

WEEK ONE DAY 1

BACK

EXERCISE	WORK SETS	REPS	REST	TEMPO
Straight Arm Pulldown	4	8 + NOS	40 sec	4010
Reverse Grip Pulldown	4	8 + NOS	40 sec	4010
Bent Barbell Row	4	8 + NOS	40 sec	4010
One-Arm Dumbbell	4	8 + NOS	40 sec	4010
Hyper Extensions - with bodyweight	4	8 + NOS	40 sec	4010

HAMSTRINGS

EXERCISE	WORK SETS	REPS	REST	TEMPO
Lying Leg Curl in hip extension	4	8	—	4010
Superset with Lying Leg Curl (hip up)	4	8 + NOS	40 sec	4010
Stiff Leg Deadlift*	4	8 + NOS	40 sec	4010

*Note: "with intention"

DAY 2

CHEST

EXERCISE	WORK SETS	REPS	REST	TEMPO
Flat Barbell Press* (downward intention)	4	8 + NOS	40 sec	4010
*Note: "with intention"				
45-Degree* Incline Dumbbell Press	4	8 + NOS	40 sec	4010
Flat Dumbbell "Press Fly"	4	8 + NOS	40 sec	4010
Machine Pec Fly	3	8 + NOS	—	4010
Superset with Pushups	3	Failure	40 sec	4010

BICEPS

EXERCISE	WORK SETS	REPS	REST	TEMPO
Machine Preacher	4	8 + NOS	40 sec	4010
Seated Dumbbell Curl	3	8 + NOS	40 sec	4010
Cable Curl	3	8 + NOS	40 sec	4010

Mi40 Training Manual

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