



Monday (3/31) -Back/Biceps

Advanced Trainee

Keep weight challenging, not light!

Pull-Ups- 6 sets of 12 reps- 60 sec rest

Close Grip Cable Rows- 5 sets of (8 reps heavy) drop-set on each set- 60 sec rest

Wide Grip Lat Pull Downs- 6 reps heavy

SS

Reverse Grip Lat Pull Downs- 8 reps heavy

SS

Straight Bar Pull-Overs 12 Reps (3/3 tempo)

(5 rounds total- 75 sec rest between each round)

T-Bar Standing Rows (8 Reps Heavy)

SS

Wide-Grip Cable Rows (12 Reps)

(4 rounds total- 60 sec rest)

DB Bent-over Rows- (10 Reps)

SS

Deadlifts (10 reps) (4 Rounds total 60 sec rest)

Wide grip BB Curls

SS

Close Grip BB Curls (6 sets of 12 reps) (30 sec rest)

Alternating DB Curls

SS

Hammer Curls (6 sets of 12 reps) (30 sec rest)

Beginner Trainee

Assisted Pull-Ups – 5 sets of 10 reps- 60 sec rest

Close Grip Cable Rows- 4 sets of 12 reps- 30 sec rest

Wide Grip Lat Pull-Downs

SS

Reverse Grip Lat Pull- Downs

SS

Straight Bar Pull-Overs

(3 Rounds of 12 Reps- 75 sec rest)

Deadlifts 5 sets of 5 Reps (90 sec rest)

Wide Grip BB Curls SS Close Grip BB Curls- 4 set of 12reps (30 sec rest)

Alternating DB Curls SS Hammer Curls – 4 sets of 12 reps (30 sec rest)