

# 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

**Puja Mehta**



**John Meadows Training Program :**

The book delves into John Meadows Training Program . John Meadows Training Program is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into John Meadows Training Program , encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to John Meadows Training Program
- Chapter 2: Essential Elements of John Meadows Training Program
- Chapter 3: John Meadows Training Program in Everyday Life
- Chapter 4: John Meadows Training Program in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of John Meadows Training Program . This chapter will explore what John Meadows Training Program is, why John Meadows Training Program is vital, and how to effectively learn about John Meadows Training Program .

3. In chapter 2, the author will delve into the foundational concepts of John Meadows Training Program . The second chapter will elucidate the essential principles that need to be understood to grasp John Meadows Training Program in its entirety.

4. In chapter 3, the author will examine the practical applications of John Meadows Training Program in daily life. This chapter will showcase real-world examples of how John Meadows Training Program can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of John Meadows Training Program in specific contexts. This chapter will explore how John Meadows Training Program is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about John Meadows Training Program . The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of John Meadows Training Program .

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