

Advanced Trainee

BB Curls: 2x12: 30 sec rest

BB Curls: 3X10 with triple dropset to failure: 60 sec rest

Close Grip Press: 4:0:1 tempo: 8 Reps

SS

Seated Hammer Curls: 4:0:1 tempo: 12 Reps

4 Rounds: 45 sec rest

Overhead Rope Extensions: 3:0:1 tempo: 12 Reps

SS

Chin-ups: 3:0:1 tempo: 8 Reps

4 Rounds: 45 sec rest

Straight Bar Extensions (Overhand Grip): 8 Reps

SS

Cable Kick backs: 12 Reps each arm

4 Rounds: 45 Sec rest

Weighted Planks: 1 min hold: 5 rounds: 30 sec rest

Beginner Trainee

BB Curls: 2x10: 30 sec rest

BB Curls: 2X10 with dropset to failure on final set: 60 sec rest

Close Grip Press: 4:0:1 tempo: 8 Reps

SS

Seated Hammer Curls: 4:0:1 tempo: 12 Reps

2 Rounds: 45 sec rest

Overhead Rope Extensions: 3:0:1 tempo: 12 Reps

SS

Chin-ups: 3:0:1 tempo: 8 Reps

2 Rounds: 45 sec rest

Straight Bar Extensions (Overhand Grip): 8 Reps

SS

Cable Kick backs: 12 Reps each arm

2 Rounds: 45 Sec rest

Bodyweight Planks: 1 min hold: 3 Rounds: 30 sec rest