

---

## Full Body Compound (A)

Today is the first in your series of full body compound workouts. The workout will be structured with 3-5 compound lifts typically utilizing a barbell, followed by 2-4 accessory lifts that will typically involve dumbbells, bodyweight, or kettlebells. In terms of priority, always prioritize the compound barbell work over the accessory work. Don't skip to the dumbbells first and then end with compound lifts -- you want to be the freshest for your barbell lifts.

### Progressive Overloading

The first time you do your compound lifts, you will use a percentage of your "max day" weight as a starting point for your reps and sets. Each subsequent time you do the exercise on another day (whether it's bench press as part of Full Body Compound (A) or bench press as part of Full Body Compound (C)) you will increase the demands on your body with that particular exercise either by increasing the load, the weight, the sets, or some combination of the three as indicated in the notes next to the individual exercise.

NEVER increase load if you experience form breakdown or poor form, or if you experience instability or pain during the movement. If you increase the load on your bench press and your right arm locks out no problem but your left foot comes off the ground while your left arm is wiggling all over the place in an attempt to lock out, then come back down off the load until you can press the weight with stability (and be sure to do a couple of extra reps on your left side with your dumbbell accessories).

### Addressing imbalances

It's not uncommon for new lifters (and even intermediate lifters with bad habits) to have severe strength and stability imbalances between their left and right sides. If you start this program and feel that this is you, be sure to address those imbalances with your accessory work. The primary goal of accessory work is to shore up imbalances and maintain balance between your "Strong" and "weak" sides. If one of your arms struggles to lock out during bench press, adding in 2 reps of the incline dumbbell press on your left side only (while your right side maintains a stable but stationary position at the top of the rep) can help the weaker left side to catch up to the right side in terms of strength and muscular endurance. Don't be afraid to make slight alterations to the program to fit your body's needs.

If you notice you're making lots of alterations or you feel very uncomfortable addressing any imbalances or concerns in your movement patterns, then I would recommend purchasing the "guided" version of this plan, instead, so that you're directly connected with the trainer who wrote it. He will be able to work more closely with you to fix any imbalances or compensatory movement patterns to get you on the gain-train faster than you jump out of bed when you wake up with a charlie horse.

### Good form

Always remember good form for your compound lifts. You can go back to your "max" days for a bit more of an in-depth reminder of good form for the big 3, but here are some quick points for the compound lifts you'll be doing today.

**Bench press:** Pack the shoulders (shoulder blades down and back), -very slight- arch in the mid back as a result, grip the bar and act like you're bending it in half to externally rotate the shoulders, don't flare elbows to wide, squeeze the chest.

**Squat:** Squeeze shoulder blades together to make your meat shelf on the upper back, act like you're in chest deep water -- deep breath in at top of rep, brace the core (think bloat out with air in your lungs not suck in), hinge the hips and sink into the squat, drive up from the bottom as you exhale, repeat.

**Rack Pull:** Set the height of the start position to just above the knee when you stand close to the bar. Grip the bar tight as though doing a deadlift. Take a big breath, brace the core, and squeeze the glutes and drive the hips forward as you lift the bar off the j-hooks or catches. Squeeze all the muscles in your upper back. Fun fact: the rack pull is an excellent upper back exercise. Really focus on these muscles as you're standing tall with the heavy weight. It might help to think about trying to pull your shoulder blades back and puff your chest out as you stand up to really engage all those giant muscles in your upper and middle back.

**Straight leg Romanian deadlift:** Keep the height of the start position the same as the rack pull. After de-racking the weight, step back 2-3 steps. Keep the shoulders pulled back tight and the chest up. Keep the knees straight but not so straight you cut off blood flow. Slowly hinge back at the hips, keeping the lats engaged so the barbell slides straight down the fronts of the legs (don't let it drift away from you). As for the depth of the hinge, it will vary based on your flexibility. Don't go so far down that you start to feel it in your lower back. You only want to feel a stretch build up in the backs of your legs and glutes. At the height of these stretch (usually it's when the bar reaches just below the mid-shin), push through your feet with your legs and squeeze your butt to push your hips forward.

### Warm up

As always, don't neglect your warm up and cooldown phases. For your warm up, spend 5-10 minutes on a cardio machine of your choice. Your goal is to get your heart rate up to a good base without fatiguing yourself. You want to break a little sweat, breathe just a little heavy, and feel your heart rate elevate a little. You don't want to be worn out or fatigued. After your heart gets your blood flowing, spend some time warming up your rotator cuffs, shoulders, lats, and hamstrings. It's important to note that any time you bench, you should spend a little time warming up your rotator cuffs. They're really important for maintaining good shoulder health during the bench press.

