

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

Minjie Lin



Mi40 Training Manual:

The Enigmatic Realm of **Mi40 Training Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Mi40 Training Manual** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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