

Advanced Trainee

Wide Grip Push-Ups: 15 Reps

SS

Dips: 12 Reps

SS

Close Grip Push-Ups: 15 Reps

3 Rounds: 30 Second Rest Between Each Round

Low to High Cable Flys: 4x15: 30 sec rest

Flat BB Press: 8 Reps (Heavy): Tension Going Inward On the Bar: Tempo: 4:0:1

SS

Flat DB Press (Inward Rotation): 12 Reps: 4:0:1 Tempo

4 Sets: 60 sec rest between each set

Incline DB Flys: 10 Reps

SS

Decline Push-Ups: 15 Reps

SS

Incline DB Press: 8 Reps: 4:0:1 Tempo

5 Rounds: 60 sec rest between each set

Incline Hammer Press: 12 Reps

SS

Incline DB Pullovers (Using Incline Bench): 20 Reps

3 Rounds: 60 sec rest between each set

Cable Crossovers: 3X20 Reps: 10 sec rest

Beginner Trainee

Wide Grip Push-Ups: 15 Reps

SS

Close Grip Push-Ups: 15 Reps

3 Rounds: 30 Second Rest Between Each Round

Low to High Cable Flys: 3x15: 30 sec rest

Flat BB Press: 6 Reps (Heavy): Tension Going Inward On the Bar: Tempo: 4:0:1

SS

Flat DB Press (Inward Rotation): 12 Reps: 4:0:1 Tempo

4 Sets: 60 sec rest between each set

Incline DB Flys: 10 Reps

SS

Incline DB Press: 8 Reps: 4:0:1 Tempo

3 Rounds: 60 sec rest between each set

Incline Hammer Press: 5X12 Reps

3 Rounds: 60 sec rest between each set

Cable Crossovers: 3X12 Reps: 10 sec rest