### Cooldown

Your cooldown period is the perfect time to take advantage of your warm muscles and get some good mobility out of them by taking your stretches through big ranges of motion. Really push it to just past your comfort level and hold for 20-30 seconds per stretch. Hamstrings (straight leg toe touches), glutes (seated or standing figure-4 stretch), chest (arm against the wall, turn away), lats (feet supported dead hang from a bar) are all great muscle groups to focus on. But really, just stretch out everything with extra attention on whatever feels tight.



---

est. 1h 29m

---

### Equipment

Bands (handles) Barbell Body weight Dumbbell Bands (loops)

### Instructions

Today is the first in your series of full body compound workouts. The workout will be structured with 3-5 compound lifts typically utilizing a barbell, followed by 2-4 accessory lifts that will typically involve dumbbells, bodyweight, or kettlebells. In terms of priority, always prioritize the compound barbell work over the accessory work. Don't skip to the dumbbells first and then end with compound lifts -- you want to be the freshest for your barbell lifts.

#### Progressive Overloading

The first time you do your compound lifts, you will use a percentage of your "max day" weight as a starting point for your reps and sets. Each subsequent time you do the exercise on another day (whether it's bench press as part of Full Body Compound (A) or bench press as part of Full Body Compound (C)) you will increase the demands on your body with that particular exercise either by increasing the load, the weight, the sets, or some combination of the three as indicated in the notes next to the individual exercise.

NEVER increase load if you experience form breakdown or poor form, or if you experience instability or pain during the movement. If you increase the load on your bench press and your right arm locks out no problem but your left foot comes off the ground while your left arm is wiggling all over the place in an attempt to lock out, then come back down off the load until you can press the weight with stability (and be sure to do a couple of extra reps on your left side with your dumbbell accessories).

#### Addressing imbalances

It's not uncommon for new lifters (and even intermediate lifters with bad habits) to have severe strength and stability imbalances between their left and right sides. If you start this program and feel that this is you, be sure to address those imbalances with your accessory work. The primary goal of accessory work is to shore up imbalances and maintain balance between your "Strong" and "weak" sides. If one of your arms struggles to lock out during bench press, adding in 2 reps of the incline dumbbell press on your left side only (while your right side maintains a stable but stationary position at the top of the rep) can help the weaker left side to catch up to the right side in terms of strength and muscular endurance. Don't be afraid to make slight alterations to the program to fit your body's needs.

If you notice you're making lots of alterations or you feel very uncomfortable addressing any imbalances or concerns in your movement patterns, then I would recommend purchasing the "guided" version of this plan, instead, so that you're directly connected with the trainer who wrote it. He will be able to work more closely with you to fix any imbalances or compensatory movement patterns to get you on the gain-train faster than you jump out of bed when you wake up with a charlie horse.

#### Good form

Always remember good form for your compound lifts. You can go back to your "max" days for a bit more of an in-depth reminder of good form for the big 3, but here are some quick points for the compound lifts you'll be doing today.

**Bench press:** Pack the shoulders (shoulder blades down and back), -very slight- arch in the mid back as a result, grip the bar and act like you're bending it in half to externally rotate the shoulders, don't flare elbows to wide, squeeze the chest.

**Squat:** Squeeze shoulder blades together to make your meat shelf on the upper back, act like you're in chest deep water -- deep breath in at top of rep, brace the core (think bloat out with air in your lungs not suck in), hinge the hips and sink into the squat, drive up from the bottom as you exhale, repeat.

**Rack Pull:** Set the height of the start position to just above the knee when you stand close to the bar. Grip the bar tight as though doing a deadlift. Take a big breath, brace the core, and squeeze the glutes and drive the hips forward as you lift the bar off the j-hooks or catches, Squeeze all the muscles in your upper back. Fun fact: the rack pull is an

excellent upper back exercise. Really focus on these muscles as you're standing tall with the heavy weight. It might help to think about trying to pull your shoulder blades back and puff your chest out as you stand up to really engage all those giant muscles in your upper and middle back.















**Straight leg Romanian deadlift:** Keep the height of the start position the same as the rack pull. After de-racking the weight, step back 2-3 steps. Keep the shoulders pulled back tight and the chest up. Keep the knees straight but not so straight you cut off blood flow. Slowly hinge back at the hips, keeping the lats engaged so the barbell slides straight down the fronts of the legs (don't let it drift away from you). As for the depth of the hinge, it will vary based on your flexibility. Don't go so far down that you start to feel it in your lower back. You only want to feel a stretch build up in the backs of your legs and glutes. At the height of these stretch (usually it's when the bar reaches just below the mid-shin), push through your feet with your legs and squeeze your butt to push your hips forward.

