



MERCH MADNESS

WEEK 7



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3.1.20

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QUICK INTRO

Dropping sets like Izzi dropped her standards for me.

Rain drop / drop sets / smokin on ... I'll stop but this week we're focusing on drop sets! Burning out our muscles by decreasing weight immediately after a set and repeating. We'll decrease twice for three total sets within the exercises.

The idea is that we take our muscles to maximum fatigue at a certain weight, then continue to stress the muscle by reducing the weight and continuing repetitions.

If we think about this from a perceived exertion standpoint, we're making lighter weight feel much heavier by adding it on after a heavy set. So we end up doing 15 very heavy reps in a decreasing weight framework of 5 drop weight 5 drop 5.

Let me know how it goes!



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.



UPPER BODY

Superset 1 • 2 warm-up sets, 10 reps

H 1A | BB/DB Chest Press

H 1B | DB Single Arm Row

Drop Set | 5-5-5 reps

Start with your 5 rep set, then immediately after take off 5-20lbs and do 5 more. For example, I did 225-205-185 for 5/5/5.

Superset 2 • 2 warm-up sets, 10 reps

H 2A | DB Incline Press

M 2B | DB Single Arm Tricep Kickback

Drop Set | 5-5-5 reps

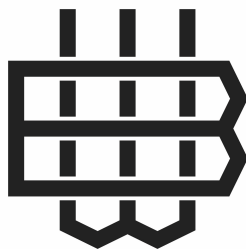
Start with your 5 rep set, then immediately after take off 5-10lbs and do 5 more. For kickbacks, I did 45-40-35 for 5/5/5.

Superset 3 • 2 warm-up sets, 10 reps

M 2A | DB Reverse Fly

M 2B | DB Hammer Curl

Drop Set | 5-5-5 reps (you get the idea)



Heavy

Medium

Light

BB = Barbell
DB = Dumbbell
KB = Kettlebell

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LOWER BODY

Power Set 1 • 2 warm-up sets, 10 reps

H 1A | BB/DB Deadlift

Drop Set | 5-5-5 reps

Start with your 5 rep set, then immediately after take off 5-20lbs and do 5 more. For example, I did 225-205-185 for 5/5/5.

Power Set 2 • 2 warm-up sets, 10 reps

H 2A | BB/DB Front Squat

Drop Set | 5-5-5 reps

Start with your 5 rep set, then immediately after take off 5-10lbs and do 5 more. For kickbacks, I did 45-40-35 for 5/5/5.

Superset 3 • 3 sets, 8 reps each side

M 3A | DB Split Squat (Single-Leg)

M 3B | DB Snatch (same side as 3A, switch)

No Drop Set Here



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DUMBBELL ARMS

I'm writing this in case you only have access to DBs in your building gym, or living room, or hotel, or all the shit is taken at the gym and you're in a rush. Feel free to accessorize with other equipment!

Superset 1 • 2 warm-up sets, 10 reps

H 1A | DB Single Arm Hammer Curl

H 1B | DB Single Arm Hammer Press

Drop Set | 5-5-5 reps

Using the same weight, start with your 5 rep set, then immediately after take off 5lbs and repeat. For example, I did 50-45-40 for 5/5/5.

Superset 2 • 2 warm-up sets, 10 reps

M 2A | DB Incline Curl

M 2B | DB Single Arm Tricep Kickback

Drop Set | 5-5-5 reps

Superset 3 • 2 warm-up sets, 10 reps

M 3A | DB Concentration Curl

M 3B | DB OH Tricep Extension

Drop Set | 5-5-5 reps



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