

MAX STRENGTH

WITH FOCUS SETS + SUPERSET ACCESSORY WORK

DAY 1: LEGS	DAY 2: BACK & CHEST	DAY 3: REST	DAY 4: GLUTES	DAY 5: ARMS	DAY 6: REST	DAY 7: REST
WARMUP (5 MIN)	WARMUP (5 MIN)		WARMUP (5 MIN)	WARMUP (5 MIN)		
SQUAT FOCUS SETS + LEG ACCESSORY WORK (25 MIN)	BACK ROW FOCUS SETS + CHEST & BACK ACCESSORY WORK (25 MIN)		DEADLIFT FOCUS SETS + GLUTES ACCESSORY WORK (25 MIN)	TRICEP EXTENSION FOCUS SETS + ARM ACCESSORY WORK (25 MIN)		
BEAR CRAWL BURNOUT (10 MIN)	AB FINISHER (10 MIN)		LATERAL JUMP DOUBLE LADDER CARDIO BURNOUT (10 MIN)	SHOULDER PRESS VARIATIONS (12 MIN)		
COOLDOWN (5 MIN)	COOLDOWN (5 MIN)		COOLDOWN (5 MIN)	COOLDOWN (5 MIN)		