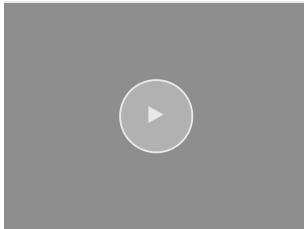
### Warm up

As always, don't neglect your warm up and cooldown phases. For your warm up, spend 5-10 minutes on a cardio machine of your choice. Your goal is to get your heart rate up to a good base without fatiguing yourself. You want to break a little sweat, breathe just a little heavy, and feel your heart rate elevate a little. You don't want to be worn out or fatigued. After your heart gets your blood flowing, spend some time warming up your rotator cuffs, shoulders, lats, and hamstrings. It's important to note that any time you bench, you should spend a little time warming up your rotator cuffs. They're really important for maintaining good shoulder health during the bench press.

### Cooldown

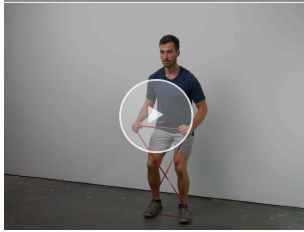
Your cooldown period is the perfect time to take advantage of your warm muscles and get some good mobility out of them by taking your stretches through big ranges of motion. Really push it to just past your comfort level and hold for 20-30 seconds per stretch. Hamstrings (straight leg toe touches), glutes (seated or standing figure-4 stretch), chest (arm against the wall, turn away), lats (feet supported dead hang from a bar) are all great muscle groups to focus on. But really, just stretch out everything with extra attention on whatever feels tight.

	Warm Up Cardio	1 set x 5 min	
	Superband Monster Walk	2 sets x 10 reps per side per set. Use a light to moderate tension ban...	
	SuperBand Seated Face Pull	2 sets x 10 reps per set. Use a light band. This is a warm up not mea...	
	Glute Bridge	2 sets x 10 reps per set. Use slow, controlled, full range of motion. Th...	
	Band Shoulder Press	2 sets x 10 reps per set. Use a light to moderate band for this. This is...	
	Band External Shoulder Rotat...	2 sets x 10 reps per side per set. Use a light band for this. This is a w...	
	Barbell Bench Press	4 sets x 6 reps per set. Load Progres...	👉 Rest 90 sec between sets
	Barbell Back Squat	4 sets x 6 reps per set. Load Progres...	👉 Rest 90 sec between sets
	How To Rack Pull - Increase ...	4 sets x 8 reps per set. Load Progres...	👉 Rest 90 sec between sets
	Barbell Straight Leg Romania...	4 sets x 12 reps per set. Load progre...	👉 Rest 90 sec between sets
	Dumbbell Incline Bench Press	4 sets x First session: 8 reps per set....	👉 Rest 60 sec between sets
	Dumbbell Single Arm Bent Ov...	4 sets x First session: 8 reps per set....	👉 Rest 60 sec between sets
	Dumbbell Rear Foot Elevated...	4 sets x First session: 8 reps per leg ...	👉 Rest 60 sec between sets
	Cooldown Stretch	10 min	



### Warm Up Cardio

3-5 Mins on Any Machine at Low Intensity



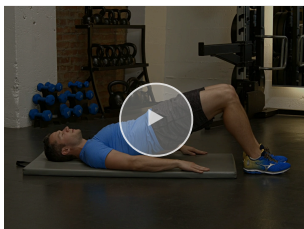
### Superband Monster Walk

1. Place both feet inside the resistance band, creating tension on both legs, hands pulling the band.
2. Take short steps sideward alternating your left and right foot.
3. After several steps, do just the opposite side bringing you back to where you started.
4. Repeat.



### SuperBand Seated Face Pull

- 1) While seated on the floor with legs straight out in front of you, hold the handles.
- 2) Place the centre of the band around both of your feet.
- 3) Sit tall with abs tight and hold handles in front of you.
- 4) Pull the handles back until they are up next to your forehead.
- 5) Slowly return to the start position and repeat.



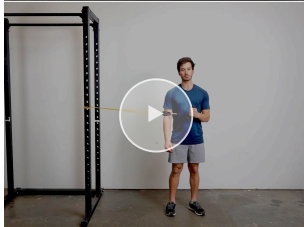
### Glute Bridge

- 1) For this exercise, lie on your back.
- 2) Squeeze your glutes to lift your hips. Keep your tummy tight throughout.



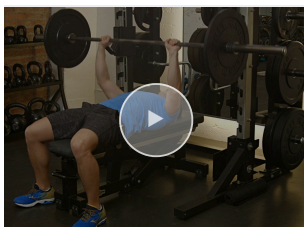
### Band Shoulder Press

- 1) Stand with both feet on the center of the band, hip-width apart.
- 2) Bring handles of the band above shoulders so that elbows are bent 90 degrees.
- 3) Press arms straight up until elbows are lock. Slowly lower to the start position and repeat.



