

Anatomy Ladies That Lift

Metabolic Conditioning Phase 8

DAY 1 CHEST, HAMSTRINGS & ABS											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Bench Press BB Mid Grip	1	5	6,5,4,5,6	4020	10					
		2	5	6,5,4,5,6	4020	10					
		3	5	6,5,4,5,6	4020	10					
		4	5	6,5,4,5,6	4020	10					
A2	Lying Leg Curl Unilateral Foot Neutral Poliquin	1	5	6,5,4,5,6	4020	10					
		2	5	6,5,4,5,6	4020	10					
		3	5	6,5,4,5,6	4020	10					
		4	5	6,5,4,5,6	4020	10					
A3	Flyes 45° Incline DB Pronated Grip	1	4	12-15	3110	10					
		2	4	12-15	3110	10					
		3	4	12-15	3110	10					
		4	4	12-15	3110	10					
A4	Romanian Deadlift BB Snatch Grip	1	4	12-15	3110	60					
		2	4	12-15	3110	60					
		3	4	12-15	3110	60					
		4	4	12-15	3110	60					

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B1	Bench Press 15° Decline DB Pronating Grip	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	8-10	3110	10					
		4	4	8-10	3110	10					
B2	Back Extension Banded	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	8-10	3110	10					
		4	4	8-10	3110	10					
B3	GHD Straight Leg Sit Up	1	4	8-10	1110	10					
		2	4	8-10	1110	10					
		3	4	10-12	1110	10					
		4	4	10-12	1110	10					
B4	Crunches on Swiss Ball Weighted Twisting	1	4	15-20	1110	60					
		2	4	15-20	1110	60					
		3	4	12-15	1110	60					
		4	4	12-15	1110	60					

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DAY 2 BACK, TRICEPS, SHOULDERS & CALVES											
Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R	W/R
A1 Pull-Up Sternum Mid Pronated Grip	1	5	6,5,4,5,6	4020	10						
	2	5	6,5,4,5,6	4020	10						
	3	5	6,5,4,5,6	4020	10						
	4	5	6,5,4,5,6	4020	10						
A2 Bench Press Close Grip	1	5	6,5,4,5,6	4020	10						
	2	5	6,5,4,5,6	4020	10						
	3	5	6,5,4,5,6	4020	10						
	4	5	6,5,4,5,6	4020	10						
A3 Row Bent-over DB Supinating	1	5	12-15	3011	10						
	2	5	12-15	3011	10						
	3	5	12-15	3011	10						
	4	5	12-15	3011	10						
A4 Overhead Press Seated DB Pronating Grip	1	5	12-15	3110	60						
	2	5	12-15	3110	60						
	3	5	12-15	3110	60						

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		4	5	12-15	3110	60					
B1	Bench Pull Row PB Prone Wide Pronated Grip	1	4	10-12	3011	10					
		2	4	10-12	3011	10					
		3	4	8-10	3011	10					
		4	4	8-10	3011	10					
B2	Overhead Press Standing DB Unilateral Pronating Grip	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	8-10	3110	10					
		4	4	8-10	3110	10					
B3	Calf Raise Standing Feet Mid Inward	1	4	12-15	2110	10					
		2	4	12-15	2110	10					
		3	4	12-15	2110	10					
		4	4	12-15	2110	10					
B4	Calf Raise Seated Feet Outward	1	4	15-20	2110	60					
		2	4	15-20	2110	60					
		3	4	15-20	2110	60					
		4	4	15-20	2110	60					

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DAY 3 QUADS, BICEPS, TRAP 3 & EXTERNAL ROTATOR											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Quad Squats Front BB Narrow	1	5	6,5,4,5,6	4020	10					
		2	5	6,5,4,5,6	4020	10					
		3	5	6,5,4,5,6	4020	10					
		4	5	6,5,4,5,6	4020	10					
A2	Biceps Curl 30° Prone Incline DB Offset Supinating Grip	1	5	6,5,4,5,6	4020	10					
		2	5	6,5,4,5,6	4020	10					
		3	5	6,5,4,5,6	4020	10					
		4	5	6,5,4,5,6	4020	10					
B1	Step-Up Side DB High	1	4	12-15	X0X1	10					
		2	4	12-15	X0X1	10					
		3	4	12-15	X0X1	10					
		4	4	12-15	X0X1	10					
B2	Biceps Curl Standing DB Neutral Grip	1	4	10-12	3011	60					
		2	4	10-12	3011	60					

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		3	4	10-12	3011	60					
		4	4	10-12	3011	60					
B1	Walking Lunge DB	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	8-10	3110	10					
		4	4	8-10	3110	10					
B2	Biceps Curl Standing DB Zottman	1	4	10-12	3011	10					
		2	4	10-12	3011	10					
		3	4	8-10	3011	10					
		4	4	8-10	3011	10					
B3	External Rotation Seated Supported Arm Abducted Frontal Thick DB	1	4	12-15	3110	10					
		2	4	12-15	3110	10					
		3	4	12-15	3110	10					
		4	4	12-15	3110	10					
B4	Trap 3 Raise Bent Over Bench Supported High Angle DB Neutral	1	4	12-15	3011	60					
	Grip Unilateral	2	4	12-15	3011	60					
		3	4	12-15	3011	60					

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		4	4	12-15	3011	60					
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