

## Stabilization Equivalent Training (SET)

NAME: \_\_\_\_\_ PHASE: Stabilization Equivalent Training

TRAINER: [www.ryanmozley.co.uk](http://www.ryanmozley.co.uk) GOAL: Lean Body Mass Gain

DATE: \_\_\_\_\_

*Disclaimer: Always consult you GP before changing your exercise routine. If you feel faint at any time, stop your exercise immediately.  
This programme has been designed for a client with no illness, injuries and in good physical condition.*

CARDIO TRAINING: Optional	TIME:	EQUIPMENT:
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WARMUP/FLEXIBILITY	Sets	Reps	Duration	Rest	Notes
1. SMR: Calves, IT band, Adductors	1				Hold tender spots 20-30 sec.
2. Cardio: Elliptical Trainer (Cross trainer)			5 min		
3. Active Stretching: Calves, Adductors, Hip Flexors, Lats, Pecs	1	5-10	2-4 sec.		

CORE & BALANCE	Sets	Reps	Tempo	Rest	Notes
1. Supine Ball Crunch	2	10	3-2-1	0 sec.	Circuit training
2. Back Extension	2	10	3-2-1	0 sec.	
3. Single-leg Squat	2	10	3-2-1	60 sec.	

REACTIVE	Sets	Reps	Tempo	Rest	Notes
1. Squat Jump	2	10	Repeating	60 sec.	

SPEED, AGILITY, QUICKNESS	Sets	Reps	Time	Rest	Notes
1. Optional					

STRENGTH	Exercise	Sets	Reps	Intensity	Tempo	Rest	Notes
TOTAL BODY	Optional						
CHEST	1. Bench Dumbbell Chest Press 2. Ball Push-up	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	
BACK	1. Lat Pulldown 2. Single-leg Cable Row	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	
SHOULDERS	1. Seated Dumbbell Shoulder Press 2. Single-leg Scaption	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	
BICEPS	1. Barbell Curl 2. Single-leg Dumbbell Curl	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	
TRICEPS	1. Cable Pressdown 2. Ball Dumbbell Extension	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	
LEGS	1. Barbell Squat 2. Single-leg Romanian Deadlift	3	8	80%	2-0-2 3-2-1	0 sec. 60 sec.	

This workout can be split into a 2-, 3-, or 4-day workout routine.  
Sample 3-day routine: Day 1 (Chest and Back), Day 2 (Shoulders and Legs), Day 3 (Biceps and Triceps).

COOL – DOWN	
POST-WORKOUT FLEXIBILITY	Static Stretching: Calves, Adductors, Hip Flexors, Lats, Pectorals