

Advanced Trainee

Seated DB Lateral Raises: 5x12: 30 sec rest

**Standing Pivot Press: 4X8 (Heavy): Tempo: 4:0:1: (with triple drop set on final set)
(6/8/10): 90 sec rest between each set: no rest during drop set**

**DB Arnold Press: 4X8 (Heavy): Tempo: 3:0:1: (with triple drop set on final set)
(10/12/15): 60 sec rest between each set: no rest during drop set**

BB Upright Rows: 4X25 Reps: 45 sec rest between each set

**Hammer Strength Overhead Press: 4X6 (Heavy): Tempo: 4:0:1: (with triple drop set on final set)
(6/8/10): 45 sec rest between each set: no rest during drop set**

**DB Overhead Press: 4X6 (Heavy): Tempo: 4:0:1 (with triple drop set on final set)
(6/8/10): 45 sec rest between each set: no rest during drop set**

Front BB Raises: 5X15: Tempo: 3:0:3: 45 sec rest between each set: no rest during drop set

Wide Grip BB Shrugs SS Plated Shrugs: 3X25: Tempo: 2:0:2: 30 sec rest

Beginner Trainee

Overhead DB Press: 3X15: 30 sec rest

Seated Machine Lateral Raises: tempo: 3:0:1: 4x12: 30 sec rest

DB Arnold Press: 4X6: tempo: 3:0:1: Increase in weight during each set: single drop set on last set with as many reps as you can do: 90 sec rest

BB Upright Rows: 4x12: 30 sec rest

DB Overhead Press: 4X6: tempo: 4:0:1: Increase in weight during each set: 90 sec rest

BB Shrugs: 3X20 Reps: 30 sec rest