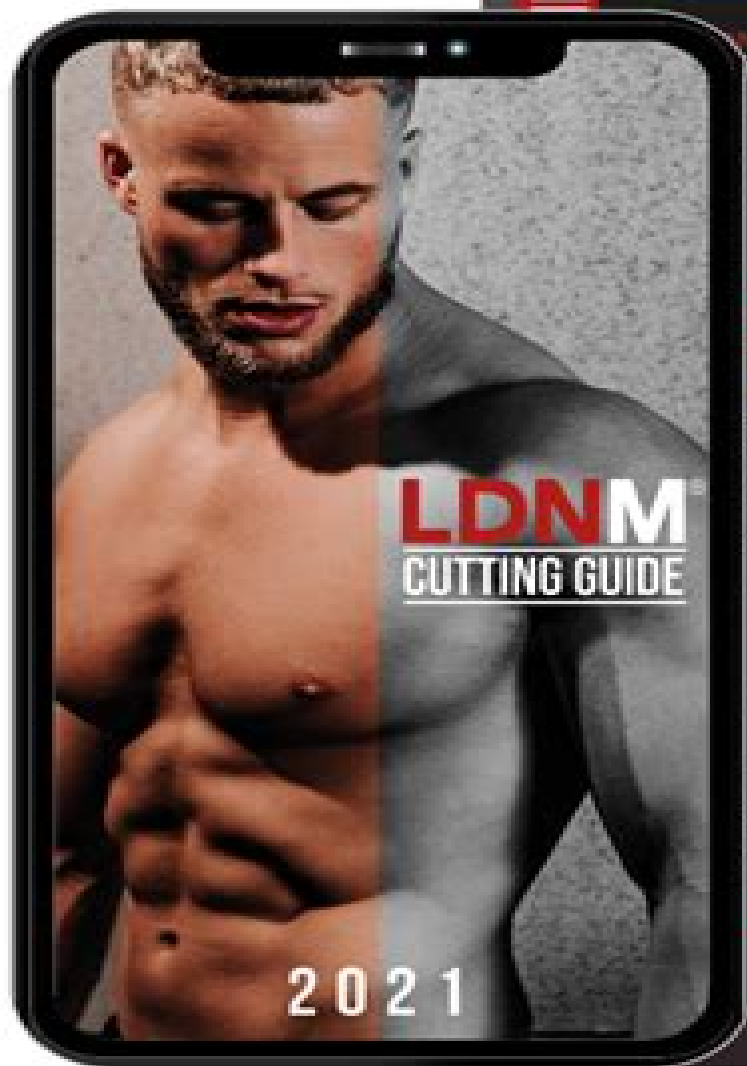




TRAIL

WEEK 1 & 7 - LOWER 1

FRONT SQUAT

Weeks 1 & 8: 8 Reps

Weeks 9 & 12: 12 Reps

1

Place dumbbells by your sides, before
squatting and sitting into a large position.

Drive back, driving back up to your start.

Same leg for specified reps then switch.



SET

VERSION

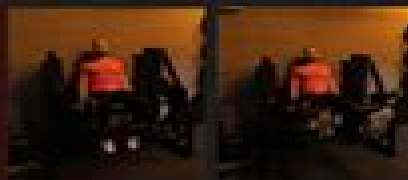
Weeks 1 & 8: 8 Reps

Weeks 9 & 12: 12 Reps

Use wrist or shoulder width apart unless
position you can comfortably achieve.

Push your heels at the peak, and control
descent of the lift.

Keep feet flat, and back and shoulders against



Weeks 1 & 8: 8 Reps

Weeks 9 & 12: 12 Reps

Keep shoulders against the pads, keeping
feet flat on the ground.

Push your heels at the peak, and control
descent of the lift.

Push your heels at the peak, and control
descent of the lift.



STRAIGHT CUTO

Ldn Muscle Bulking Guide

David Zinczenko, Ted Spiker



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