

EXAMPLE TRAINING WEEK: **MONDAY**

1:57

OCT '23 **TODAY** 47

Nathan Yannakopoulos

1 2 3 4 5 6 7

STRENGTH

- A1 Back Squat**
4 x 6 @ 70, 70, 72.5, 75%
- A2 Feet Elevated Hamstring Bridge**
4 x 45 s

ACCESSORY STRENGTH

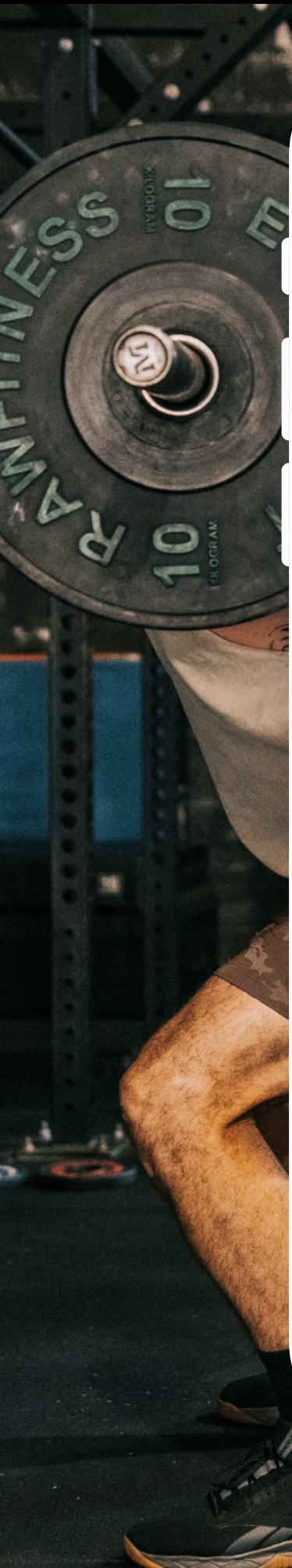
- B1 BB B-Stance RDL**
3 x 8
- B2 Wall Hack Squat**
3 x 8

ACCESSORY STRENGTH

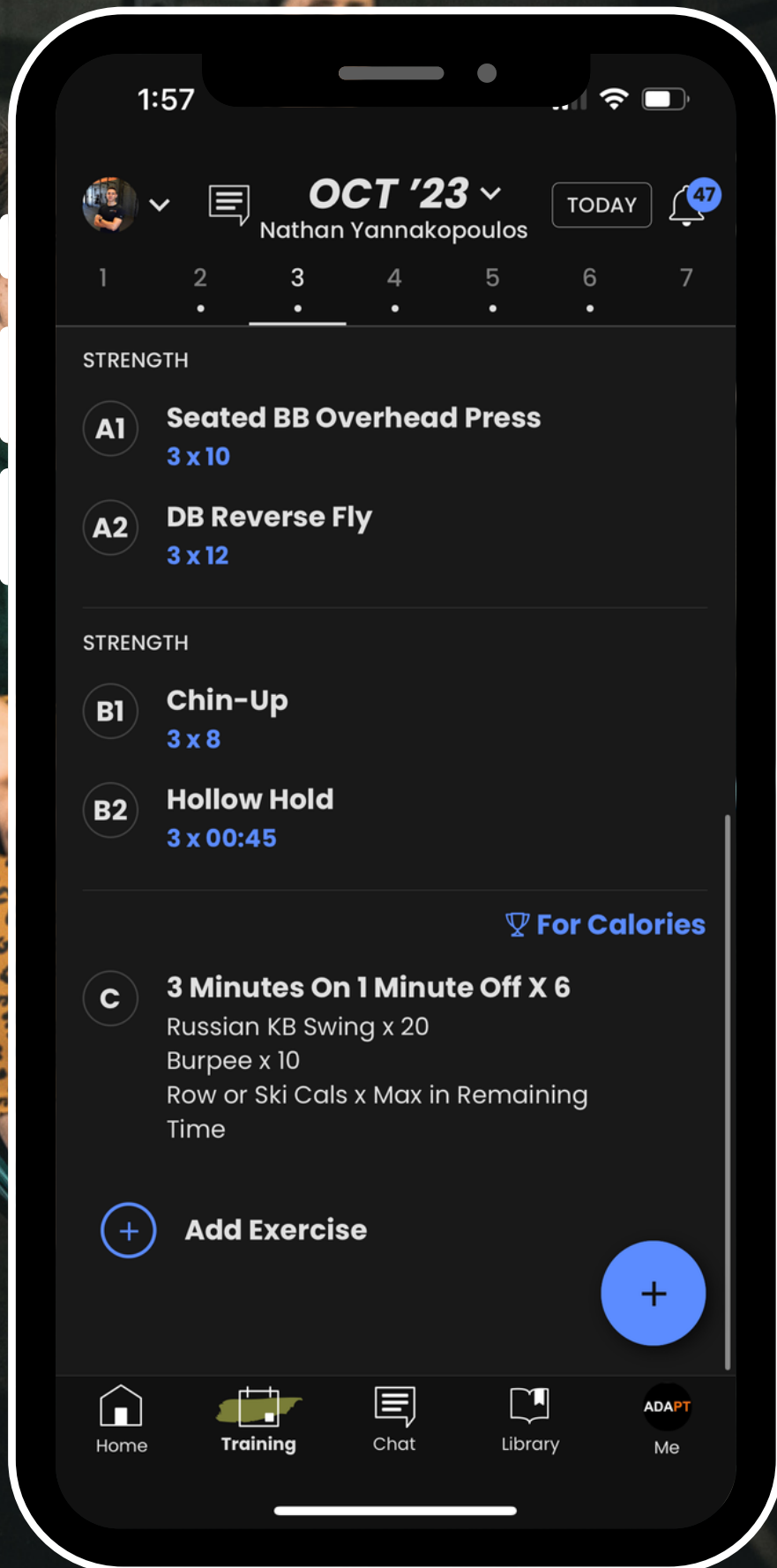
- C1 1+1/4 DB Bench Press**
3 x 8
- C2 Ring Rows**
3 x 10
- C3 Seated Hip Flexor Lifts**
3 x 10

