



Monday (2/24) Back

Advanced Trainee

Deadlifts- 8,6,3,1,8 Start with Lightest Weight than go to 1 Rep Max (Heaviest Weight) for 1 Rep than go Back to starting weight to finish 8 more reps- 2 min between each set

Giant Set:

Bent Over BB Rows

SS

One Arm DB Rows

SS

Wide Grip Lat Pull Down

SS

DB Pullovers

SS

Rear Wide Grip Lat Pull Downs

SS

Reverse Grip BB Rows

SS

Straight Cable Pullovers

SS

Neutral Grip Pull-Ups

SS

Close Grip Cable Rows

4 Rounds 12 Reps Each 90 Sec Rest Between Each Round

Beginner Trainee

Deadlifts: 4 Sets of 15 Reps (75 sec rest)

Lat Pull Downs: 4 Sets of 15 Reps (40 sec rest)

Rear Lat Pull Downs: 4 sets of 15 Reps (40 sec rest)

Assisted Pull-Ups: 4 sets of 12 Reps (40 sec rest)

Close Grip cable rows: 4 sets of 12 reps (40 sec rest)