

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

PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text.

Mi40 Training Manual:

Reviewing **Mi40 Training Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Mi40 Training Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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