



Advanced Trainee:

Rope Curls: 20 Reps
SS

V-Bar Push Downs: 20 Reps
5 sets: 30 sec rest

Eccentric Negative Preacher Curls: 6 sets of 6 reps: (Heavy) 5:1 Tempo 75 sec rest

Incline DB Curls: 5 sets of 5 Reps 4:1 Tempo 60 sec rest

Straight BB Curls: 8 Reps (Heavy) 3:1 Tempo Drop-set to just the bar 25 reps: 4 Rounds Total- 45 sec rest

Alternating DB Curls: 4 sets of 15 Reps: 30 sec rest

Hammer Curls: 5 sets of 20 Reps: 30 sec rest

Decline Skull Crushers: On decline bench: 6 sets of 6 reps: (Heavy) 4:1 Tempo 75 sec rest

Overhead DB Press: 5 sets of 5 Reps 4:1 Tempo 60 sec rest

Rope Push-Downs: 8 Reps (Heavy) 3:1 Tempo Drop-set each set to 25 reps: 4 Rounds Total- 45 sec rest

Cable Kick Backs: 4 sets of 15 Reps each arm: no rest

Diamond Push-Ups: 5 sets of 20 Reps: 30 sec rest

Beginner:

Rope Curls: 4 sets of 12 Reps: 30 sec rest

Overhead DB Press: 4 sets of 12 Reps: 30 sec rest

Skull Crushers: 4 sets of 8 Reps: 4:1 tempo (Heavy) 75 sec rest

Alternating DB Curls: 4 sets of 12 Reps- 30 sec rest

Preach BB Curls: 4 sets of 12 Reps- 30 sec rest

Close Grip BB Press: 4 sets of 8 Reps- 4:1 tempo 75 sec rest

Floor Curls: 3 sets of 15 Reps- 2:2 tempo 30 sec rest