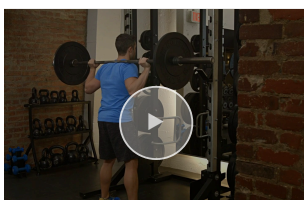
### Band External Shoulder Rotation (0 degrees)

1. Start by securing a band to an anchor point at hip's height.
2. Stand with the handle in one hand, and your body parallel to the band.
3. Bring the hand of the banded arm up so that your elbow is bent to 90 degrees.
4. Slowly push the band outwards and away from your body, and the anchor point.
5. Return to the start position. Repeat on the opposite side.



### Barbell Bench Press

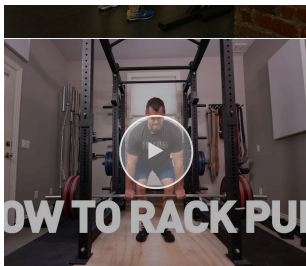
- 1) Lie on a flat bench and start by holding a barbell above your chest with your hands slightly wider than shoulder width.
- 2) Slowly lower the barbell to the middle of your chest and then press the barbell back up to the same start position until your arms are straight.
- 3) Repeat.



### Barbell Back Squat

- 1) With the Barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly.
- 2) Keep your chest up and knees out as you sit back and down into your hips.
- 3) Under control. reverse the motion and push yourself back up to a standing position.





by under control, reverse the motion and push yourself back up to a standing position.

## How To Rack Pull - Increase Your DEADLIFT!

How To Rack Pull - Increase Your DEADLIFT!



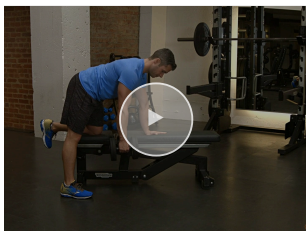
## Barbell Straight Leg Romanian Deadlift

- 1) Start by standing with your feet shoulder width apart.
- 2) Pick up the barbell by bending knees to bend over and grasp barbell with a shoulder width overhand grip and back straight.
- 3) Lift weight to standing position keeping your back straight.
- 4) Begin by bending your hips to lower the bar to the top of your feet.
- 5) As you descend, make sure to bend your knees slightly with your waist kept straight.
- 6) With your knees still bent, lift the bar by extending at your hips until standing upright. Repeat.



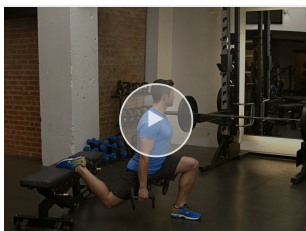
## Dumbbell Incline Bench Press

- 1) Sit on an incline bench set at 45 degrees with dumbbells resting on both thighs.
- 2) Start with both dumbbells at shoulder level.
- 3) Press the weights upwards over your upper chest until the weights meet at the top.
- 4) Lower the weights slowly and repeat.



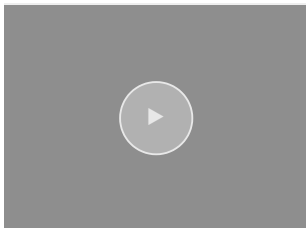
## Dumbbell Single Arm Bent Over Row

- 1) Place one knee on a bench, one hand in a push-up position. Body parallel to the floor with back straight, one hand holding the dumbbell onto your side.
- 2) Pull the dumbbell up to the side of your chest, keeping arm close to the body.
- 3) Lower the dumbbell returning to starting position.
- 4) Complete all reps on one side before switching to the other side.



## Dumbbell Rear Foot Elevated Split Squat

- 1) When performing this exercise, ensure that your knee, feet and hip are in line.
- 2) With your feet hip-width apart, place the instep of your rear foot on a bench. Your feet should be approximately three feet apart.
- 3) Lower your hips toward the floor so that your rear knee comes close to the floor.
- 4) Pause and drive through your front heel to return to the starting position.
- 5) Repeat



## Cooldown Stretch

Perform a cooldown stretch for 10 minutes. Focus on the triceps, shoulders, chest, and legs. We will go over a cooldown stretch more in-depth during our sessions. If you have any questions, let me know and I will record a video of some of my favorite stretches.

**Tracking Sheet** (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Distance	miles			
Time	m: s			

Warm Up Cardio	Speed Levels/Incline Calories burnt				
Superband Monster Walk	reps	reps			
SuperBand Seated Face Pull	reps	reps			
Glute Bridge	reps	reps			
Band Shoulder Press	reps	reps			
Band External Shoulder Rotation (0 degrees)	reps	reps			
Barbell Bench Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Barbell Back Squat	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
How To Rack Pull - Increase Your DEADLIFT!	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Barbell Straight Leg Romanian Deadlift	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Dumbbell Incline Bench Press	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Dumbbell Single Arm Bent Over Row	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Dumbbell Rear Foot Elevated Split Squat	reps x lbs	reps x lbs	reps x lbs	reps x lbs	
Cooldown Stretch					

## Previous Stats