

Anatomy Ladies That Lift

Metabolic Conditioning Phase 9

DAY 1 CHEST, HAMSTRINGS & ABS											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Bench Press 30° Incline Std BB Mid Grip 1 ¼ Bottom	1	5	5-7	4010	90					
		2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
A2	Leg Curl Prone Feet Neutral Plantarflexed 1 ¼ Bottom	1	5	5-7	4010	90					
		2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
B1	Bench Press 15° Incline DB Pronating Grip	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	10-12	3110	10					
		4	4	10-12	3110	10					
B2	Glute-Ham Raise DB Feet Neutral	1	4	10-12	3010	60					
		2	4	10-12	3010	60					
		3	4	10-12	3010	60					
		4	4	10-12	3010	60					

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B3	Flyes Prone DB Pronated Grip	1	4	12-15	3110	10					
		2	4	12-15	3110	10					
		3	4	10-12	3110	10					
		4	4	10-12	3110	10					
B4	Good Morning Seated BB	1	4	12-15	3110	60					
		2	4	12-15	3110	60					
		3	4	10-12	3110	60					
		4	4	10-12	3110	60					
C1	GHD Straight Leg Sit Up	1	3	10-12	1110	10					
		2	3	10-12	1110	10					
		3	3	12-15	1110	10					
		4	3	12-15	1110	10					
C2	Trunk Flexion Pulley Side Standing D-Handle	1	3	15-20	1110	60					
		2	3	15-20	1110	60					
		3	3	15-20	1110	60					
		4	3	15-20	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	
A1	Pull-ups Std Bar Mid Pronated Grip 1 ¼ Bottom	1	5	5-7	4010	90					
		2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
A2	Bench Press Supine Std Bar Close Grip 1 ¼ Bottom	1	5	5-7	4010	90					
		2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
B1	Pulldown Lean Away Std Angled Bar Wide Pronated Grip	1	4	10-12	3011	10					
		2	4	10-12	3011	10					
		3	4	10-12	3011	10					
		4	4	10-12	3011	10					
B2	Overhead Press Front BB Seated Unsupported Std BB Mid Pronated	1	4	10-12	3110	60					
	Grip	2	4	10-12	3110	60					

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		3	4	10-12	3110	60					
		4	4	10-12	3110	60					
B3	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					
B4	Overhead Press Standing DB Unilateral Pronating Grip	1	4	10-12	3011	60					
		2	4	10-12	3011	60					
		3	4	8-10	3011	60					
		4	4	8-10	3011	60					
B3	Standing Calf Raises Wide Neutral Stance	1	3	12-15	2110	10					
		2	3	12-15	2110	10					
		3	3	12-15	2110	10					
		4	3	12-15	2110	10					
B4	Seated Calf Raises Feet Inward	1	3	15-20	2110	60					
		2	3	15-20	2110	60					
		3	3	15-20	2110	60					
		4	3	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	Squats Back BB Heels Flat Normal 1¼ Bottom	1	5	5-7	4010	90					
		2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
A2	Biceps Curls Scott 45° Seated Thick EZ Bar Mid Supinated Grip	1	5	5-7	4010	90					
	Myometric	2	5	5-7	4010	90					
		3	5	4-6	4010	90					
		4	5	4-6	4010	90					
B1	Lunge Forward DB Alternated	1	4	10-12	3110	10					
		2	4	10-12	3110	10					
		3	4	10-12	3110	10					
		4	4	10-12	3110	10					
B2	Biceps Curl 75° Supine Incline DB Supinated Grip	1	4	10-12	3011	60					
		2	4	10-12	3011	60					
		3	4	10-12	3011	60					

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		4	4	10-12	3011	60					
B3	Quad Squats BB Normal	1	4	12-15	3110	10					
		2	4	12-15	3110	10					
		3	4	10-12	3110	10					
		4	4	10-12	3110	10					
B4	Biceps Curl DB Seated Unsupported Zottman	1	4	12-15	3011	60					
		2	4	12-15	3011	60					
		3	4	10-12	3011	60					
		4	4	10-12	3011	60					
C1	External Rotation Mid Pulley Std Handle Neutral Grip	1	3	10-12	3011	10					
		2	3	10-12	3011	10					
		3	3	10-12	3011	10					
		4	3	10-12	3011	10					
C2	Powell Raise 15°	1	3	10-12	3110	60					
		2	3	10-12	3110	60					
		3	3	10-12	3110	60					
		4	3	10-12	3110	60					

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