



**Advanced Trainee**  
**Pre-exhaust Warm-up**  
**Bent Over Cable Flys**  
**SS**  
**Machine Lateral Raise**  
**5 sets of 25 reps no rest**

**DB Over Head Press- 8 Reps (Heavy) 3:1 Tempo**  
**SS**  
**Incline Straight Bar Front Raises (Superman's) put stomach on incline bench, grab light barbell, perform front raise- 12 reps**  
**5 sets- 60 sec rest**

**Incline DB Front Raise on incline bench- 12 Reps**  
**SS**  
**Seated DB Lateral Raises- 12 Reps**  
**SS**  
**Rear BB Press- 12 Reps**  
**4 Rounds- 75 sec rest between each round**

**Scott Press- 8 Reps 3:1 Tempo**  
**SS**  
**Arnold Press- 15 Reps**  
**4 sets 40 sec rest**

**Overhead Cable Press- 4 sets of 20 reps- 10 sec rest**

**Beginner:**

**Machine Lateral Raises: 4 sets of 15 reps 30 sec rest**  
**Overhead Press: 8/6/4/1/8: Increase weight, drop back to normal weight on last set**  
**Rear Cable Lateral Flys: 3 sets of 15 reps 30 sec rest**  
**Arnold Press 12 Reps**  
**SS**  
**Scott Press 12 Reps**  
**3 sets each 30 sec rest after each superset**  
**Front DB Raises 3 sets of 12 Reps**