

Advanced Trainee

Decline Push-Ups SS Cable Crossovers: 5X20: 30 sec rest

Dips: 4X20: 30 sec rest

Incline DB Press: 5X8-6-4-2-14: 90 sec rest: increase weight throughout each set

Flat BB Press: 7X3: (Heavy): 4:0:1 Tempo 75 sec rest

Incline DB Fly: 4X8: (Heavy): 4:0:1 Tempo: 75 sec rest

Close Grip BB Press: 6X6: 60 sec rest

Incline Skull

Crushers: 12

SS

Diamond Push-

Ups: 12

4 sets: 30 sec rest

Beginner Trainee:

Decline Push-Ups SS Cable Crossovers: 3X15:30 sec rest

Assited Dips: 3X15: 30 sec rest

Incline DB Press: 4X8-6-4-8: 90 sec rest: increase weight throughout each set

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

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

Close Grip BB Press: 4X6: 60 sec rest

Incline Skull

Crushers: 12 SS

Diamond Push-

Ups: 12 3 sets: 30

sec rest