



Advanced Trainee

Wide Grip Pull-Ups

SS

Push-Ups

5 sets of 10 reps - 30 sec rest between each set

Flat BB Bench Press (Heavy)

SS

Deadlifts

5 sets of 5 -90 sec rest

Standing T-Bar Rows- 10 Reps

SS

Incline DB Press- 10 Reps

60 sec rest between each set

Incline DB Fly

SS

One Arm DB Rows

SS

Flat DB Fly

SS

Hyper-extensions

3 Rounds of 15 Reps each- 75 sec rest between each set

Cable Cross-Overs-20

SS

Standing Rope Pull-Overs-20

4 sets- 30 secs of rest between each set

Beginner:

Push-Ups- 50 Reps in as little sets as possible

Assisted Pull Ups- 4 sets of 10 reps- 30 sec rest

Cable Cross-Overs- 3 sets of 15 reps- 30 sec rest

Standing T-Bar Rows- 3 sets of 20 reps- 30 sec rest

Incline DB Press- 3 sets of 20 reps-30 sec rest

Deadlifts-3 sets: 12/10/8-gradually increase weight throughout each set- 60 sec rest

Flat BB Bench Press: 3 sets: 4 sets of 8 reps: Gradually Increase the Weight throughout each set: 90 sec rest