



Monday
Back/Biceps
Advanced Trainee

Deadlifts- 5X5 (Heavy) 90 sec rest between each set

(Superset)

T-Bar Rows (Tempo 3/3) (3 second count down/ 3 second count up)

SS

Preacher Curls (Tempo 3/1) (3 second count down/ 1 second count up)

(5 sets- 8-10 Reps each) (Heavy) 60-75 sec rest between each superset

(Giant-Set)

Wide Grip Cable Rows

SS

Rope Curls

SS

Close Grip Cable Rows

SS

Hammer DB Curls

(4 Rounds-75 sec rest after each round)

(Super Set)

Neutral Grip Pull-Ups (to failure)

SS

Barbell 30 Curls (10 Reps Low Half, 10 Reps High Half, 10 Reps Full Range)

(3 Rounds- 45 sec rest in between superset)

Beginner Trainee

Reverse Grip Bent Over Rows- 4 sets of 12 Reps (60 sec rest)

(Superset)

Wide Grip Cable Rows

SS

Alternating DB Curls (4 sets of 12 reps-45 sec rest)

(Giant Set)

Wide Grip Lat Pull-Downs

SS

EZ BB Curls (Wide Grip)

SS

EZ BB Curls (Close Grip)

SS

Reverse Grip Lat Pull Downs (4 Rounds – 75 sec rest between each round)