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FIND YOUR STRENGTH

Advanced Trainee

Cable Crossovers: 4X20: 30 sec rest

Incline BB Press: Tempo: 4:0:1 Tempo: 4X14: 30 sec rest

Decline Push-Ups: Tempo: 4:0:1 Tempo: 3X20: 45 sec rest

Flat BB Press: 4:0:1 Tempo: 6 Reps (Heavy)
SS
Flat DB Press (Internal Rotation): 14
SS
Flat DB Flys: 30 Reps
4 Rounds: 75 sec rest between each round

Incline DB Press: (Heavy): 5 Reps
SS
Incline DB Flys: 15 Reps
SS
Incline DB Pullovers: 25 Reps
SS
Push-Ups: 30 Reps
4 Rounds: 75 sec rest between each round

Low to High Cable Flys: 6x12: 30 sec rest

ABs:
Weighted Planks:
3 Rounds: 1 min Holds

L-Sits: 8 Reps
SS
Incline Russian Twist: 25 Reps
SS
Barbell Rollouts: 10 Reps
5 Rounds: 60 sec rest

Beginner Trainee

Decline Push-Ups: 3x15: 30 sec rest

Incline DB Press: 4x15: 30 sec rest

Incline DB Press 6 Reps (Heavy)

SS

Incline DB Flys: 12 Reps Each Leg

SS

Push-Ups: 20 Reps

3 Rounds: 75 sec rest after each round

Flat DB Press: 5 Reps (Heavy)

SS

Flat DB Flys: 15 Reps

SS

Cable Crossovers: 20 Reps

3 Rounds: 75 sec rest after each round

Abs:
Planks: Bodyweight: 1 min hold
X3 Rounds

Hanging Knee Tucks: 8 Reps
SS
Incline Russian Twist: 25 Reps
SS
Barbell Rollouts: 10 Reps
3 Rounds: 60 sec rest