

Advanced Trainee

Rope Curls: 5X 12: 30 sec rest

Bench Dips: 6X12: 30 sec rest

Straight BB Curls:

2X15: dropset to 20

2X12: dropset to 15

2X8: dropset to 10

2X6: dropset to 8

Increase in weight during each set: the final set of 6 should be you're heaviest: 3:0:1 tempo: 60 sec rest between each set

Incline DB Curls: 5X12: 30 sec rest

Incline Skull Crushers 15

SS

Rope Pushdowns 15

SS

Diamond Push-Ups 15

4 sets: 60 sec rest

Hammer Curls: 20

SS

Dips: 8: 4:0:1 Tempo (slow negative)

4 sets: 60 sec rest

ABs:

Planks: 5 sets: 1 min hold with weight on back

Hanging Knee Tucks: 20

SS

Mountain Climbers: 50

SS

Toe to Bar: 8 (5 sets:60 sec rest)

Beginner Trainee

Rope Curls: 3x15: 30 sec rest

Bench Dips: 4x12: 30 sec rest

Straight BB Curls: 5x5 (Increase in weight on each set): 4:0:1 tempo: 60 sec rest

Skull Crushers: 5x5 (Increase in weight on each set): 4:0:1 tempo: 60 sec rest

Overhead DB Extensions SS Hammer Curls: 3x20: 60 sec rest

EZ BB Curls: 3x8:(Heavy) 4:0:1 tempo: 60 sec rest

Rope Pushdowns: 4x20: 30 sec rest

ABs:

Planks: 3 sets: 1 min hold with weight on back

Hanging Knee Tucks: 15

SS

Mountain Climbers: 30

SS

Toe to Bar: 8 (3 sets:60 sec rest)