

## **MY EDT WORKOUT**

**This workout is made for my training, if you do, do at your own risk.**

**As always consult with a physician before you start any exercise program**

This is a four day per week cycle, where each workout starts with one core lift. After the core lift you'll perform 3 auxiliary lifts. The loading is different for core lifts every week, so make sure you take a close look at the directions.

Monday

A: Core: Medium-Grip Barbell Snatch From "Hang" Position

Auxiliary:

B-1: Decline Step-Up (Left)

B-2: Decline Step-Up (Right)

Loading For "B" exercises: Standard EDT (One 15-Minute PR Zone)

C: Modified Russian Twist (3 sets of 10...means 5 swings to each side)

Tuesday

A: Core: Pull-Ups

Auxiliary:

B-1: Cheat Dumbbell Hammer Curl

B-2: Barbell Row

Loading For "B" exercises: Standard EDT (One 15-Minute PR Zone)

C: Decline DB Triceps Extension 3x10

Thursday

A: Core: Medium-Stance Squat

Auxiliary:

B-1: Floor Crunch With Feet On Bench

B-2: Machine Supine Leg Curl (or use standard leg curl machine is supine isn't available)

Loading For "B" exercises: Standard EDT (One 15-Minute PR Zone)

C: Seated Calf Raise 3x10

Friday

A: Core: Incline Barbell Bench Press (I prefer a small incline, 15 degrees ideally, but your equipment may dictate a larger incline, which is fine)

Auxiliary:

B-1: Close, Parallel-Grip Lat Pulldown

B-2: Push Press

C: Optional PR Zone: Use this time to perform any exercise of your choice that you may be jonesing to do— just limit all sets (warm-up and work sets) to 15 minutes.

Loading For "B" exercises: Standard EDT (One 15-Minute PR Zone)

Loading for Core ("A") Lifts:

Week One: 5x5 using the same weight for every set

Week Two: 3x3 using the same weight for every set (NOTE: The exception is the DB Snatch on Mondays— ALWAYS use 5x5 for this lift)

Week Three: 5-4-3-2-1 (biggest weight you can get in perfect form for 5 reps, then same for 4, 3, 2, and 1 rep) (NOTE: The exception is the DB Snatch on Mondays— ALWAYS use 5x5 for this lift)

Week Four: 3x10 using the same weight for every set (you might not get 10 reps with the 2nd and 3rd set however) (NOTE: The exception is the DB Snatch on Mondays— ALWAYS use 5x5 for this lift)