Sets of 6 Reps
T-Bar Rows	5 Sets of 15 Reps
Straight Barbell Curls	15 Sets of 5, work your way up to Max
Tricep Pushdowns	15 Sets of 5, hold for 10 secs on last rep of set

Day 7 – Recover

