

Advanced Trainee

PUSH UP TRIFECTA (WIDE, NEUTRAL, DIAMOND): 5X15: 30 sec rest

INCLINE HAMMER PRESS: 4X20: 30 sec rest

**FLAT DB PRESS (INTERNAL ROTATION):
5X8-6-4-2-14: 90 sec rest: increase weight
throughout each
set**

**INCLINE DB PRESS: 7X3: (Heavy): 4:0:1
Tempo 75 sec rest**

**Flat DB FLOOR PRESS (LAY FLAT ON FLOOR
WITH DUMBBELLS): 7X3: (Heavy): 4:0:1 Tempo:
75 sec rest**

OVERHEAD DB EXTENSIONS: 6X6: 60 sec rest

V-BAR

PUSHDOWNS: 12

SS

SKULL CRUSHERS:

12

4 sets: 30 sec rest

Beginner Trainee:

PUSH-UP TRIFECTA (WIDE, NEUTRAL, DIAMOND): 3X15: 30 sec rest

INCLINE HAMMER PRESS: 3X15: 30 sec rest

FLAT DB PRESS (INTERNAL ROTATION):

4X8-6-4-8: 90 sec

rest: increase weight throughout each set

INCLINE DB PRESS: 5X3: (Heavy): 4:0:1

Tempo 75 sec rest

FLAT DB FLOOR PRESS (LAY FLAT ON FLOOR):

5X3: (Heavy): 4:0:1 Tempo: 75 sec rest

OVERHEAD DB EXTENSIONS: 4X6: 60 sec rest

V-BAR

PUSHDOWNS: 12

SS OVERHEAD

ROPE

EXTENSIONS: 12

3 sets: 30 sec rest