

LOCKED IN GAINS TRAINING PROGRAM



jetts[®]
24 hour fitness

TIME UNDER TENSION

ANTERIOR DAY

	Dynamic Warm Up	Toe Touches Knee Up n Out Inchworms High Plank to Down Dog	30s 30s 30s 30s	
1A	Chest	Chest Press	3 x 40–50s	Add Dumbbells if needed
1B	Quads	Split Squat	3 x 40–50s	
2A	Shoulders	Shoulder Press	3 x 40–50s	Pin loaded or Dumbbells
2B	Quads	Dumbbell Front Squat	3 x 40–50s	
3A	Chest	Chest Flye	3 x 40–50s	Pin loaded or Dumbbells
3B	Core	Hollow Hold	3 x 50s 40s 30s	
4A	Arms (Triceps)	Cable Triceps Extension	3 x 40–50s	Use Rope attachment
4B	Core	High Plank Knee Tucks	3 x 50s 40s 30s	

POWER & PLYOMETRICS

WHOLE BODY

	Dynamic Warm Up	High Knee Jog on Spot Squat + T-Spine Rotation High Plank to Down Dog Burpees	30s 30s 30s 30s	
1A	Power	Vertical Jump	5 x 4–5	Can use TRX for assist
1B	Power	Power Push Up (Incline)	5 x 4–5	Use a Box or racked Barbell
2A	Power	Broad Jump	5 x 4–5	
2B	Power	Dumbbell Push Press	8 x 4–5	
3A	Plyometric	Alternating Split Squat Jumps	3 x 20 15 10	Can use TRX for assist
3B	Plyometric	Ball Slams	3 x 20	Deadball, careful with Medball
3C	Core	V-Snaps (or Leg Raises)	3 x 10	

VOLUME: BIG SETS

POSTERIOR DAY

	Dynamic Warm Up	Toe Touches Inchworms Plank + Bodyweight Renegade Row	20s 20s 20s	
1A	LB Posterior	Dumbbell Romanian Deadlift	4 x 25 20 15 10	
1B	UB Posterior	Single Arm Dumb Bell Supported Row	4 x 20 15 15 10	
2A	LB Posterior	Hamstring / Leg Curls	4 x 25 20 15 10	Pin loaded or with Dumbbell
2B	UB Posterior	Dumbbell Bent-Over Reverse Flye	4 x 20 15 15 10	
2C	Core	Hollow Hold	4 x 30s	
3A	Arms (Biceps)	Barbell Bicep Curls	4 x 20 15 15 10	
3B	Core	Prone Opposite Supermans	4 x 40s	