WEEK 8

BOBBY WESTSIDE

3.8.20

@bobbyxwestside

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Week 8 | 3.9.20

Quick Intro

On Ja Rule's *New York*, Jadakiss rapped I'm not cocky I'm confident so when you tell me I'm the best it's a **compliment**.

We're working **complementary** muscle systems this week – heavy moves that focus on the major mover (eg chest) and then focus on the stabilizers (eg shoulders and triceps). Same with back, quads, et al.

Naturally, by exhausting our secondary support muscles in each super set, we'll more quickly fatigue on the bigger movements. But conversely, by strengthening the synergists that tend to be disproportionately weaker, we'll improve our ability to move heavy weight next time.

Let me know how it goes!

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Other Stuff

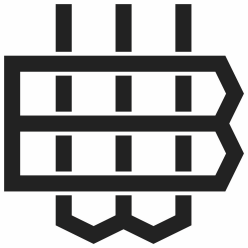
Hey friends! Just popping in quickly to say that these weekly total body circulations are meant to supplement the quarterly programs I put out on the site.

They are quicker and abbreviated programs that get the job done when you can't dedicate a ton of time or energy to the gym that day or week.

I would encourage you to focus your workouts so that every day isn't a total body burner, otherwise you're not hitting certain muscle groups hard enough to build muscle, or you're not giving the muscle groups you did hit hard enough the proper time to recover.

And finally, of course these are meant to be guides but I can't be in the gym with you to ensure your safety at all times. Be careful, be thoughtful, and of course take your time with heavy weights and any unfamiliar movements.

Hope you enjoy! Let me know any questions, comments, or feedback via DM, text, email, etc.



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Upper Body

Superset 1 •

5 sets, 12/10/8/8/8 reps

H 1A | BB/DB Chest Press
M 1B | DB Shoulder Press (2 DBs)
M 1C | DB OH Tricep Extension (1 DB)

Superset 2 •

5 sets, 12/10/8/8/8 reps

H 2A | BB/DB Flat Row
M 2B | DB Bicep Curl (2 DBs)
M 2C | DB Lat Pullover (1 DB)

Superset 3 •

3 sets, 10 reps

M 3A | DB Pushups – just 1
3B | DB Renegade Row – 1 each
3C | DB Mtn Climbers – 10 total, restart 3A

Heavy
Medium
Light

BB = Barbell
DB = Dumbbell
KB = Kettlebell

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Lower Body

Superset 1 •

5 sets, 12/10/8/8/8 reps

H 1A | BB/DB Deadlift
M 1B | DB Swings (2 DBs)
M 1C | DB Single Arm Snatch (1 DB)

Superset 2 •

5 sets, 12/10/8/8/8 reps

H 2A | BB/DB Back Squat
M 2B | DB Reverse Lunges (2 DBs)
M 2C | DB Goblet Squat (1 DB)

Superset 3 •

3 sets, 10 reps

H 3A | DB Glute Bridge
H 3B | DB Heavy Situp

Heavy
Medium
Light

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Total Body

Superset 1 •

5 sets, 12/10/8/8/8 reps

H 1A | BB/DB Chest Press
M 1B | DB Goblet Squat (1 DB)
M 1C | DB OH Tricep Extension (1 DB)

Superset 2 •

5 sets, 12/10/8/8/8 reps

H 2A | BB/DB Deadlift
M 1B | DB Alternating Row (2 DBs)
M 1C | DB Single Arm Snatch (1 DB)

Superset 3 •

3 sets, 10 reps

M 3A | DB Bicep Curls
M 3B | DB Reverse Lunges
M 3C | DB Tricep Kickbacks

Heavy
Medium
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Isolated Back

Superset 1 •

5 sets, 12/10/8/8/8 reps

H 1A | BB/DB Flat Row
M 1B | DB Reverse Fly (1 DB)
M 1C | DB Lat Pullover (1 DB, same as 1B)

Superset 2 •

5 sets, 12/10/8/8/8 reps

H 2A | Pull-Ups / Lat Pulldown
M 1B | DB Incline Row (2 DBs)
M 1C | DB Alternating High Pull (2 DBs)

Superset 3 •

3 sets, 10 reps

M 3A | DB Pushups – just 1
M 3B | DB Renegade Row – 1 each
M 3C | DB Mtn Climbers – 10 total, restart 3A

Heavy
Medium
Light

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