

Advanced Women Guide

Peak Output Protocol — Pressure Builds Power.

Lower Power

- Back squat 5x5 @80%
- Romanian deadlift 4x8
- Bulgarian split squat 3x10
- Hip thrust 4x12

Upper Hypertrophy

- Weighted pull-up 4x6
- Overhead press 4x8
- Cable row 4x12
- Lateral raise 3x15

Metabolic

- EMOM 12 min: 10 KB swings + 8 burpees
- Sprint intervals 8x20s

Train with intent. Rest with purpose. REVVA — Pressure Builds Power.