

Laura Jackson – Prep Training

- Go heavy with good form
- Try to do the exercises in order
- Pay attention to the tempo/mind muscle connection
 - Stretch afterwards!

Monday – Legs

Exercise	Sets/Reps	Tempo
Back Squats	4 sets; 15, 12, 12, 10	2020
Leg Press	3 sets; 15, 12, 12	4121
Leg Extensions	3 sets; 15	2020
Lunges	3 sets; 15 reps a leg	2020
Glute Kickbacks	3 sets; 12 reps a leg	3010

Tuesday – Back

Exercise	Sets/Reps	Tempo
Lat Pulldown	3 sets; 15, 12, 12	4020
Wide Grip Seated Row	3 sets; 15, 12, 12	4020
1 Arm Bentover Row (on bench)	3 sets; 12	2020
Rear Flyes (on machine)	4 sets; 15 reps	3021
Assisted Wide Grip Pullup	3 sets; max reps you can do	2020

Wednesday – Arms and Abs

Exercise	Sets/Reps	Tempo
Upright Row (bar)	4 sets; 15, 12, 12, 10	2020
Military Press	4 sets; 15, 12, 12,	4120

	10	
Lateral Raises (1 arm)	3 sets; 12 reps per side	2020
Hammer Curl	3 sets; 12 reps	4020
Preacher Curl	3 sets; 12 reps	4020
Tricep Extension	3 sets; 15, 12, 12	2021
Skullcrushers	3 sets; 12 reps	2020

Thursday – Rest

Friday – Legs

Exercise	Sets/Reps	Tempo
Deadlifts	4 sets; 15, 12, 12, 10	2020
Prone Leg Curls	4 sets; 15, 12, 12, 10	4021
Hip Thrusts/Weighted Bridges	3 sets; 12 reps	3021
Glute Kickbacks	3 sets; 12 reps	3010
Step Ups w Kickback	3 sets; 15 reps per side	2020
Deep Sumo Squats	3 sets; 15 reps	4021

Saturday – Chest and Arms

Exercise	Sets/Reps	Tempo
Incline Bench Press	3 sets; 15, 12, 12	4020
Cable Flyes	3 sets; 15, 12, 12	4020
Pushups	3 sets; max reps you can do	2020
Renegade Row	3 sets; 12 reps per side	2020
Bentover Tricep	3 sets; 15 reps	2020

Kickbacks		
OH Tricep Extensions	3 sets; 15, 12, 12	4020
Rear Flyes	3 sets; 15, 12, 12	3021

Sunday – Rest