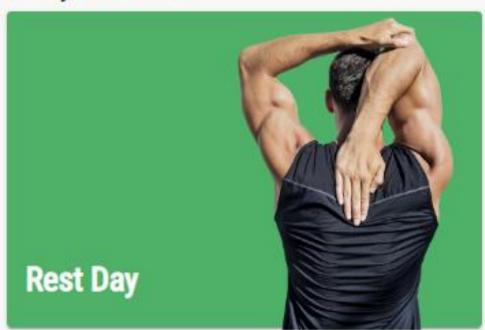
Today's Workout



Plan Info

4-day GZCLP

4

30-45

days per week

mins per day

A beginner program designed by competitive powerlifter and strength coach Cody Lefever. The program is highly effective because it works a variety of rep ranges and intensities, automatically adjusting to your progress over time. The program is strength-focused, but also suitable for building muscle, getting toned, or losing fat assuming you follow your meal plan.





Workout Schedule

