

JOHN MEADOWS WORKOUT ROUTINE

4/7 DAY PPL WORKOUT

DR WORKOUT

LEGS

- Barbell back squats- 5-8 sets of 8-10 reps
- Standing, seated, or lying leg curls- 4 sets of 10-12 reps
- Leg press- 5-6 sets of 10 reps
- Leg extensions or Hack squats- 4 sets of 10 reps
- Stationary lunges on a smith machine- 3 sets of 12 reps
- Romanian deadlifts- 4 sets of 8-12 reps
- Adductor machine- 4 sets of 10 reps
- Calf raises- 4 sets of 10 reps

CHEST

- Barbell bench press- 5 sets of 5 reps
- Low incline dumbbell press- 4 sets of 8-12 reps
- Smith machine decline press- 4 sets of 10-12 reps

BACK

- Yates rows- 4 sets of 10-12 reps
- Smith machine one-arm barbell rows- 4 sets of 8 reps
- Facing away lat pulldowns- 4 sets of 10-12 reps
- Rack pulls- 3 sets of 6 reps
- Reverse hyperextensions- 3 sets of 12-15 reps
- Pullovers (either machine or free weight)- 4 sets of 8-10 reps

SHOULDERS

- Dumbbell overhead press- 3 sets of 10-12 reps
- Lateral raises- 3 sets of 12-15 reps
- EZ-bar front raises- 3 sets of 12 reps
- Pec deck reverse flyes- 3 sets of 12-15 reps
- Iso-lateral seated cable rear delt flys- 3 sets of 12-15 reps

BICEPS

- Dumbbell curls- 3 sets of 10-12 reps
- Grip force dumbbell curls- 3 sets of 12 reps
- Dumbbell preacher curls- 3 sets of 10-12 reps
- Barbell drag curls- 3 sets of 12 reps

TRICEPS

- Tricep pushdowns (with slow eccentrics)- 4 sets of 12-15 reps
- Rope pushdowns- 3 sets of 12 reps
- Overhead cable tricep extensions- 3 sets of 10-12 reps
- Kettlebell lying tricep extensions- 3 sets of 10-12 reps

John Meadows Training Program

H Kauffman



John Meadows Training Program :

Decoding **John Meadows Training Program** : Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**John Meadows Training Program** ," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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