Add Exercise

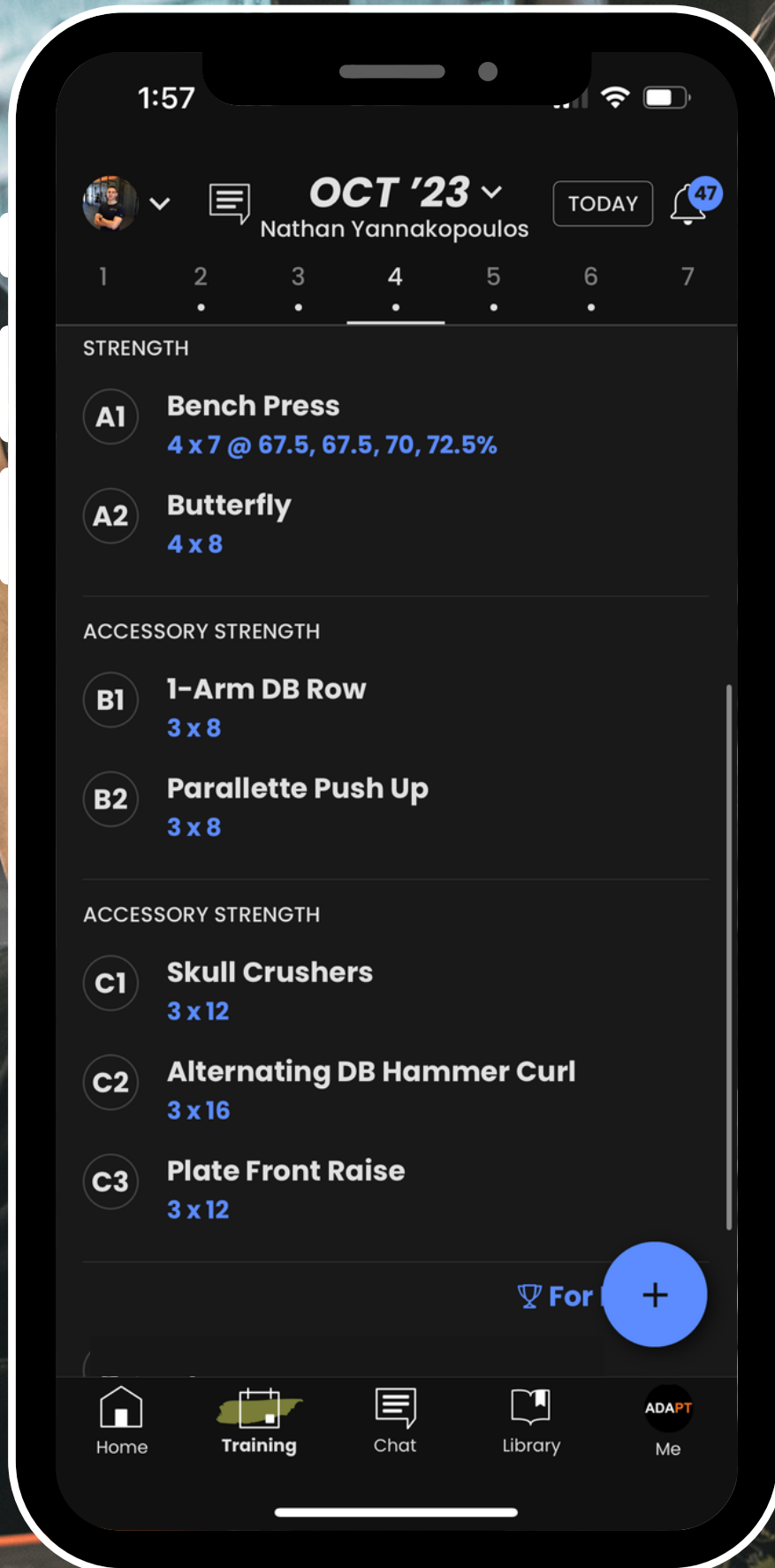
Home **Training** Chat Library **ADAPT** Me



