

Advanced Trainee

Arnold DB Press: 5X15 Reps: 30 sec rest

DB Lateral Raises: 10 Reps: 4:0:1 Tempo

SS

Standing Push-Press: 5 Reps: 5:0:5 Tempo (Heavy) (5 sec negative, 5 sec positive)

5 Rounds: 60 sec rest

One Arm Pivot Press: 10 Reps Each Side: 4:0:1 Tempo

SS

Seated DB Press: 5 Reps: 5:0:5 Tempo (Heavy) (5 sec negative, 5 sec positive)

4 Rounds: 60 sec rest

Incline DB Front Raises (Incline Bench): 12 Reps

SS

BB Upright Rows: 20 Reps

SS

Incline DB Reverse Laterals: 12 Reps

3 Rounds: 60 sec rest between each round

Bent Over Rear Cable Laterals: 4X15: 30 sec rest

Beginner Trainee

Arnold DB Press: 3X15 Reps: 30 sec rest

DB Lateral Raises: 10 Reps: 4:0:1 Tempo

SS

Standing Push-Press: 5 Reps: 5:0:5 Tempo (Heavy/Still Controlled) (5 sec negative, 5 sec positive)

3 Rounds: 60 sec rest

One Arm Pivot Press: 10 Reps Each Side: 4:0:1 Tempo

SS

Seated DB Press: 5 Reps: 5:0:5 Tempo (Heavy/ Still Controlled) (5 sec negative, 5 sec positive)

3 Rounds: 60 sec rest

Incline DB Front Raises (Incline Bench): 12 Reps

SS

BB Upright Rows: 20 Reps

SS

Incline DB Reverse Laterals: 12 Reps

3 Rounds: 60 sec rest between each round

Bent Over Rear Cable Laterals: 3X15: 30 sec rest