

Anatomy Built For War

Phase 2

Anatomy - Day 1 - Chest & Back												
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A 1	BENCH PRESS FLAT STD. BB MID GRIP DEAD STOP FROM PINS	1	5	3-5	32X0	120						
		2	5	3-5	32X0	120						
		3	5	3-5	32X0	120						
		4	5	3-5	32X0	120						
A 2	STERNUM PULL-UP, *BAND CAN BE USED	1	5	3-5	4010	120						
		2	5	3-5	4010	120						
		3	5	3-5	4010	120						
		4	5	3-5	4010	120						
B 1	BENCH PRESS 15o INCLINE STD BB PRONATED GRIP	1	4	6-8	40X0	90						
		2	4	6-8	40X0	90						
		3	4	6-8	40X0	90						
		4	4	6-8	40X0	90						
B 2	CHIN-UP, MID SEMI- SUPINATED GRIP	1	4	6-8	40X0	90						
		2	4	6-8	40X0	90						
		3	4	6-8	40X0	90						
		4	4	6-8	40X0	90						
C 1	STANDING CABLE CROSSOVERS	1	2	6-6-6	3010	60						
		2	2	6-6-6	3010	60						
		3	2	6-6-6	3010	60						
		4	2	6-6-6	3010	60						
C 2	LAT PULLDOWN, NEUTRAL GRIP	1	2	6-6-6	3110	60						
		2	2	6-6-6	3110	60						
		3	2	6-6-6	3110	60						
		4	2	6-6-6	3110	60						

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Anatomy Day 2 - Legs												
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A1	SQUAT BACK BB HEELS ELEVATED NORMAL	1	5	3-5	4010	120						
		2	5	3-5	4010	120						
		3	5	3-5	4010	120						
		4	5	3-5	4010	120						
A2	LYING ONE LEG CURL FOOT INWARD DORSIFLEXED	1	5	3-5	4010	120						
		2	5	3-5	4010	120						
		3	5	3-5	4010	120						
		4	5	3-5	4010	120						
B1	QUAD SQUAT BACK BB NORMAL	1	4	5-7	4010	90						
		2	4	5-7	4010	90						
		3	4	5-7	4010	90						
		4	4	5-7	4010	90						
B2	LYING LEG CURL FEET INWARD PLANTARFLEXED	1	4	5-7	4010	90						
		2	4	5-7	4010	90						
		3	4	5-7	4010	90						
		4	4	5-7	4010	90						
C1	BACK EXTENSIONS DB FEET NEUTRAL	1	2	12-15	2012	60						
		2	2	12-15	2012	60						
		3	2	12-15	2012	60						
		4	2	12-15	2012	60						
C2	STANDING CALVES RAISE, FEET OUTWARD	1	2	6-6-6	2012	60						
		2	2	6-6-6	2012	60						
		3	2	6-6-6	2012	60						
		4	2	6-6-6	2012	60						

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Anatomy Day 3 - Arms & Shoulders												
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A 1	PREACHER CURL SEATED 45o THICK EZ BAR NARROW REVERSE GRIP	1	5	3-5	40X0	120						
		2	5	3-5	40X0	120						
		3	5	3-5	40X0	120						
		4	5	3-5	40X0	120						
A 2	BENCH PRESS 15o DECLINE STD. BB CLOSE GRIP	1	5	3-5	3011	120						
		2	5	3-5	3011	120						
		3	5	3-5	3011	120						
		4	5	3-5	3011	120						
B 1	PREACHER CURLS SEATED 45o THICK EZ BAR MID SUPINATED GRIP	1	4	5-7	30X0	90						
		2	4	5-7	30X0	90						
		3	4	5-7	30X0	90						
		4	4	5-7	30X0	90						
B 2	TRICEPS EXTENSION SEATED STD. BB 45o INCLINE	1	4	5-7	3110	90						
		2	4	5-7	3110	90						
		3	4	5-7	3110	90						
		4	4	5-7	3110	90						
C 1	BICEPS CURL STANDING DB SUPINATING GRIP	1	2	6-6-6	3110	60						
		2	2	6-6-6	3110	60						
		3	2	6-6-6	3110	60						
		4	2	6-6-6	3110	60						
C 2	PRESSDOWNS PRONE INCLINE STD ROPE PRONATING GRIP	1	2	6-6-6	3010	60						
		2	2	6-6-6	3010	60						
		3	2	6-6-6	3010	60						
		4	2	6-6-6	3010	60						

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Anatomy Day 4 - Legs												
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A	DEADLIFT STD BB ON FLOOR CLEAN GRIP	1	5	3-5	4010	120						
		2	5	3-5	4010	120						
		3	5	3-5	4010	120						
		4	5	3-5	4010	120						
B 1	SPLIT SQUAT FRONT BB FRONT FOOT ELEVATED	1	4	5-7	4010	90						
		2	4	5-7	4010	90						
		3	4	5-7	4010	90						
		4	4	5-7	4010	90						
B 2	LYING ONE LEG CURL FEET INWARD PLANTARFLEXED	1	4	5-7	4010	90						
		2	4	5-7	4010	90						
		3	4	5-7	4010	90						
		4	4	5-7	4010	90						
C 1	STEP UP PETERSEN BACK BB	1	2	8-10	1010	60						
		2	2	8-10	1010	60						
		3	2	7-9	1010	60						
		4	2	7-9	1010	60						
C 2	CRUNCHES WEIGHTED FEET ON BENCH, USE A PLATE	1	2	15-20	1110	60						
		2	2	15-20	1110	60						
		3	2	12-15	1110	60						
		4	2	12-15	1110	60						