

# Anatomy Ladies That Lift

## Metabolic Conditioning Phase 4 – Day 1

	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A1	BENT KNEE BARBELL DEADLIFT, CLEAN GRIP	1	6	7,5,3,3,5,7	3010	90						
		2	6	7,5,3,3,5,7	3010	90						
		3	6	7,5,3,3,5,7	3010	90						
		4	6	7,5,3,3,5,7	3010	90						
A2	HALF PRESS, BARBELL, SEATED	1	6	7,5,3,3,5,7	3110	90						
		2	6	7,5,3,3,5,7	3110	90						
		3	6	7,5,3,3,5,7	3110	90						
		4	6	7,5,3,3,5,7	3110	90						
B1	CHEST PRESS, DUMBBELLS, 30° INCLINE, NEUTRAL GRIP	1	5	5-7	3010	10						
		2	5	5-7	3010	10						
		3	5	5-7	3010	10						

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		4	5	5-7	3010	10							
B2	LYING LEG CURL, FOOT DORSIFLEXED, NEUTRAL	1	5	5-7	4010	10							
		2	5	5-7	4010	10							
		3	5	5-7	4010	10							
		4	5	5-7	4010	10							
B3	TRICEPS EXTENSION, DUMBBELLS, 10° DECLINE, NEUTRAL GRIP	1	5	10-12	2011	10							
		2	5	10-12	2011	10							
		3	5	10-12	2011	10							
		4	5	10-12	2011	10							
B4	LATERAL RAISE, PRONE, 60° INCLINE	1	5	10-12	2010	120							
		2	5	10-12	2010	120							
		3	5	10-12	2010	120							
		4	5	10-12	2010	120							