
Max Effort - Lower Body Week 1

1. Deadlift (8-8-5-5-3-3-2-2)
 2. Full Front Squat (3*5)
 3. Leg Curl (3*8)
 4. Leg Extension (3*8)
 5. Cable Pull Through (3*10)
 6. Ab Machine (3*10)
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Max Effort - Lower Body Week 2

1. Squat (8-8-5-5-3-3-2-2)
 2. Rackpull (3*5)
 3. Leg Extension (3*8)
 4. Leg Curl (3*8)
 5. Good Mornings (3*10)
 6. Ab Rollout (3*10)
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Max Effort - Upper Body Week 1

1. Benchpress (8-8-5-5-3-3-2-2)
 2. Dumbbell Shoulder Press (3*5)
 3. Chinups (3*8)
 4. Face Pulls (3*10)
 5. Pushdowns (3*10)
 6. Side Raise (3*10)
 7. Dumbbell Shrugs (3*10)
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Max Effort - Upper Body Week 2

1. Military Press (8-8-5-5-3-3-2-2)
 2. Incline Bench Press (3*5)
 3. Underhand Chinups (3*8)
 4. Pandlay Row (3*10)
 5. Dumbbell Extensions (3*10)
 6. Side Raise (3*10)
 7. Barbell Shrugs (3*10)
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Dynamic Effort - Lower Body Week 1

1. Speed Box Squat (10*2)
 2. Stiff Legged Deadlift (3*10)
 3. Leg Press (3*12)
 4. Standing Calve Raise (3*10)
 5. Hyperextensions (3*10)
 6. Side Bends (3*8)
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Dynamic Effort - Lower Body Week 2

1. Speed Box Squat (10*2)
 2. Glute Ham Raise (3*10)
 3. Lunges (3*12)
 4. Standing Calve Raise (3*10)
 5. Hyperextensions (3*10)
 6. Leg Raise (3*8)
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Dynamic Effort - Upper Body Week 1

1. Speed Bench Press (8*3)
 2. Seated Military Press (3*10)
 3. Wide Grip Bench Press (3*8)
 4. Rack Lockouts (3*5)
 5. Bent Over Row (3*8)
 6. Rear Lateral Raise (3*10)
 7. Biceps Barbell Curl (3*8)
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Dynamic Effort - Upper Body Week 2

1. Speed Bench Press (8*3)
 2. Dumbbell Bench Press (3*10)
 3. Dumbbell Fly (3*8)
 4. Close Grip Bench Press (3*5)
 5. T-Bar Row (3*8)
 6. Rear Lateral Raise (3*10)
 7. Biceps Dumbbell Curl (3*8)
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