

FLASH ROUTINE CHEAT SHEET

1 Clear Title and Routine Number: ROUTINE # 090: Legs / Advanced

2 Exercises: List of 7 exercises including Barbell Squats, Barbell Low Back Extensions, Barbell Deadlifts, Hack Squats, Leg Extensions, Laying Leg Curls, and Calf Raise Machine.

3 Target Muscles: Illustration of the human body highlighting the muscles targeted by the routine.

4 Details: Muscular Endurance, Advanced level, 3-4 sets, 15-25+ reps, 30-45 seconds rest, 50-70% 1RM / 4-7 RPE load, 2-3X/Week frequency, 4-8 weeks progression, 4-8 weeks duration, Pin-selectors, Barbells equipment.

5 Notes: Read all machines instructions before exercising; Modify any exercise based on your ability.

6 More Info QR code.

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.
©2019 COPYRIGHT FLASH ROUTINE IS A PROPERTY OF RAMFITNESS, LLC.
NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER, RAMFITNESS.COM

(1) Clear Title and Routine Number: This makes finding your preferred routine a snap.

(2) Exercises: All exercises in the routine are listed here.

(3) Target Muscles: Clear illustration of all muscles involved in the routine.

(4) Details: Here are all the important details of each routine like Goal, Level, and Progression.

(5) Notes: Important tips.

(6) More Info QR code: Scan this code for a quick access to this page.

7 Summary of Routine: Frequency: 2-3 wk, Reps: 15-25+, Duration: 4-8 wks, Rest: 30-45 seconds, Sets: 3-4, Load: 50-70% 1RM / 4-7 RPE.

8 Exercise Log: Grid for tracking progress over four weeks.

9 Machine Settings / 1RM: Columns for recording machine settings and weight 1RM.

10 Sets: Columns for recording the number of sets completed for each exercise.

©2019 RAMFITNESS, LLC. FLASH ROUTINE - NO REPRODUCTION OF ANY KIND WITHOUT EXPRESS AUTHORIZATION FROM OWNER, RAMFITNESS.COM

(7) Summary of Routine: brief summary including all important details.

(8) Exercise Log: All exercises in the routine listed here.

(9) Machine Settings / 1RM: Record machine settings and weight 1RM to make subsequent sessions easier and faster to set up.

(10) Sets: Number of sets match the maximum number of sets for that specific routine.

FLASH ROUTINE CHEAT SHEET

DETAILS	
Goal	Muscular Endurance
Level	Advanced
Sets	3-4
Reps	15-25+
Rest	30-45 seconds
Load	50-70% 1RM / 4-7 RPE
Freq	2-3X Week
Prog	WP+10%
Dur	4-8 weeks
Equip	Pin-selectors, Barbells

Frequency "Freq":

- **Power/Strength:** 2-5 Sessions a week
- **Hypertrophy/Tone:** 1-3 Sessions a week
- **Muscular Endurance:** 2-3 Sessions a week

Progression "Prog":

Weight Progression (WP+10%): This progression is best fit for exercises with weight. Aim to increase the weight load by 10% when you are able to complete the target reps or exceed them by an extra 1-2 reps.

Repetition Progression (RP+2): This progression is best used for exercises that does not involve weights. Aim to increase the number of repetitions by 1-2 reps when you are able to complete the target reps or exceed them by an extra 1-2 reps.

Duration "Dur":

- **Power/Strength:** 3-4 weeks
- **Hypertrophy/Tone:** 8-12 weeks
- **Muscular Endurance:** 4-8 weeks

Equipment:

List of equipment used in the workout.

Goal:

- **Power/Strength:** Increase the user's strength and power.
- **Hypertrophy/Tone:** Increase muscle size (hypertrophy) and tone.
- **Muscular Endurance:** Increase stamina in repetitive activities and sports.

Level:

- **Beginner:** Very little or no experience with weight lifting or have not done any strength training within a year.
- **Intermediate:** Has at least 2-6 months experience.
- **Advanced:** Weight lifting experience of at least one year .

Sets:

- **Power/Strength:** 1-6 sets
- **Hypertrophy/Tone:** 2-6 sets
- **Muscular Endurance:** 3-4 sets

Repetitions "Reps":

- **Power/Strength:** 4-8 reps
- **Hypertrophy/Tone:** 8-12 reps
- **Muscular Endurance:** 15-25+ reps

Rest:

- **Power/Strength:** 2-5 minutes rest
- **Hypertrophy/Tone:** 1-2 minutes rest
- **Muscular Endurance:** 0-45 seconds rest

Load:

One-Repetition Maximum (1RM): is the maximum amount of weight you can lift in one repetition.

- **Power/Strength:** 80-100% 1RM
- **Hypertrophy/Tone:** 70-80% 1RM
- **Muscular Endurance:** 50-70%

Rate of Perceived Exertion (RPE): is a method of self-regulating the intensity of the exercise. 1 = no effort at all to 10 = extremely difficult.

- **Power/Strength:** 8-10 RPE
- **Hypertrophy/Tone:** 6-7 RPE
- **Muscular Endurance:** 4-7 RPE