

Advanced Trainee

Overhead Cable Presses: 15 Reps Each
3 Rounds: 30 Second Rest Between Each Round

Machine Lateral Raises: Tempo 4:0:1: 5x15: 30 sec rest

Pivot Press: 8 Reps Each Side (Heavy): Tempo: 4:0:1
SS

Incline DB Raises: 12 Reps: 4:0:1 Tempo
4 Sets: 60 sec rest between each set

Bradford Press: (Front Press to Rear Press with Barbell):
8X8: 60 sec rest between each set

Arnold Press: 15 Reps
SS

Wide Grip Upright Row: 20 Reps
SS

Plate Drivers (Hold 25 to 45lb plate out in front of you and rotate from left to right):
15 Reps
3 Rounds: 60 sec rest between each set

One Arm Cable Lateral Raises: 5x12 Reps Each Side: 10 sec rest

Beginner Trainee

Overhead Cable Presses: 10 Reps Each

3 Rounds: 30 Second Rest Between Each Round

Machine Lateral Raises: Tempo 4:0:1: 3x15: 30 sec rest

Overhead DB Press: 6 Reps (Heavy): Tempo: 4:0:1

SS

Incline DB Raises: 12 Reps: 4:0:1 Tempo

3 Sets: 60 sec rest between each set

Bradford Press: (Front Press to Rear Press with Barbell):

6X6: 60 sec rest between each set

Arnold Press: 10 Reps

SS

Wide Grip Upright Row: 12 Reps

SS

Plate Drivers (Hold 25lb plate straight out front of you and rotate from left to right):

10 Reps

3 Rounds: 60 sec rest between each set

One Arm Cable Lateral Raises: 3x12 Reps Each Side: 10 sec rest