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FIND YOUR STRENGTH

Advanced Trainee

A1 Deadlifts: 10: no rest (Heavy): 4:0:1

A2 Wide Grip Lat Pulls:10 : 4:0:1 Tempo: no rest sec rest

A3 Flat DB Press: 10: no rest : 4:0:1

A4 Incline DB Press: 10: 4:0:1 Tempo:no rest

A5 Standing BB Push-Press 4:0:1 Tempo: 10 : no rest

A6 Close Grip Bench Press: 4:0:1 Tempo: 10 : no rest

A7 EZ BB Curls: 4:0:1 Tempo: 10 :90 sec rest after each round 5 rounds total

Beginner Trainee:

A1 Deadlifts: 10 no rest (Heavy): 4:0:1 Tempo

A2 Wide Grip Lat Pull Downs: 10 no rest

A3 Flat DB Press: 10 no rest: 4:0:1 Tempo

A4 Standing BB Push-
Press:10 4:0:1 Tempo: no rest

A5 EZ BB Curls: 10: 4:0:1
Tempo: no rest

A6 Close Grip BB Press: 10: 4:0:1 Tempo: 90 sec rest after each round
3 rounds total