

Advanced Trainee

Wide Grip Lat Pull Downs: 6X 10,8,6,4,2,8: 2 min rest

(Heavy): 4:0:1

Deadlifts: 4X6-8 (Heavy): 4:0:1 Tempo:

**60
sec rest**

Overhead Push-Press:

6X10,8,6,4,2,8: 2 min rest

(Heavy): 4:0:1

Landmine Press: 4X6-8

(Heavy): 4:0:1 Tempo: 60 sec

rest

Flat DB Press

4:0:1 Tempo: 4X6-8 (Heavy): 60 sec rest

V-Bar Extensions: 4:0:1

Tempo: 4x6-8 (Heavy): 60 sec

rest

EZ Bar Curls (Wide Grip) : 4:0:1

Tempo: 4x6-8 (Heavy): 60 sec

rest

Beginner Trainee:

**Wide Grip Lat Pull Downs: 3X 6,2,1: 2 min rest
(Heavy): 4:0:1 Tempo**

Deadlifts: 3X8-10: 60 sec rest

**Overhead Push-Press: 3X 6,2,1: 2 min rest
(Heavy): 4:0:1 Tempo**

**Seated DB Press: 3x10 4:0:1
Tempo: 60 sec rest**

**EZ BB Curls (Wide Grip):
3X10: 4:0:1 Tempo: 60 sec
rest**

V-Bar Extensions: 3x10: 4:0:1 Tempo: 60 sec rest