

Advanced Trainee

Diamond Push-Ups: 3x15: 30 sec rest

Close Grip BB Press: 4X10

SS

Skull Crushers: 4X10

SS

Incline Skull Crushers: 4X10

4 Rounds: 60 sec rest between each round

DB Incline Curls: 4X10

SS

Preacher Curls: 4X10

SS

Reverse Grip BB Curls: 4X10

4 Rounds: 60 sec rest between each round

ABS:

Toe To Bar- 10

SS

Side Oblique Crunches- 30 Each Side

SS

L-Sits 10

5 Rounds: 60 sec rest

Beginner Trainee

Diamond Push-Ups: 2x10: 30 sec rest

Close Grip BB Press: 3X10

SS

Skull Crushers: 3X10

SS

Incline Skull Crushers: 3X10

3 Rounds: 60 sec rest between each round

DB Incline Curls: 3X10

SS

Preacher Curls: 3X10

SS

Reverse Grip BB Curls: 3X10

3 Rounds: 60 sec rest between each round

ABS:

Knee Tucks- 10

SS

Side Oblique Crunches- 30 Each Side

SS

L-Sits 5

3 Rounds: 60 sec rest