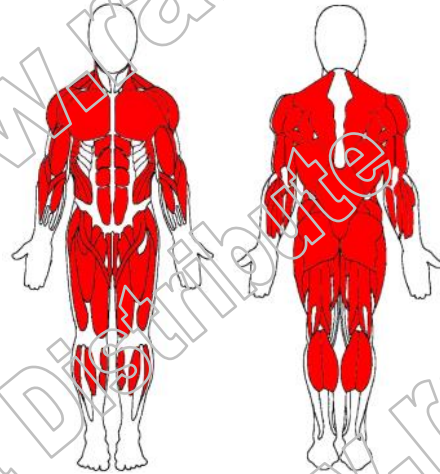


EXERCISES

- 01** Barbell Squats
- 02** Barbell Deadlifts
- 03** DB Shoulder Press
- 04** T-Bar Rows
- 05** Barbell Chest Press
- 06** One-Arm DB Rows

TARGET MUSCLES



DETAILS

Goal Strength / Power

Level Advanced

Sets 1-4

Reps 1-6

Rest 2-5 minutes

Load 80-100% 1RM / 8-10 RPE

Freq 2-5X Week

Prog WP+10%

Dur 3-4 weeks

Equip Barbell, Dumbbells

NOTES

- Modify any exercise based on your ability

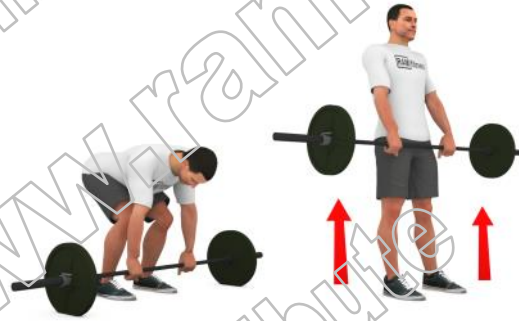
ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.



ROUTINE # 016: Full Body / Advanced



Barbell Squats



Barbell Deadlifts



DB Shoulder Press



T-Bar Rows



Barbell Chest Press



One-Arm DB Rows

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

©2021 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.

PERSONAL USE ONLY. NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER. RAMFITNESS.COM



ROUTINE # 016

Frequency: 2-5 wk **Reps:** 1-6
Duration: 3-4 wks **Rest:** 2-5 minutes
Sets: 1-4 **Load:** 80-100% 1RM / 8-10 RPE

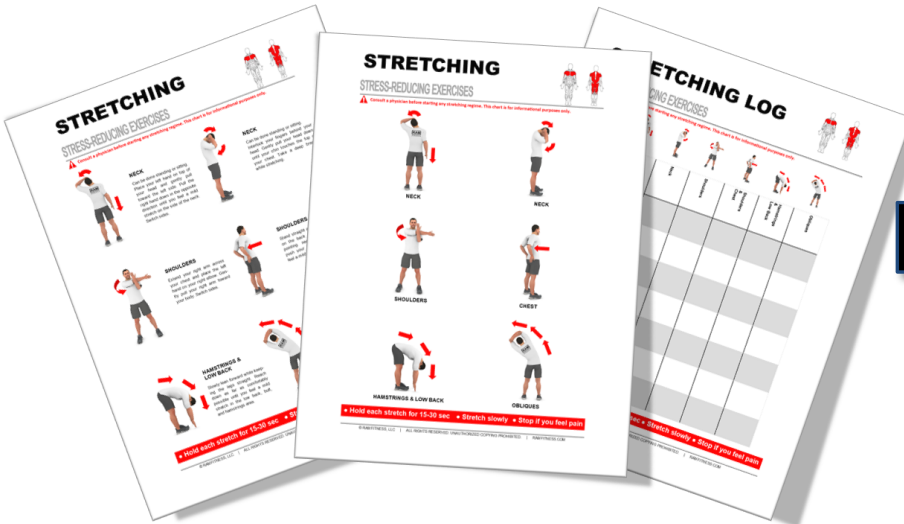
Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Week#:	Day:	Machine Settings	1RM	Set 1		Set 2		Set 3		Set 4	
Date:				Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps

Take Your Stretching Routine to the Next Level!



FOR BUSINESS USE

Business Print License

Unlock Professional-Grade Benefits

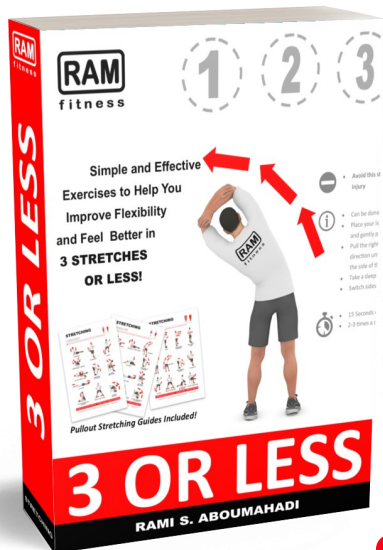
- **Watermark-Free:** Enjoy clean, professional-looking guides.
- **High-Resolution Quality:** Ideal for professional printing.
- **Comprehensive Stretching Guides:** Detailed instructions for each exercise.
- **Cost-Effective Licensing:** Unlimited copies for your team (not for resale).
- **Stretching Log Included:** Help your team stay on track.
- RAMFITNESS.COM/PRICING



50% Off!

For a Limited Time!

FOR PERSONAL USE



3 OR LESS eBook

Simplified Stretching at Your Fingertips! Unlock easy, effective stretching with the "3 OR LESS" ultimate eBook. Simplify your flexibility routine with:

- **3 Simple Moves:** Master key stretches for every major muscle group.
- **Clear Visuals:** 50+ pages of clear demos, illustrations, and practical tips.
- **Tailored Routines:** 4 custom stretching plans with logs to track progress.
- **Daily Essentials:** 12 must-do stretches for a healthier body.
- **Customizable Plans:** Create your own stretching routine.
- **Smart Navigation:** Internal links for quick, easy access.
- **Instant Download:** Start stretching today on any device.



3OrLessBook.com