

Complete this finisher after your workout to promote lean muscle growth and increase your capacity to gain strength.

## INSTRUCTIONS

- DO NOT PERFORM ON YOUR REST DAYS
- Complete 3 sets of each exercise pairing and 2 sets of the final exercise
- Rest 60 seconds between exercises in a pairing
- Rest 2 minutes between sets

### 1A: BB Standing Press

- 6-10 reps
- Use medium-heavy weights
- Push head forward as arms straighten
- Rest 60 seconds before DB RDL



### 1B: DB RDL

- 8-12 reps
- Use medium-heavy weights
- Keep spine neutral
- Rest 2 minutes, then repeat BB Standing Press
- Complete 3 sets of this pairing



### 2A: DB Chest Fly

- 8-12 reps
- Use medium-light weights
- Control DBs down to shoulder-level and up
- Rest 60 seconds before DB Curl to Press



### 2B: DB Curl to Press

- 6-10 reps
- Use medium-heavy weights
- Perform one curl then immediately one press
- Rest 2 minutes, then repeat DB Chest Fly
- Complete 3 sets of this pairing



### 3: SB Leg Curl

- Complete as many reps as possible
- Stop as soon as form breaks down
- Rest until you are fully recovered
- Complete 2 sets

