

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

WORKOUT 2

| L e g s | | S e t s | | | | |
|----------------------|----------------------------|-----------------------|----|---|---|---|
| | | 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 | | S e t s | | | | |
| super set | | 1 | 2 | 3 | 4 | 5 |
| | leg-curls | 8 | 8 | 8 | 6 | 6 |
| | stiff-leg deadlift | 8 | 8 | 8 | 6 | 6 |
| standing calf raises | | 10 | 10 | 8 | 8 | 6 |
| N o t e s | | | | | | |

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

PREVIEW SAMPLE
of ONE
workout only!

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COMPLETE
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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 | |