

TUFF | V2

WORKOUT EXPLANATION

Set 1 - This should be approximately your 12-15 rep max.

You should perform your reps in a continuous fashion with every rep and the last rep should be exactly the same as the first. No rests or pausing. If you need to stop for a second that set is complete.

Take this set until you complete your last good rep (basically to the point of failure). Do not attempt a rep if you cannot complete it.

An example to best describe this is if you were bench pressing alone, rack the weight when you know the bar isn't going to come up on the next rep and you'll get crushed.

Set 2 - Use the same weight as set 1 and take until your last good rep.

Final set - Again use the same weight and go until your last good rep.

Once you have done your final good rep. That's job done. Do not think you need forced reps or partials to extend the set.

Don't get under a bar if you're not ready but don't sit around for too long. Rest periods can be 90 seconds to 3 minutes depending on the exercise.

Across the sets the reps should go down. If they don't you're either not pushing yourself hard enough in the preceding sets or you're resting too much.

Over a period of time we want weights to increase and they will (this period of time could be months and months). Do not get too obsessed about increasing weight every session. Focus on increasing reps and improving technique before increasing weight. Some days it may even go down a little. That is fine. As long as you are giving it all your efforts in the sets that's all you can do. We want every rep nailed as perfectly as possible. The key to these workouts is maximum intensity.

If you are unsure about any exercise, be sure to ask one of our friendly team members.

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WORKOUT 1 - CHEST & BICEPS

EXERCISE	SET 1	SET 2	SET 3	NOTES
DUAL SMITH CHEST PRESS	1 2 - 1 5	FAILURE	FAILURE	
FLAT LEVERAGE CHEST PRESS	1 2 - 1 5	FAILURE	FAILURE	
CABLE CROSSOVER	1 2 - 1 5	FAILURE	FAILURE	
INCLINE DUMBBELL BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	Set the bench at the lowest incline.
DUMBBELL BICEP CURL	1 2 - 1 5	FAILURE	FAILURE	Select a weight that you can perform the reps without using any momentum.
SINGLE ARM PREACHER CURL	1 2 - 1 5	FAILURE	FAILURE	Lean over the bench so that you can load the bicep in the fully lengthened position.
ROPE HAMMER CURL	1 2 - 1 5	FAILURE	FAILURE	

1 2 - 1 5

FAILURE

FAILURE

Notes
Notes

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WORKOUT 2 - LEGS

EXERCISE	SET 1	SET 2	SET 3	NOTES
UNILATERAL LEG EXTENSION	1 2 - 1 5	FAILURE	FAILURE	
PENDULUM SQUAT	1 2 - 1 5	FAILURE	FAILURE	Max knee flexion.
HIP PRESS	1 2 - 1 5	FAILURE	FAILURE	
LYING LEG CURL	1 2 - 1 5	FAILURE	FAILURE	Ensure you get a full stretch at the bottom.
GLUTE RAISE	1 2 - 1 5	FAILURE	FAILURE	Relax the lower back and tense the glutes to raise up without engaging the lower back.
UNILATERAL LEG CURL	1 2 - 1 5	FAILURE	FAILURE	Dead stop reps with no momentum.
STANDING CALF RAISE	1 2 - 1 5	FAILURE	FAILURE	Full stretch and high up onto toes.

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WORKOUT 3 - SHOULDERS & TRICEPS

EXERCISE	SET 1	SET 2	SET 3	NOTES
DUMBBELL SIDE LATERAL	12 - 15	FAILURE	FAILURE	Select a weight that you can perform the reps without momentum.
DUAL SMITH SHOULDER PRESS	12 - 15	FAILURE	FAILURE	
CABLE SIDE LATERAL	12 - 15	FAILURE	FAILURE	Set the pulley at knee height.
CABLE UPRIGHT ROW	12 - 15	FAILURE	FAILURE	
ROPE PUSHDOWN	12 - 15	FAILURE	FAILURE	
TRICEP EXTENSION MACHINE	12 - 15	FAILURE	FAILURE	Get a full stretch on each rep for max range of motion.
TRICEP DIP MACHINE	12 - 15	FAILURE	FAILURE	

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WORKOUT 4 - BACK

EXERCISE	SET 1	SET 2	SET 3	NOTES
LAT PULLDOWN (NEUTRAL GRIP)	1 2 - 1 5	FAILURE	FAILURE	Lat focused pulling elbows to hips.
INCLINE T-BAR ROW MACHINE	1 2 - 1 5	FAILURE	FAILURE	Upper back focus. Set foot plate low and flare elbows.
LOW ROW (OVERHAND)	1 2 - 1 5	FAILURE	FAILURE	Keep elbows as flared as possible and set seat low so your arms are straight out in front of you.
PULLOVER MACHINE	1 2 - 1 5	FAILURE	FAILURE	Drive with the elbows not the hands.
WIDE PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Upper back focused. Lean back slightly and pull into the chest with elbows flared.
FACE PULL	1 2 - 1 5	FAILURE	FAILURE	Set the pulley high and keep the elbows high.