

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

Jessica J Manson



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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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