

## **ffFigure Competitor Template - delt/quad/back specialization**

This program is designed for figure competitors (or anyone that wants to look like a figure competitor/action figure/super hero). The first priority for the program is to create the most dramatic v-taper or X-frame possible. Shoulders as wide as possible, with “capped” delts, and a wide back. Waist as small as possible. And quads as big and “sweepy” as possible.

The program has maximum emphasis on quads, delts and upper back. Every body part is still trained, there is just more frequency and volume allocated to those priority body parts.

As for every program, feel free to adjust variables slightly as needed. The base metric of “1 REP” is not well established in “research”, and can vary largely from individual to individual. So feel free to make slight adjustments to the program’s prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively “the best”, has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as “outside the gym” variables: nutrition, sleep, stress, etc. So while I’m confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

RIR: 0-2

### **Suggested split structure:**

Monday - Lower

Tuesday - Upper

Wednesday - Off

Thursday - Quad

Friday - Back/biceps

Saturday - Delts/triceps

Sunday - Off

\*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

### **Lower**

seated leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 8-10 reps

quad dominant heel elevated squat

Set 1: 6-8 reps

Set 2: 6-8 reps

Barbell Thrusts

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

Leg Press (hip dominant)

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

### **Upper**

Lying cuff lateral raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 12-15 reps

wide pull-ups (upper back)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Chest supported machine row

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

rack military press

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

single-arm cable pulldown

Set 1: 5-8 reps

Set 2: 8-10 reps

cable rear delts

Set 1: 5-8 reps

Set 2: 8-10 reps

hip loaded calf raises

Set 1: 5-8 reps

Set 2: 8-10 reps

ab mat crunches

Set 1: 5-8 reps

Set 2: 8-10 reps

## **Quads**

Hack Squats (banded)

Set 1: 6-8 reps

Set 2: 10-12 reps

leg extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 8-10 reps

lying leg curls  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

rear foot elevated split squats  
Set 1: 5-8 reps  
Set 2: 8-10 reps  
Set 3: 10-12 reps

Prowler  
Set 1: 40-60 seconds  
Set 2: 40-60 seconds

### **Back and biceps**

Neutral grip pull ups  
Set 1: 6-8 reps  
Set 2: 6-8 reps  
Set 3: 6-8 reps

chest supported DB rows  
Set 1: 5-8 reps  
Set 2: 8-10 reps

Rack chins  
Set 1: 5-8 reps  
Set 2: 8-10 reps

tbar rows  
Set 1: 5-8 reps  
Set 2: 8-10 reps

machine preacher curls  
Set 1: 5-8 reps  
Set 2: 8-10 reps

Incline DB curls  
Set 1: 5-8 reps  
Set 2: 8-10 reps

**Delts/chest/triceps**

Lying cuff lateral raises

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 15-20 reps

reverse pec dec

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

machine shoulder press

Set 1: 5-8 reps

Set 2: 8-10 reps

roller cable fly

Set 1: 5-8 reps

Set 2: 8-10 reps

cross-cable triceps extensions

Set 1: 5-8 reps

Set 2: 8-10 reps

Set 3: 10-12 reps

dips

Set 1: 5-8 reps

Set 2: 8-10 reps

Seated calf raise

Set 1: 5-8 reps

Set 2: 8-10 reps

hanging leg raises

Set 1: 5-8 reps

Set 2: 8-10 reps