

SJF BIKINI BODY PROJECT

Week 4: Saturday

BACK, ARMS & CORE

This circuit focuses on back, triceps & core. Your full upper body should feel shot after this!
More reps & some failure sets to dial this bad boy up!!

	EXERCISE	WEIGHTS	SETS	REPS	TEMPO	NOTES
1	Assisted Wide Grip Pull ups * 4th set to failure	W/U: Easy W: Hard (see notes)	1x w/u 3x W	15	0-1-0-3	<ul style="list-style-type: none">• Some Assisted Chin machines are scaled in levels, whilst others are scaled in pounds or kilo's. It is very hard to recommend a weight because the appropriate weight depends not just on your strength but on your own body weight• For this particular exercise, I want you to perform an "Easy" Warm Up (4-5/10 on a perceived rate of exertion), then 3 "Hard" Working sets (7-8/10 on a perceived rate of exertion).• Throughout this exercise it is important to brace your core & aim to keep your spine in a neutral alignment.• You should aim for as full a range as possible coming all the way up as high as possible, to bring your chin up to top of machine. Control the downward phase (negative) by straightening your arms out slowly. Try not to lock out your elbows straight at the bottom.• 4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!

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2	Seated Close Grip Cable Row * 4th set to failure	W: 65lb-85lb	3x W	15	0-1-1-3	<ul style="list-style-type: none">• When performing a seated row, start sitting in an upright position with a strong core.• If you are a beginner, it is often best to keep the range of movement a little smaller by remaining sitting upright & only stretching forward as far as you can naturally reach before sacrificing your posture. This is a safer starting point to make sure you don't load your back in a compromising way.• If you are already relatively strong through your back, allow for a little more forward stretch in the movement. You will see as I perform the exercise, my shoulders almost round a little as I lean forward. I am increasing the range a little by allowing for a full stretch of the back & a full contraction.• Read the tempo carefully - Pull in quick, pause at the contraction & then slowly release. Focus on really squeezing your shoulder blades together. You should feel this through the mid-upper back.• 4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!

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3A	Lying DB Tricep Extension (on flat bench) * 4th set to failure	W: 15lb	4x W	15	0-3-0-1	<ul style="list-style-type: none">• Lay down on a flat bench & ensure you brace your core to set a neutral position throughout this exercise. I prefer to bring my feet up onto the bench as that allows me to keep a neutral spine with ease.• Your hands should begin directly above your shoulders, both in terms of horizontal alignment & the width which you hold the dumbbell's apart at.• Keep your elbows actively squeezing in as you bring the dumbbells down toward your forehead. At the fullest range, I aim to bring the dumbbell's all the way to the side of my face/temples.• Your upper arm (elbow to shoulder) should move minimally as you perform each rep.• TEMPO is another major: Slow on the way down (3 seconds), power on the way up (1 second).• 4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!

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3B	Standing Single Arm Overhead Dumbbell Tricep Extension * 4th set to failure	W: 10-15lb	4x W	15	0-3-0-1	<ul style="list-style-type: none"> Stand and hold a dumbbell in one hand. Take the arm straight up above your head so the dumbbell is directly above your shoulder. Your elbow should be close to your ear. Keeping the upper part of your arm still (elbow locked in by your ear) extend your forearm to take the dumbbell back & slightly on an angle behind your head. Control down and then squeeze back to the top with a strong contraction. 4th set to failure: On your 4th & final set perform continued repetitions until you're no longer able to perform a safe/complete repetition. This should feel like fire!
4A	Tricep Dips	W: (bodyweight)	3x W	(to failure)	0-2-0-1	<ul style="list-style-type: none"> Use a bench and if you can place your feet up on a large dumbbell or on another bench/step. This will make it harder. You can of course use a dip machine if you have one, however, this exercise is killer performed in this way. This is the final annihilation for your arms & you will perform 3 sets till you fail each time.
4B	Tricep Press Ups	W: --	3x W	(to failure)	0-2-0-1	<ul style="list-style-type: none"> You are going to perform press ups with hands close (right under shoulders) You will do as many as you can till failure within each set. Aim to start on your toes for as many reps as you can (even if its only 1 or 2) then drop down to your knees.

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5	Plank/Prone Hold Walk	W: --	3x W	3 x 1 minute	hold	<ul style="list-style-type: none">• Start on your HANDS with hands placed directly under shoulders & set up in an ordinary plank. From there, “walk “down one arm at a time from your hands to your elbows (down, down), then one at a time walk back to your hands (up, up). Do as many walks as you can whilst holding for one minute.• You must maintain a long & strong spine, stacking your shoulders above your elbows.• If you feel fatigue or pain in your back (lower back in particular) you may need to drop to your knees for a short break or the remainder of your set. This just means that your core is not yet strong enough to keep your lower back protected.