

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 & CALVES

EXERCISE	SET 1	SET 2	SET 3	NOTES
INCLINE LEVERAGE CHEST PRESS	1 2 - 1 5	FAILURE	FAILURE	
SMITH MACHINE BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	Use a slightly wider grip to get a good stretch at the bottom of the rep
MULTIFLIGHT CHEST FLY	1 2 - 1 5	FAILURE	FAILURE	
DUMBBELL BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	
STANDING CALF RAISE	1 2 - 1 5	FAILURE	FAILURE	
SEATED CALF RAISE	1 2 - 1 5	FAILURE	FAILURE	

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WORKOUT 2 - 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.
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.
LEVERAGE PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Upper back focused. Lean back slightly and pull into the chest with elbows flared.
INCLINE T-BAR ROW MACHINE	1 2 - 1 5	FAILURE	FAILURE	Lat focused. Set handles narrow and pull elbows into hips with a neutral to supinated grip.
WIDE CABLE ROW	1 2 - 1 5	FAILURE	FAILURE	Upper back focused. Pull into chest with elbows flared.
REVERSE PEC MACHINE	1 2 - 1 5	FAILURE	FAILURE	

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WORKOUT 3 - LEGS

EXERCISE	SET 1	SET 2	SET 3	NOTES
UNILATERAL LEG CURL	1 2 - 1 5	FAILURE	FAILURE	Dead stop reps with no momentum.
UNILATERAL LEG EXTENSION	1 2 - 1 5	FAILURE	FAILURE	
VERTICAL LEG PRESS	1 2 - 1 5	FAILURE	FAILURE	Set the plate angle second to top to focus on glute hams. Use a wide foot stance.
V-SQUAT	1 2 - 1 5	FAILURE	FAILURE	Back against the pad.
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.
ADDUCTOR	1 2 - 1 5	FAILURE	FAILURE	

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WORKOUT 4 - SHOULDERS & CALVES

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.
DUMBBELL SHOULDER PRESS	12 - 15	FAILURE	FAILURE	
MULTIFLIGHT LATERAL RAISE	12 - 15	FAILURE	FAILURE	Set the pivot point at shoulder height.
DUMBBELL UPRIGHT ROW	12 - 15	FAILURE	FAILURE	
45 DEGREE CALF RAISE	12 - 15	FAILURE	FAILURE	Full stretch and high up onto toes.
SEATED CALF RAISE	12 - 15	FAILURE	FAILURE	Full stretch and high up onto toes.

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WORKOUT 5 - ARMS

EXERCISE	SET 1	SET 2	SET 3	NOTES
PRIME CABLE BICEP CURL	1 2 - 1 5	FAILURE	FAILURE	Set handles wide enough so that your elbows move in their natural plane. Wider than shoulders.
BICEP CURL MACHINE	1 2 - 1 5	FAILURE	FAILURE	Sit on seat and focus on the top half of the movement to get a deep contraction.
DUMBBELL HAMMER CURL	1 2 - 1 5	FAILURE	FAILURE	
TRICEP PUSHDOWN	1 2 - 1 5	FAILURE	FAILURE	
CROSS CABLE TRICEP EXTENSION	1 2 - 1 5	FAILURE	FAILURE	Single arm with elbow at shoulder height and push out away from your body.
CLOSE GRIP BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	