

The Anti-Flamingo (lower body specialization)

Week 1 and 2

*Weeks 1 and 2, all sets are taken to 1RIR (meaning 1 set 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.

Push

A1 low incline DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 roller cable fly

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 high incline smith press (reverse band)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 lying cuff lateral raises

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 seated cable cross extension

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Lower 1

A1 barbell RDL (banded)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B2 seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 Single-Leg Leg Press (hip dominant)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 lying leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

E1 Adductor machine

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

F1 Seated Calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Pull

A1 chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

B1 pull down (single arm)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

C1 bent over DB rows (2 arm)

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 reverse pec

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

E1 single arm preacher curls

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

Lower 2

A1 seated leg curls

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

B1 knee dominant heel elevated squat (safety bar)

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

C1 leg extensions

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

D1 hack squat (banded)

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

E1 hip loaded calf raise

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

Week 3 and 4

*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.

*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.

Push

A1 low incline DB press

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 roller cable fly

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

C1 high incline smith press (reverse band)

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 Lying Cuff Laterals

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Lower 1

A1 barbell RDL (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

B2 seated leg curls

Set 1: 8-12 reps

Set 2: 12-15reps

C1 Single-Leg Leg Press (hip dominant)

Set 1: 10-12 reps

Set 2: 12-15 reps

D1 lying leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 Adductor machine

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 Seated Calf raise

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pull

A1 chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 pull down (single arm)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 bent over DB rows (2 arm)

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps

D1 reverse pec

Set 1: 8-10 reps

Set 2: 10-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 single arm preacher curls

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Lower 2

A1 seated leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 leg extensions

Set 1: 10-15 reps

Set 2: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 hip loaded calf raise

Set 1: 8-10 reps

Set 2: 10-12 reps**

**immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

F1 Sled push (or walking lunges)

Set 1: 45-60 second push

Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total

Set 2: 20 steps total

Week 5 and 6

*PUMP WORK ADDED

*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.

*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.

Push

A1 low incline DB press

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 roller cable fly

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps

C1 high incline smith press (reverse band)

Set 1: 5-8 reps

Set 2: 8-12 reps

D1 Lying Cuff Laterals

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 seated cable cross extension

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump Work:

Boobie Burial

Sub:

Delt Desolation

Triceps Ladder Death

Lower 1

A1 barbell RDL (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps

B2 seated leg curls

Set 1: 8-12 reps

Set 2: 12-15reps

C1 Single-Leg Leg Press (hip dominant)

Set 1: 10-12 reps

Set 2: 12-15 reps

D1 lying leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

E1 Adductor machine

Set 1: 8-10 reps

Set 2: 10-12 reps

Set 3: 12-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

F1 Seated Calf raise

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump work

Split Squat Double Suicide

Sub:

Split squat suicide

Pull

A1 chest supported tbar row

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 pull down (single arm)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 bent over DB rows (2 arm)

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps

D1 reverse pec

Set 1: 8-10 reps

Set 2: 10-15 reps**

**Double Drop set on this last set. (First set will be in the prescribed 10-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

E1 single arm preacher curls

Set 1: 8-10 reps

Set 2: 10-15 reps

Set 3: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

Pump work

The Trapydia Super Set

Sub:

Lat Lashing Set

Biceps Finisher

Lower 2

A1 seated leg curls

Set 1: 5-8 reps

Set 2: 8-12 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 5-8 reps

Set 2: 8-12 reps

C1 leg extensions

Set 1: 10-15 reps

Set 2: 15-20 reps**

**Double Drop set on this last set. (First set will be in the prescribed 15-20 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)

D1 hack squat (banded)

Set 1: 5-8 reps

Set 2: 8-12 reps*

*Double drop set. First drop should be at least 6-8 reps. Second drop at least 6-8 reps. Like all sets, this should be taken to failure. If this doesn't Fk you up for the res of your day...you did it wrong.

E1 hip loaded calf raise

Set 1: 8-10 reps

Set 2: 10-12 reps**

**immediately following Set 2, go into a body weight set of 50 reps total. These can be a faster pace, and partial reps count

F1 Sled push (or walking lunges)

Set 1: 45-60 second push

Set 2: 45-69 second push

Or (if walking lunges)

Set 1: 20 steps total

Set 2: 20 steps total

Pump work

Quad Box Death

Sub:

Split squat suicide