

# Anatomy Ladies That Lift

## Metabolic Conditioning Phase 12

DAY 1 CHEST, QUADS & FOREARMS											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Bench Press Flat BB Mid Grip	1	10	6	4010	90					
		2	10	6	4010	90					
		3	10	5	4010	90					
		4	10	5	4010	90					
A2	Squats Back BB Feet Elevated Normal	1	10	6	4010	90					
		2	10	6	4010	90					
		3	10	5	4010	90					
		4	10	5	4010	90					
B1	Bench Press 30° Incline DB Neutral Grip	1	3	8-10	3011	10					
		2	3	8-10	3011	10					
		3	3	7-9	3011	10					
		4	3	7-9	3011	10					
B2	Split Squat Front BB Front Foot Elevated	1	3	8-10	3010	10					
		2	3	8-10	3010	10					
		3	3	7-9	3010	10					
		4	3	7-9	3010	10					

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B3	Wrist Extension Flat Ez Bar	1	3	15-20	1110	10					
		2	3	15-20	1110	10					
		3	3	15-20	1110	10					
		4	3	15-20	1110	10					
B4	Wrist Flexion Flat Std. BB	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, CALVES, SHOULDERS & ABS											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Chin-Up Parallel Grip	1	10	5	4010	75					
	(On rings or bar)	2	10	5	4010	75					
		3	10	6	4010	75					
		4	10	6	4010	75					
A2	Standing Calf Raise Machine Feet Neutral	1	10	10-12	2110	75					
		2	10	10-12	2110	75					
		3	10	9-11	2110	75					
		4	10	9-11	2110	75					
B1	Pulldown Lean Away Std Neutral Mid Grip	1	3	9-11	3110	10					
		2	3	9-11	3110	10					
		3	3	8-10	3110	10					
		4	3	8-10	3110	10					
B2	Overhead Press DB Seated Neutral Grip	1	3	10-12	3010	10					
		2	3	10-12	3010	10					
		3	3	9-11	3010	10					
		4	3	9-11	3010	10					

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B3	Crunch Swiss Ball Twisting	1	3	15-20	1110	10					
		2	3	15-20	1110	10					
		3	3	15-20	1110	10					
		4	3	15-20	1110	10					
B4	External Rotation Mid Pulley Std Handle Pronated Grip	1	3	10-12	4010	60					
		2	3	10-12	4010	60					
		3	3	9-11	4010	60					
		4	3	9-11	4010	60					

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DAY 3 HAMSTINGS, BICEPS & TRICEPS											
	Exercise	Week	Sets	Reps	Tempo	Rest	W/R	W/R	W/R	W/R	W/R
A1	Leg Curl Prone Feet Inward Plantarflexed	1	10	6	4010	75					
		2	10	6	4010	75					
		3	10	5	4010	75					
		4	10	5	4010	75					
A2	Biceps Curl Scott Seated Std Bar Mid Supinated	1	10	6	4010	75					
		2	10	6	4010	75					
		3	10	5	4010	75					
		4	10	5	4010	75					
B1	Biceps Curl Scott Seated DB Neutral Grip	1	3	6-8	4010	10					
		2	3	6-8	4010	10					
		3	3	5-7	4010	10					
		4	3	5-7	4010	10					
B2	Glute-Ham Raise	1	3	6-8	4010	10					
		2	3	6-8	4010	10					
		3	3	5-7	4010	10					
		4	3	5-7	4010	10					

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B3	Bench Press Flat Close Grip	1	3	8-10	4010	10					
		2	3	8-10	4010	10					
		3	3	7-9	4010	10					
		4	3	7-9	4010	10					
B4	Biceps Curl Seated DB Neutral Grip	1	3	8-10	3110	60					
		2	3	8-10	3110	60					
		3	3	7-9	3110	60					
		4	3	7-9	3110	60					