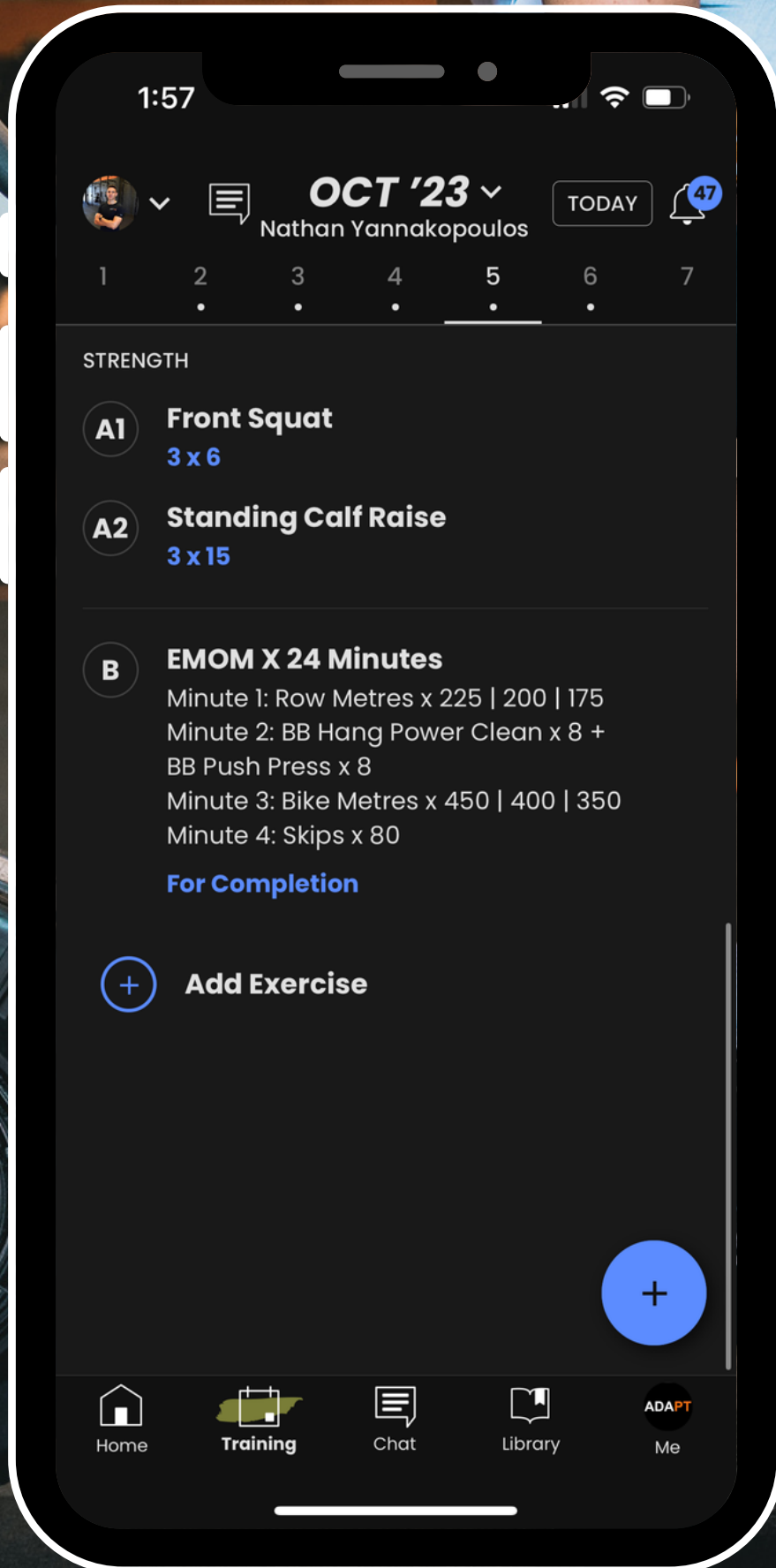
EXAMPLE TRAINING WEEK: **TUESDAY**



EXAMPLE TRAINING WEEK: WEDNESDAY



EXAMPLE TRAINING WEEK: THURSDAY



EXAMPLE TRAINING WEEK: **FRIDAY**

