

Advanced Trainee

Incline DB Curls SS Overhead DB Extensions: 4X6 (Heavy): with triple drop-set on both exercises: 60 sec rest

Incline Skull Crushers SS EZ BB Curls: 4X6 (Heavy): with triple drop-set on both exercises: 60 sec rest

Hammer Curls SS V-Bar Push-downs: 4X6 (Heavy): with triple drop-set on both exercises: 60 sec rest

Close Grip BB Press SS Preacher Curls: 4X6 (Heavy): with triple drop-set on both exercises: 60 sec rest

Note: 3:0:1 tempo on all sets above

3X20 Rope Curls SS 3X20 Diamond Push-Ups: 60 sec rest

Abs:

Planks 3X60 sec holds (with weight): 30 sec rest

Overhead BB Crunches 3X8 (hold barbell straight above you) 3:0:3 tempo: 30 sec rest

SS Incline Russian Twist 3X25

SS Toe to Bar 3X8

SS Mountain Climbers 3x25

3 rounds: 60 sec rest

Beginner Trainee

Beginner Trainee:

4X8 Incline DB Curls: Increase in weight on each set: 3:0:1 tempo: 60 sec rest

4X8 Close Grip BB Press: Increase in weight on each set: 3:0:1 tempo: 60 sec rest

Hammer DB Curls: 4X12: 30 sec rest

Skull Crushers: 4X12: 30 sec rest

Assisted Pull-Ups: 4X10: 45 sec rest

Rope Push-Downs: 4X12: 30 sec rest

Abs:

Planks 3X60 sec holds (with weight): 30 sec rest

Overhead BB Crunches 3X8 (hold barbell straight above you) 3:0:3 tempo: 30 sec rest

SS Incline Russian Twist 3X25

SS Toe to Bar 3X8

SS Mountain Climbers 3x25

3 rounds: 60 sec rest