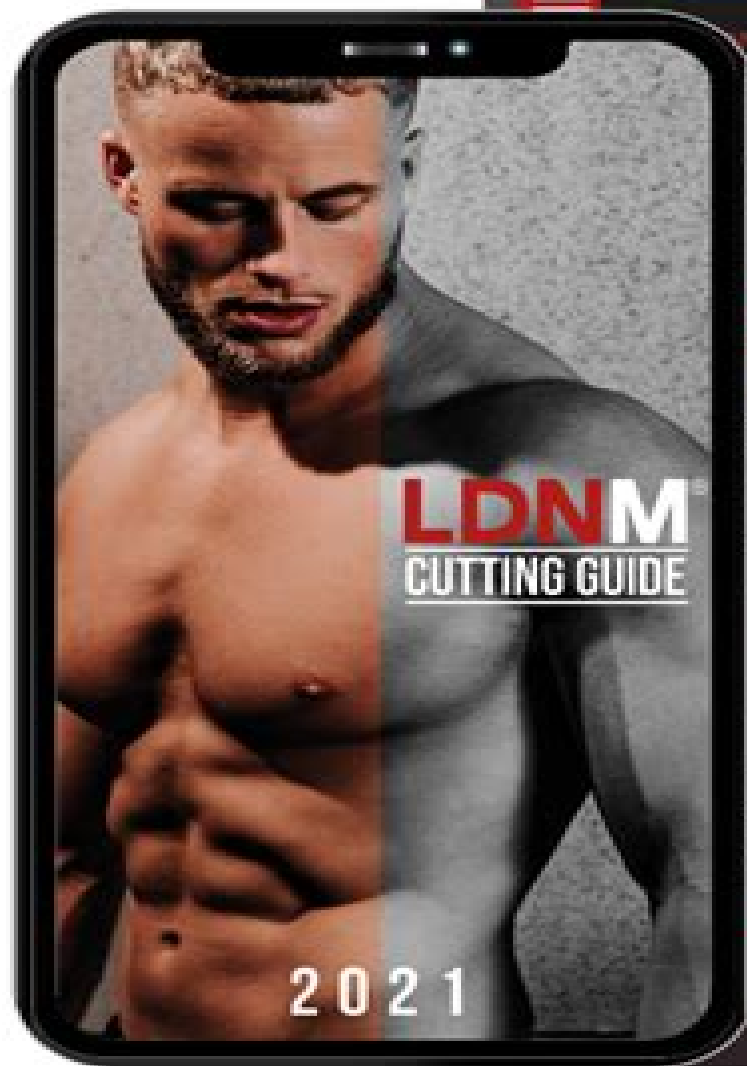




TRAIL

WEEK 1 & 7 - LOWER 1

FRONT SQUAT

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

Place your dumbbells by your sides, before
squatting and moving into a lunge position.

Lower back, driving back up to your start

Use one leg for specified reps then switch.



SET

VERSION

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

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

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

Keep your feet, and back and shoulders against



STRAIGHT CUTO

Weeks 1 & 8: 8 Reps
Weeks 9 & 12: 12 Reps

Keep shoulders against the pads, keeping
feet in your spine.

Push your quads out against the front pad,
with (or without) open.

Push your hamstrings and drive your heels
into your foot, firmly grasping the



Ldn Muscle Bulking Guide

Marcel A. Müller

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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