

This work out is meant to cement the largest muscles in the body. Proper rest and recuperation should be taken into consideration, which includes:

- Full nights of sleep
- High protein intake
- 0.75-1 gallon of water or Crystal Lite

For the two days after the workout, only "dry run" kicking drills should be performed, along with very careful, diligent stretching.

Squats

Start with the bar and perform 30 reps

then a pyramid of:

20 Reps

16 Reps

12

10

12

16

10

Each set should be done with the maximum amount of weight possibly, while maintaining strict form. Lowering the weight should be done on a 4-count, and you should explode up from the floor, on the way up, for a one count and repeat.

SQUATS - GO ALL THE WAY DOWN!!!!

In several leg exercises I utilize a partial rep to focus on a specific part of the leg. Squats are not one of them. If you cannot lift it successfully, lower the weight to the point where your hamstrings come in contact with your calves. Use less weight. There is no shame in the amount of weight you use, as long as you are performing the exercise correctly, and you are taxing the muscle at its max.

Do Not Forget: You are not a power lifter. Heavy weights are only a means to an end for you.

Dead lifts

Pyramid of reps:

15

12

10

8

10

12

15

Same as the squats, lower the weight on a 4-count, let it graze the floor, and bring it up on a one count.

Keep your head up, and remember to roll your shoulders back to complete the rep. That's where you will gain all your upper back strength

You should get a break of a minute and a half or less between every set. This part is a must, keeping training pace is very important.

Think of this workout as the foundation upon which we can build you up as an athlete. Over time, I will provide exotic and taxing workouts to help push you to the next level, but these workouts should be added to your weekly routine as soon as possible. to lay the ground work for what's to come.