

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 - PUSH

EXERCISE	SET 1	SET 2	SET 3	NOTES
INCLINE LEVERAGE CHEST PRESS	1 2 - 1 5	FAILURE	FAILURE	Set seat low enough that you do not have any shoulder rotation.
SHOULDER PRESS (PIN STACK)	1 2 - 1 5	FAILURE	FAILURE	Lower the handles to between the nose and chin at the very minimum.
DUMBBELL BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	Max range of motion to get a full stretch.
MULTIFLIGHT LATERAL RAISE	1 2 - 1 5	FAILURE	FAILURE	Set the pivot point at shoulder height.
PEC FLY MACHINE	1 2 - 1 5	FAILURE	FAILURE	Open the chest as much as possible to get maximal stretch.
TRICEP PUSHDOWN	1 2 - 1 5	FAILURE	FAILURE	
TRICEP EXTENSION MACHINE	1 2 - 1 5	FAILURE	FAILURE	Get a full stretch on each rep for max range of motion.
SKULL CRUSHER (DUMBBELL)	1 2 - 1 5	FAILURE	FAILURE	Set bench at an incline. Rest your head on the top of the bench so you can lower past your head.

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WORKOUT 2 - PULL

EXERCISE	SET 1	SET 2	SET 3	NOTES
LAT PULLDOWN (NEUTRAL GRIP)	1 2 - 1 5	FAILURE	FAILURE	Lat focused pulling elbows to hips.
WIDE CABLE ROW	1 2 - 1 5	FAILURE	FAILURE	Upper back focused. Pull into chest with elbows flared.
FRONT LEVERAGE PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Lat focused pulling elbows to hips.
LEVERAGE LOW ROW	1 2 - 1 5	FAILURE	FAILURE	Lat focused. Neutral grip. Set seat high and drive elbows into hips
LEVERAGE ROW (OVERHAND GRIP)	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.
REVERSE PEC MACHINE	1 2 - 1 5	FAILURE	FAILURE	Set seat low so that arms are higher than shoulder. Use pronated grip and keep elbows high.
BICEP CURL MACHINE	1 2 - 1 5	FAILURE	FAILURE	Stand over the pad to get fully lengthened and perform the bottom half of the rep.
DUMBBELL HAMMER CURL	1 2 - 1 5	FAILURE	FAILURE	
CABLE CURL	1 2 - 1 5	FAILURE	FAILURE	Concentrate on the top half of the curl squeezing the biceps hard at full contraction.

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WORKOUT 3 - LEGS

EXERCISE	SET 1	SET 2	SET 3	NOTES
LYING LEG CURL	1 2 - 1 5	FAILURE	FAILURE	Ensure you get a full stretch at the bottom.
LEG EXTENSION	1 2 - 1 5	FAILURE	FAILURE	
HACK SQUAT	1 2 - 1 5	FAILURE	FAILURE	Use maximum range of motion.
LINEAR LEG PRESS	1 2 - 1 5	FAILURE	FAILURE	Set feet at hip width and get maximum range of motion.
BARBELL RDL	1 2 - 1 5	FAILURE	FAILURE	Concentrate on moving hips back and forth as opposed to lifting the weight up and down.
SEATED LEG CURL	1 2 - 1 5	FAILURE	FAILURE	Hold the contraction briefly in the fully shortened position.
STANDING CALF RAISE	1 2 - 1 5	FAILURE	FAILURE	Full stretch and high up onto toes.
SEATED CALF RAISE	1 2 - 1 5	FAILURE	FAILURE	Full stretch and high up onto toes.