



Advanced Trainee

Back

Pre-exhaust Warm Up

Wide Grip Pull-Ups- 12

SS

Reverse Grip Cable Rows 20 Reps

5 Sets: 60 sec rest

Standing T-Bar Rows (Close Grip): 12/10/8/6/4/20

**6 sets start with a with a moderate challenging weight, increase the weight as the sets go further, the final set is for pure muscular endurance so pick a weight that you can keep at a 2:1 Tempo and pump out the rest of the reps: 60 sec rest*

Wide Grip Cable Rows (Heavy) 3:1 Tempo: 8X8 - 30 sec rest

Reverse Grip BB Rows (Heavy) 3:1 Tempo: 8X8- 45 sec rest

Reverse Grip Hammer Pull-Downs 2:1 Tempo: 6X12 Reps- 30 Sec Rest

Wide Grip Lat Pull-Downs 2:1 Tempo: 6X12 Reps- 30 sec rest

One Arm Dumbbell Rows: Rack Running: Time to attack the Dumbbells: Start with the heaviest weight: Do a 3:1 Tempo: Start with 5 Reps, progress to the next weight until you hit 5 weights total: the final weight you hit you should be hitting up to 15 reps

*** Example: Left Arm: 5/7/10/12/15 once completed go back to starting weight than perform the same format for the right arm*

2 Rounds Total: 60 sec rest

Beginner:

Assisted Wide Grip Pull-Ups: 4 sets of 12 Reps- 30 sec rest

Close Grip Cable Rows: 4 sets of 12 Reps- 30 sec rest

Wide-Grip Lat Pull- Downs: 3 sets of 10 with a drop set on each set: 45 sec rest

Rear Cable Lat Pull- Downs: 3 sets of 10 with a drop set on each set: 45 sec rest

One Arm DB Rows: 4 sets of 8 Reps with a drop set on each set: 45 sec rest

DB Bent Over Rows: 3 sets of 12 Reps- 30 sec rest