

## **Advanced Trainee**

**Overhead Cable Press: 5X15: 30 sec rest**

**Overhead DB Press (Pronated Grip): 4X20: 30 sec rest**

**Standing Push-Press: 5X8-6-4-2-14: 90 sec rest:  
increase weight throughout each  
set**

**Hammer Strength Rear Press: 7X3: (Heavy):  
4:0:1 Tempo 75 sec rest**

**Arnold Press: 4X6: 4:0:1 Tempo:75 sec rest**

**Incline Rear DB Laterals: 5X20 30 sec rest**

## **Beginner Trainee:**

**Overhead Cable Press: 3X15: 30 sec rest**

**Overhead DB Press (Pronated Grip): 3X15: 30 sec rest**

**Standing Push-Press: 4X8-6-4-8: 90  
sec rest: increase weight throughout  
each set**

**Hammer Strength Rear Press: 5X3:  
(Heavy): 4:0:1 Tempo 75 sec rest**

**Arnold Press: 5X3: : 4:0:1 Tempo: 75 sec rest**

**Incline DB Rear Laterals: 4X15: 30 sec rest**