

# intent.

	M	T	W	T	F	S	S	M	T	W	T	F	S	S
WK 1	<b>1</b> Lower body 'lower volume' Seek out the challenge	<b>2</b> Upper body 'lower volume' Quality over qty	<b>3</b> Lower body 'moderate volume' Lengthened emphasis	<b>Rest/active rest day</b>	<b>4</b> Upper body 'moderate volume' Rows & flies 'The stretch'	<b>Rest/active rest day</b>	<b>5</b> Lower body 'higher volume' Quads & glutes circuit	<b>6</b> Upper body 'higher volume' Longest bicep finisher	<b>7</b> Lower body 'lower volume' Beginning with bridges	<b>8</b> Upper body 'lower volume' Take the harder route	<b>Rest/active rest day</b>	<b>9</b> Lower body 'moderate volume' Ballpoint 15-20 rep	<b>Rest/active rest day</b>	<b>10</b> Upper body 'moderate volume' Concentric slowing
WK 3	<b>11</b> Lower body 'higher volume' Like step ups... you'll love this one!	<b>12</b> Upper body 'higher volume' Big shoulder pump	<b>13</b> Lower body 'lower volume' Zero stretch reflex	<b>Rest/active rest day</b>	<b>14</b> Upper body 'lower volume' Around the Worlds in 2 minutes...	<b>Rest/active rest day</b>	<b>15</b> Lower body 'moderate volume' 'Metabolite inducing bridges' to end	<b>16</b> Upper body 'moderate volume' Extra attention to side delts	<b>17</b> Lower body 'higher volume' 9 sets of thrusts... or is it?	<b>18</b> Upper body 'higher volume' Arms specific included	<b>Rest/active rest day</b>	<b>19</b> Lower body 'lower volume' Deadstops, unilateral and abs	<b>Rest/active rest day</b>	<b>20</b> Upper body 'lower volume' All about lengthening
WK 5	<b>21</b> Lower body 'moderate volume' RDLs, hip thrusts & lots of lunges!	<b>22</b> Upper body 'moderate volume' Don't lose out on mechanical tension on way down	<b>23</b> Lower body 'higher volume' Plenty of glutes but quad finisher	<b>Rest/active rest day</b>	<b>24</b> Upper body 'higher volume' It's all in here	<b>Rest/active rest day</b>	<b>25</b> Lower body 'lower volume' Not WHAT you lift...HOW you lift	<b>26</b> Upper body 'lower volume' Intentionally making it challenging	<b>27</b> Lower body 'moderate volume' Lunges & bridges... and abductions	<b>28</b> Upper body 'moderate volume' Rear delt reps	<b>Rest/active rest day</b>	<b>29</b> Lower body 'higher volume' 4 compounds & 1 isolation	<b>Rest/active rest day</b>	<b>30</b> Upper body 'higher volume' Preferentially the arms
WK 7	<b>31</b> Lower body 'lower volume' Deadstops & deadlifts	<b>32</b> Upper body 'lower volume' Splitting up Arnold press	<b>33</b> Lower body 'moderate volume' 75% unilateral	<b>Rest/active rest day</b>	<b>34</b> Upper body 'moderate volume' Imagine a glass of water on back	<b>Rest/active rest day</b>	<b>35</b> Lower body 'higher volume' Emphasised lengthening of quads	<b>36</b> Upper body 'higher volume' 21's within the finisher	<b>37</b> Lower body 'lower volume' Pausing in the lengthened position	<b>38</b> Upper body 'lower volume' Pre-exhaust chest to begin	<b>Rest/active rest day</b>	<b>39</b> Lower body 'moderate volume' Heightened glute activation	<b>Rest/active rest day</b>	<b>40</b> Upper body 'moderate volume' Beginning & ending with delts
WK 9	<b>41</b> Lower body 'higher volume' Tension to the quads	<b>42</b> Upper body 'higher volume' Mostly arms but stimulating the rest	<b>43</b> Lower body 'lower volume' Squat, bridge, RDL & lunge	<b>Rest/active rest day</b>	<b>44</b> Upper body 'lower volume' First single arm pressing of 'intent.'	<b>Rest/active rest day</b>	<b>45</b> Lower body 'moderate volume' Bulgarian Lunges to begin	<b>46</b> Upper body 'moderate volume' The delts getting most of attention	<b>47</b> Lower body 'higher volume' Causing wear & tear to our glute band	<b>48</b> Upper body 'higher volume' Change in ROM & tempo	<b>Rest/active rest day</b>	<b>49</b> Lower body 'lower volume' Become comfortable with a pause	<b>Rest/active rest day</b>	<b>50</b> Upper body 'lower volume' Finale... WE DID IT!

