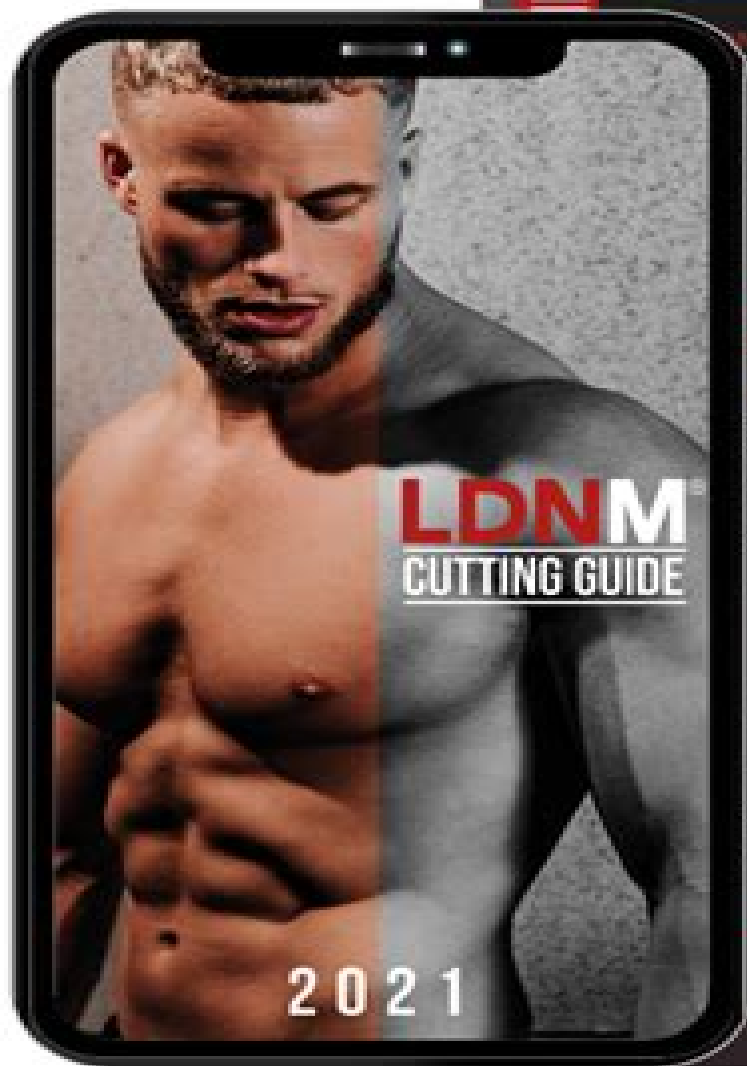




TRAIN

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 sitting into a large position.

Drive back, driving back up to your start.

Use one leg for specified reps then switch.



SET

VERSION

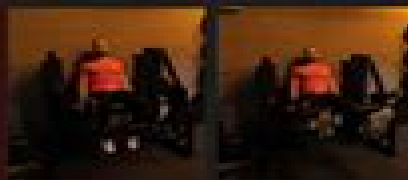
Weeks 1 & 8: 8 Reps

Weeks 9 & 12: 12 Reps

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

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

Keep your feet, and back and shoulders against



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



STRAIGHT CUTO

Ldn Muscle Bulking Guide

Lauren Gardner



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