



Advanced Trainee

Cable Crossovers 20 reps

SS

Wide Grip Lat Pull-Downs 20 reps

5 sets: 30 sec rest between

Incline BB Press: 6 sets: 15/12/10/8/8/4 dropset to 12 reps on final set. Increase weight throughout each set. Tempo: 3:0:1 60 sec rest

Incline DB Pullovers: 20 Reps

SS

Decline Push-Ups: 12 Reps

SS

Flat DB Press (Internal Rotation) 10 Reps 3:0:1 Tempo

3 Rounds: 75 sec rest between each round

Incline DB Flys 12 Reps: 4:0:4 Tempo

SS

Reverse Grip Barbell Rows (Heavy) 8 Reps 3:0:1 Tempo

5 sets: 60 sec rest between

Standing T-Bar Rows: 6 sets: 15/12/10/8/8/4 dropset to 12 reps on final set.

Increase weight throughout each set. Tempo: 3:0:1 60 sec rest

Straight Bar Pullovers: 12 Reps

SS

Wide Grip Cable Rows: 8 Reps (Heavy) 3:0:1 Tempo

SS

Rear Cable Pull-downs: 12 Reps

3 Rounds: 75 sec rest

Beginner:

Decline Push-Ups: 50 reps in as little sets as possible: 20 sec rest

Assisted Pull-Ups: 4 sets of 10 Reps: 30 sec rest

Wide Grip Cable Rows: 4 sets of 8: Increase in weight during each set (60 sec rest)

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

Rear Cable Pulldowns: 4 sets of 12: 30 sec rest

Incline DB Press: 4 sets of 8: Increase in weight during each set: 60 sec rest

Incline DB Flys: 4 sets of 12: 30 sec rest

Flat DB Press: 4 sets of 12: 30 sec rest