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FIND YOUR STRENGTH

Advanced Trainee

Wide Grip Pull-Ups: 5X12: 30 sec rest

T-Bar Rows: 6X6: (Heavy) 90 sec rest: Tempo: 4:0:1

Wide Grip Lat Pull Downs: 3X8 with triple after final set: Tempo: 4:0:1
(Keep the weight as challenging as you can for the first 8 reps, than drop the weight and perform 20 or more reps): 60 sec rest

Reverse Grip BB Rows: 4X12: (Each Side): 45 sec rest

Rear Lat Pull Downs: 12/10/8/5/25: (Increase in weight for each set than drop back to lighter weight and remain constant tension the entire time)

Jump Squats: 2x25: 30 sec rest

Leg Press (Heavy): Tempo: 4:0:1: 4X8: (Increase in weight during each set 60 sec rest)

BB Squats: Tempo: 4:0:1: 6X6: Heavy: 60 sec rest

Heels Elevated DB Squats: make sure you go low and only 80% of the way up and don't lock out: Keep constant tension: 3X30 Reps: 30 sec rest

Beginner Trainee

Wide Grip Pull-Ups: 3X15: 30 sec rest

T-Bar Rows: 4X6: Tempo 4:0:1: Heavy: 90 sec rest

Reverse Grip BB Rows: 3X8: Tempo 4:0:1: Heavy: 90 sec rest

Rear Lat Pull Downs: 12/10/8/20: Increase in weight: drop back to lighter weight in final set: 30 sec rest

Jump Squats: 3X15: 30 sec rest

Leg Press: 4X6: Tempo: 4:0:1: (Increase in weight during each set) 90 sec rest

BB Squats: 3X8: Heavy: Tempo: 4:0:1: 90 sec rest

Heels Elevated DB Squats: make sure you go low and only 80% of the way up and don't lock out: Keep constant tension: 2X20 Reps: 30 sec rest