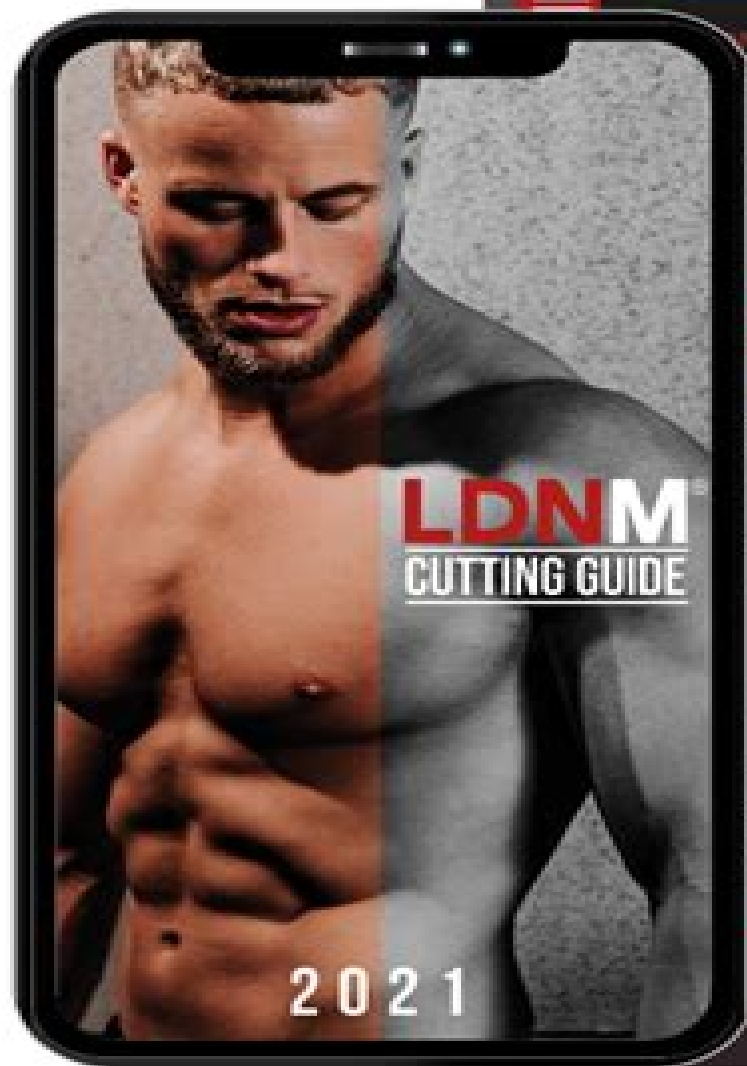




TRAIL

WEEK 1 & 7 - LOWER 1

FRONT LUNGE

Reps x 8 Reps
Reps x 12 Reps

Place dumbbells by your sides, before
stepping forward and sinking into a lunge position.

Push back, driving back up to your start

Alternate leg for specified reps then switch.



SET

VERSION

Reps x 8 Reps
Reps x 12 Reps

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

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

Keep feet flat, and back and shoulders against



STRAIGHT CRUTO

Reps x 8 Reps
Reps x 12 Reps

Keep shoulders against the pads, keeping
feet flat on your spine.

Push your quads out against the pivot pad,
with (or without) spine.

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



Ldn Muscle Bulking Guide

R Barnett



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