

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

G Orfield



John Meadows Training Program :

John Meadows Training Program Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**John Meadows Training Program** ," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents John Meadows Training Program

1. Understanding the eBook John Meadows Training Program
 - The Rise of Digital Reading John Meadows Training Program
 - Advantages of eBooks Over Traditional Books
2. Identifying John Meadows Training Program
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an John Meadows Training Program
 - User-Friendly Interface
4. Exploring eBook Recommendations from John Meadows Training Program
 - Personalized Recommendations
 - John Meadows Training Program User Reviews and Ratings

- John Meadows Training Program and Bestseller Lists
- 5. Accessing John Meadows Training Program Free and Paid eBooks
 - John Meadows Training Program Public Domain eBooks
 - John Meadows Training Program eBook Subscription Services
 - John Meadows Training Program Budget-Friendly Options
- 6. Navigating John Meadows Training Program eBook Formats
 - ePub, PDF, MOBI, and More
 - John Meadows Training Program Compatibility with Devices
 - John Meadows Training Program Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of John Meadows Training Program
 - Highlighting and Note-Taking John Meadows Training Program
 - Interactive Elements John Meadows Training Program
- 8. Staying Engaged with John Meadows Training Program
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers John Meadows Training Program
- 9. Balancing eBooks and Physical Books John Meadows Training Program
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection John Meadows Training Program
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine John Meadows Training Program
 - Setting Reading Goals John Meadows Training Program
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of John Meadows Training Program
 - Fact-Checking eBook Content of John Meadows Training Program
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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