PHASE 2) ADVANCED PROGRAMME by Graham Healy

BODY-FIT
PERSONAL TRAINERS NETWO

R = REST: 60 SECONDS , HEAVY 90 SEC, INT = INTENSITY (1 to 10)
LOWER BODY, P/E=PRE-EXHAUST

EXERCISE QUADS	DATE		INT		INT		INT		INT		INT		INT		INT		I
Leg Extension	WT/REP (1)																
	WT/REP (2)																
(Super Sets)	WT/REP (3)																
	WT/REP (4)																
	WT/REP (5)																
	WT/REP (6)																
HAMSRNG Leg curls	WT/REP (1)																
	WT/REP (2)																
	WT/REP (3)																
(A) Leg Press	WT/REP (1)																
✓ ✓	WT/REP (2)																
✓ ✓	WT/REP (3)																
✓ ✓	WT/REP (4)																
✓ ✓	WT/REP (5)																
LUNGES	WT/REP (6)																
(B) SQUATS + LUNGES	WT/REP (1)																
(C) LUNGES + Leg Ext	WT/REP (2)																
(D) HACK SQ + Leg Ext	WT/REP (3)																
(E) Bent leg Deadlifts + Single leg curls	WT/REP (1)																
	WT/REP (2)																
ROTATION EXERCISES OVER/2 WK CYCLE	WT/REP (3)																
(LOWER BACK) Back Ext	WT/REP (4)																
✓ ✓ START	WT/REP (5)																
✓ ✓	WT/REP (6)																