

Full body Focker (Full body program)

Weeks 1-2

*Weeks 1-2, all sets are taken to 2-3 RIR (meaning 2-3 reps short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

A1 flat DB press*

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

A2 chest supported tbar rows*

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*A1 and A2 are superset

B1 high incline smith machine press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

B2 neutral grip machine pull down

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Set 4: 6-8 reps

*B1 and B2 are superset

C1 hack squats

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps
Set 4: 6-8 reps

C2 Lying leg curls

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps
Set 4: 6-8 reps

*C1 and C2 are superset

D1 RDLs

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps
Set 4: 6-8 reps

Weeks 3-4

*Weeks 3-4, all sets are taken to 1 RIR (meaning 1 rep short of failure). Adjust weight as needed set to set, to stay in prescribed rep range. It's ok to decrease weight set to set.

*Volume is taken down slightly, per exercise as sets are taken closer to failure

*More single-joint exercises added in

*Keep a little extra time to focus on form. Specifically controlling end ranges (no bouncing)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

A1 flat DB press

Set 1: 6-8 reps
Set 2: 8-12 reps

A2 chest supported tbar rows

Set 1: 6-8 reps
Set 2: 8-12 reps

*A1 and A2 are superset

B1 high incline smith machine press

Set 1: 6-8 reps
Set 2: 8-12 reps

B2 neutral grip machine pull down

Set 1: 6-8 reps

Set 2: 8-12 reps

*B1 and B2 are superset

C1 single-arm preacher curls

Set 1: 6-8 reps

Set 2: 8-12 reps

C2 cross cable triceps extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

*C1 and C2 are superset

D1 hack squats

Set 1: 6-8 reps

Set 2: 8-12 reps

D2 Lying leg curls

Set 1: 6-8 reps

Set 2: 8-12 reps

*D1 and D2 are superset

E1 RDLs

Set 1: 6-8 reps

Set 2: 8-12 reps

F1 hip-loaded calf extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

Weeks 5-6

*All sets taken to failure. Adjust weight accordingly to stay within prescribed rep ranges. Set 1 will always be your heaviest weight. Each subsequent set will be lighter.

*Some "intensifiers" add (in the form of drop/extended sets)

*Take 2-3 minutes rest between working sets. (You can go slightly above or below that amount as well, just make sure cardio is not the limiting factor in performance - you catch your breath between sets)

*All sets listed are working sets. Always take as many warmup sets as needed.

A1 flat DB press

Set 1: 6-8 reps

Set 2: 8-12 reps

A2 chest supported tbar rows

Set 1: 6-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

*A1 and A2 are superset

B1 high incline smith machine press

Set 1: 6-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

B2 neutral grip machine pull down

Set 1: 6-8 reps

Set 2: 8-12 reps

*B1 and B2 are superset

C1 single-arm preacher curls

Set 1: 6-8 reps

Set 2: 8-12 reps

C2 cross cable triceps extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

*C1 and C2 are superset

D1 hack squats

Set 1: 6-8 reps

Set 2: 8-12 reps

D2 Lying leg curls

Set 1: 6-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

*D1 and D2 are superset

E1 RDLs

Set 1: 6-8 reps

Set 2: 8-12 reps

F1 hip-loaded calf extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)