

# 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

**Padhraic Smyth**



**John Meadows Training Program :**

## Reviewing **John Meadows Training Program** : Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**John Meadows Training Program** ," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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