



## **Wednesday (3/19) -Arms**

### **Advanced Trainee**

TUT= Time Under Tension

\*You will remain in the entire set for as long as the time says.

\*This workout will focus on Time Not Just Reps.

Chin-Ups - 5 sets of 10 Reps

Incline DB Curls- 5 sets at 60 seconds

Skull Crushers- 5 sets at 45 seconds

Straight BB Curls- 5 sets at 45 seconds

Tricep Push-downs - 5 sets at 45 seconds

Alternating Hammer Curls- 4 sets at 60 seconds

- Rest will be no more than 45 seconds after each set

### **Beginner Trainee**

Assisted Chin-Ups - 4 sets of 10 reps

Incline DB Curls- 3 sets at 45 seconds

Close Grip Bench Press – 3 sets at 45 seconds

EZ Bar Curls - 4 sets at 45 seconds

Skull Crushers- 3 sets at 45 seconds

\* Rest will be 45 seconds after each set