

Recovery Phase

A recovery phase should be a minimum of 10 day, rarely needs to be more than 4 weeks. Start each recovery phase with 2 full off days. Then alternate between Upper and Lower days. Always take an off day in between days. (So you will never train two days in a row). Every set will be done 2-3 RIR. Extra time should be taken to focus on form. All negatives should be 3-4 seconds. Pause on all direction changes. The weights you use should not be light. Considering all the exercises have a prescribed 5 reps at 2-3 RIR, that should mean you're using your 7-8 rep max for all working sets. As always, take as many warmup sets as needed before completing your one working set for every exercise. Every recovery phase should end with 2 full off days before resuming a "normal" training split.

Upper

A1 machine flat press*

Set 1: 5 reps

A2 chest supported machine row*

Set 1: 5 reps

*A1 and A2 are superset

B1 Pulldown*

Set 1: 5 reps

B2 incline smith (high incline - bench 45 degrees or above)*

Set 1: 5 reps

*B1 and B2 are superset

C1 machine preacher curls

Set 1: 5 reps

Lower

A1 hack squat*

Set 1: 5 reps

A2 seated leg curls*

Set 1: 5 reps

*A1 and A2 are superset

B1 leg press (hip dominant)*

Set 1: 5 reps

B2 leg extensions (high incline - bench 45 degrees or above)*

Set 1: 5 reps

*B1 and B2 are superset

C1 hip loaded calf raise

Set 1: 5 reps