

Advanced Trainee

Arms:

Diamond Push-Ups: 25 Reps

SS

Pull-Ups: 25 Reps

Biceps:

Straight BB Curls: 5 Reps (Heavy): 4:1 Tempo

SS

Rope Curls: 25 Reps

SS

Straight BB Curls: 5 Reps (Heavy): 4:1 Tempo

SS

Double Cable Bicep Curls: 25 Reps

SS

Straight BB Curls: 5 Reps: (Heavy): 4:1 Tempo

SS

Floor Curls: 25 Reps

4 Rounds: 60 sec rest after each round

Triceps:

Skull Crushers: 5 Reps (Heavy): 4:1 Tempo

SS

Rope Extensions: 25 Reps

SS

Skull Crushers: 5 Reps (Heavy): 4:1 Tempo

SS

Overhead DB Extensions: 25 Reps

SS

Skull Crushers: 5 Reps (Heavy): 4:1 Tempo

SS

Diamond Push-Ups: 25 Reps

4 Rounds: 60 sec rest after each round

Beginner Trainee

Straight BB Curls: 5 sets of 5: Heavy: 60 sec rest

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

Double Cable Bicep Curls: 4 sets of 12 Reps: 30 sec rest

Assisted Pull-Ups: 3 sets of 20 Reps: 30 sec rest

Skull Crushers: 5 sets of 5: Heavy: 60 sec rest

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

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

Assisted Dips: 3 sets of 20 Reps: 30 sec rest

** These are not suggestions