

Advanced Trainee

**Bent Over BB Rows: 6X 10,8,6,4,2,8: 2 min rest (Heavy):
4:0:1**

**Reverse Grip Lat Pull Downs: 4X6-8 (Heavy): 4:0:1 Tempo:
60
sec rest**

**Incline BB Press:
6X10,8,6,4,2,8: 2 min rest
(Heavy): 4:0:1**

**Flat DB Press: 4X6-8 (Heavy):
4:0:1 Tempo: 60 sec rest**

**Seated DB Press
4:0:1 Tempo: 4X6-8 (Heavy): 60 sec rest**

**Skull Crushers: 4:0:1 Tempo:
4x6-8 (Heavy): 60 sec rest**

**Straight BB Curls: 4:0:1 Tempo:
4x6-8 (Heavy): 60 sec rest**

Beginner Trainee:

**Bent Over BB Rows: 3X 6,2,1: 2 min rest (Heavy): 4:0:1
Tempo**

Reverse Grip Lat Pull Downs: 3X8-10: 60 sec rest

**Incline BB Press: 3X 6,2,1: 2 min rest (Heavy):
4:0:1 Tempo**

**Seated DB Press: 3x10 4:0:1
Tempo: 60 sec rest**

**Straight BB Curls: 3X10: 4:0:1
Tempo: 60 sec rest**

Skull Crushers: 3x10: 4:0:1 Tempo: 60 sec rest