

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 1

EXERCISE	SET 1	SET 2	SET 3	NOTES
INCLINE LEVERAGE CHEST PRESS	1 2 - 1 5	FAILURE	FAILURE	
DUMBBELL BENCH PRESS	1 2 - 1 5	FAILURE	FAILURE	
LEVERAGE SHOULDER PRESS	1 2 - 1 5	FAILURE	FAILURE	
CABLE SIDE LATERAL	1 2 - 1 5	FAILURE	FAILURE	
TRICEP PUSHDOWN	1 2 - 1 5	FAILURE	FAILURE	
CABLE TRICEP EXTENSION	1 2 - 1 5	FAILURE	FAILURE	

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WORKOUT 2 - PULL 1

EXERCISE	SET 1	SET 2	SET 3	NOTES
WIDE PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Upper back focus. Flare elbows and pull into chest whilst leaning back slightly.
V-BAR PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Lat focused pulling elbows to hips.
BARBELL ROW	1 2 - 1 5	FAILURE	FAILURE	Upper back focused. Pull into chest with elbows flared.
LEVERAGE ROW	1 2 - 1 5	FAILURE	FAILURE	Lat focused. Set high and pull elbows into hips.
DUMBBELL BICEP CURL	1 2 - 1 5	FAILURE	FAILURE	Strict form.

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WORKOUT 3 - LEGS 1

EXERCISE	SET 1	SET 2	SET 3	NOTES
LEG EXTENSION	1 2 - 15	FAILURE	FAILURE	
LYING LEG CURL	1 2 - 15	FAILURE	FAILURE	
HIP PRESS	1 2 - 15	FAILURE	FAILURE	
PENDULUM SQUAT	1 2 - 15	FAILURE	FAILURE	
SEATED CALF RAISE	1 2 - 15	FAILURE	FAILURE	

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WORKOUT 4 - PUSH 2

EXERCISE	SET 1	SET 2	SET 3	NOTES
FLAT LEVERAGE CHEST PRESS	1 2 - 15	FAILURE	FAILURE	
INCLINE DUMBBELL BENCH PRESS	1 2 - 15	FAILURE	FAILURE	
DUMBBELL UPRIGHT ROW	1 2 - 15	FAILURE	FAILURE	
DUMBBELL SIDE LATERAL	1 2 - 15	FAILURE	FAILURE	
PEC FLY MACHINE	1 2 - 15	FAILURE	FAILURE	
TRICEP DIP MACHINE	1 2 - 15	FAILURE	FAILURE	

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WORKOUT 5 - PULL 2

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	Upper back focus. Flare elbows and pull into chest.
SINGLE ARM FRONT PULLDOWN	1 2 - 1 5	FAILURE	FAILURE	Lat focused pulling elbows to hips.
WIDE SEATED CABLE ROW	1 2 - 1 5	FAILURE	FAILURE	Upper back focus. Flare elbows and pull into chest.
CABLE CURL	1 2 - 1 5	FAILURE	FAILURE	Single arm with elbow at shoulder height and push out away from your body.

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WORKOUT 6 - LEGS 2

EXERCISE	SET 1	SET 2	SET 3	NOTES
ABDUCTOR	12 - 15	FAILURE	FAILURE	Pause for a count at the top of each rep.
VERTICAL LEG PRESS	12 - 15	FAILURE	FAILURE	Set foot plate to bias glute / hamstring.
HACK SQUAT	12 - 15	FAILURE	FAILURE	
BARBELL RDL	12 - 15	FAILURE	FAILURE	
STANDING CALF RAISE	12 - 15	FAILURE	FAILURE	