



TRAIL

## WEEK 1 & 7 - LOWER 1

### FRONT SQUAT

Weeks 1 & 8: 8 Reps  
Weeks 9 & 12: 12 Reps

Place your dumbbells by your sides, before  
squatting and moving into a lunge position.

Lower back, driving back up to your start.

Same leg for specified reps then switch.



### SET

#### VERSION

Weeks 1 & 8: 8 Reps  
Weeks 9 & 12: 12 Reps

Use your wrist or shoulder width apart unless  
you can comfortably achieve.

Push your quads at the peak, and control  
descent of the lift.

Keep your feet, and back and shoulders against



### STRAIGHT CUTO

Weeks 1 & 8: 8 Reps  
Weeks 9 & 12: 12 Reps

Keep shoulders against the pads, keeping  
feet in your spine.

Push your quads out against the front pad,  
with (or without) open.

Push your hamstrings and drive your heels  
into your foot, firmly grasping the



# Ldn Muscle Bulking Guide

**Yan Bai**



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