



Monday (4/21) Back/Biceps

(Keep weight challenging not light)

Advanced Trainee

Wide Grip Pull-Ups – 5 sets of 12 (pre-exhaust warm up) (45 sec rest)

Deadlifts (4-0-1 tempo) (4 sec negative, 1 sec positive) 5 reps (Heavy)
SS

Wide Grip Lat Pull Downs (2-0-1 tempo) 12 reps
(6 sets- 75 sec rest between sets)

T-Bar Rows (Heavy)

8/6/4/1/8 – Progress to your heaviest set by 4th set, than immediately go into a drop set and pump out 8 more reps (90 sec rest between each set)

Wide Grip Cable Row -8 reps (Heavy)

SS

Straight Bar Curls-12 reps
5 sets

Close Grip Cable Rows- (4-0-4 tempo) – 12 reps

SS

DB Pull Overs- 15 reps
4 sets (30 sec rest between sets)

Alternating DB Curls- 8 reps

SS

Chin-Ups-12 reps

SS

Incline DB Curls – 15 reps (each arm)

SS

Rope Curls- 25 reps

3 rounds (45 sec rest between each round)

Beginner

Assisted Pull-Ups- 4 sets of 12

Deadlifts- 4 sets of 12

Wide Grip Lat Pull Downs- 4 sets of 12

Close Grip Cable Rows- 4 sets of 12

Straight Arm Cable Pull Overs- 4 sets of 12

Straight BB Curls - 3 sets of 12

Incline DB Curls- 3 sets of 12

Floor Cable Curls- 3 sets of 12 (30 sec rest between each set)