

Advanced Trainee

Low to High Cable Crossovers: 5X15
3 Rounds: 30 Second Rest Between Each Round

Incline DB Press: 15/12/8/6/4/20: 90 sec rest
6 sets: Increase weight slightly on each set

Incline DB Pullovers-20
SS

Flat BB Press: 5 Reps (Heavy): 5:0:5 Tempo
4 Sets: 60 sec rest between each set

Flat DB Flys: 10 Reps
SS

Dips: 15 Reps
4 Rounds: 60 sec rest between each set

Decline Push-Ups: 12 Reps
SS

Incline BB Press (Heavy): 5 Reps: 5:0:5 Tempo
3 Rounds: 60 sec rest between each set

Push-Ups: (Standard): 5X25: 30 sec rest

Beginner Trainee

Low to High Cable Crossovers: 3X15

3 Rounds: 30 Second Rest Between Each Round

Incline DB Press: 15/12/8/15: 90 sec rest

4 sets: Increase weight slightly on each set

Incline DB Pullovers: 12

SS

Flat BB Press: 5 Reps (Heavy): 5:0:5 Tempo

3 Sets: 60 sec rest between each set

Flat DB Flys: 10 Reps

SS

Dips or Assisted Dips: 10 Reps

3 Rounds: 60 sec rest between each set

Decline Push-Ups: 10 Reps

SS

Incline Hammer Strength Press (Heavy): 5 Reps: 5:0:5 Tempo

3 Rounds: 60 sec rest between each set

Push-Ups: (Standard): 3X15: 30 sec rest