

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

Yijin Wang



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John Meadows Training Program : Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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