

4-day/week Strength Training Routine for Maximum Strength Gains - ST-12

WORKOUT 2

Legs		Sets				
		Max Sets				
Squat		20 min. super cluster				
week 1	80% of your 1-Rep Max (RM)	3 reps x Max Sets				
week 2	85% of your 1-Rep Max	2 reps x Max Sets				
week 3	90% of your 1-Rep Max	1 rep x Max Sets				
week 4	weight used in week 2	3 reps x Max Sets				
week 5	weight used in week 3	2 reps x Max Sets				
Legs Supersets		Sets				
		1	2	3	4	5
super set	leg-curls	8	8	8	6	6
	stiff-leg deadlift	8	8	8	6	6
standing calf raises		10	10	8	8	6
Notes						

go super slow on the and take you at least 3 supersets.

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WORKOUT SCHEDULE

Mon	Tue	Wed	Thur	Fri	Sat	Sun
workout 1	WORKOUT 2		workout 1b	workout 2b		

WORKOUT SCHEDULE (OPTION 2)

Mon	Tue	Wed	Thur	Fri	Sat	Sun
workout 1		WORKOUT 2	workout 1b		workout 2b	