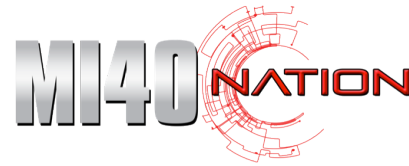


BEN PAKULSKI AND THE MUSCLE INTELLIGENCE TEAM PRESENT:

INTRODUCTION TO INTENT

QUADS



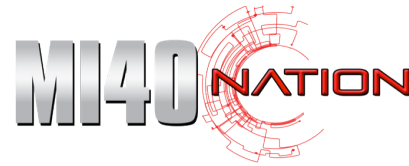
APPROX. WORKOUT TIME: 44 MINS

	Exercise	Sets	Target Reps	*	Tempo	Rest (secs)	Intent
A1	BB Quad Squats	5	8		4-0-1-0	80	Initiate by pushing the knees forward and pulling yourself down with your hamstrings. Drive heels into the floor as you contract
B1	Leg Extensions	4	10-12		3-0-1-2	0	Squeeze quads first and imagine pulling your kneecap into your hip at the top.
B2	Hack Squats	4	10-12		4-0-1-0	80	Keep lower back pressed into the pad. No rounding of the spine. Leg extension out of the bottom.
C1	DB Lunges (Quad Emphasis)	3	12-15		3-0-1-0	40	Initiate out of the bottom like a leg extension driving the heel into the floor. Maintain upright torso and push knee forward for maximum flexion.
D1	Banded Leg Press - feet low (Quad Emphasis)	5	10-12	+ NOS (Last Set)	3-1-1-0	40	Drive through your heels while trying to press your feet upward on the foot plate to maximize tension in the quads.
E1	Leg Extensions	3	8-10	+ NOS (Last Set)	3-0-1-0	40	Drive hamstrings down into the pad as you contract your quads. Do not let your bum come off the seat and sit up tall.

BEN PAKULSKI AND THE MUSCLE INTELLIGENCE TEAM PRESENT:

INTRODUCTION TO INTENT

BACK



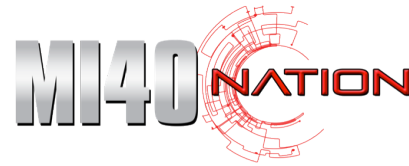
APPROX. WORKOUT TIME: 43 MINS

	Exercise	Sets	Target Reps	*	Tempo	Rest (secs)	Intent
A1	One-Arm DB Rows	4	10-12		3-0-1-2	40	Pull your scapula down and back by contracting your lat BEFORE your upper arm ever moves. Drive elbow in a large arc back towards the base of your spine/hip NOT "up".
B1	Seated Cable Rows, Neutral-Grip	4	8-10		4-0-1-1	0	Initiate by driving your shoulders and upper arms DOWN like you are trying to scrape the floor as you contract. Aim elbows to the base of your spine NOT back behind you.
B2	Reverse-Grip Lat Pulldowns	4	10-12	+ NOS (Last Set)	4-1-1-0	80	Try to drive your elbows in towards each other throughout the rep. Initiate by contracting the lats to pull your scapula down and back (depression and retraction)
C1	Bent-Over, High Cable, Cable Pullovers with 2 ropes	4	10-12		3-1-1-2	40	Only focus on driving the insertion towards the origin. Drive the upper arm downwards on initiation and through a large arc towards the base of your spine.
C2	Hammer / Machine Rows	4	8-10	+ NOS (Last Set)	4-0-1-0	40	Drive downward HARD into the machine to create additional tension in the lats throughout the rep. No acceleration on the concentric. Maintain tension with a smooth tempo throughout.

BEN PAKULSKI AND THE MUSCLE INTELLIGENCE TEAM PRESENT:

INTRODUCTION TO INTENT

BICEPS



APPROX. WORKOUT TIME: 40 MINS

	Exercise	Sets	Target Reps	*	Tempo	Rest (secs)	Intent
A1	Elbows High, Cable Bicep Curls (facing towards apparatus)	4	10-12		3-0-1-2	40	Keep biceps facing straight up and scapula stable (no shoulder movement).
B1	One-Arm DB Preacher Curls	5	8-10		4-0-1-0	40	Squeeze bicep at the bottom before your forearm ever moves. Drive upper arm down into the pad. Squeeze forearm into biceps at the top.
C1	DB Curls	4	6-8		4-0-1-1	0	Keep elbows slightly in front of hips. Imagine flexing on the eccentric, not just lowering the weight. Curl in a large arcing motion, not straight up and down.
C2	Inc. DB Hammer Curls	4	10-12	+ NOS (Last Set)	3-1-1-0	80	Contract triceps at the bottom to fully lengthen the biceps. Do not let the elbows travel forward and back as you curl.
D1	Inc. / Low Cable Bicep Curls facing away from apparatus	4	8-10	+ NOS (Last Set)	3-1-1-0	40	Squeeze biceps as hard as possible without moving before beginning the concentric. Keep shoulders depressed and imagine you are trying to scrape your knuckles along the floor as you contract.