



Advanced Trainee

Diamond Push-Ups: 20 Reps

SS

Floor Cable Curls: 20 Reps

3 sets: 30 sec rest

EZ BB Curls (Heavy) 3:0:1 Tempo 5 reps

SS

Rope Curls: 25 Reps

5 sets: 60 sec rest

Incline DB Curls (Heavy) 4:0:1 Tempo 5 reps

SS

Hammer Curls: 25 Reps

5 sets: 60 sec rest

Preacher Curls (Heavy) 3:0:1 Tempo 5 reps

SS

Double Cable Bicep Curls: 25 Reps

5 sets: 60 sec rest

Close Grip Bench Press (Heavy) 3:0:1 Tempo 5 reps

SS

Cable Kickbacks 20 reps each side

5 sets: 60 sec rest

Overhead DB Extensions (Heavy) 3:0:1 Tempo 5 reps

SS

Overhead Rope Extensions 25 reps

5 sets: 60 sec rest

Rope Push-Downs: (Heavy) 3:0:1 Tempo

SS

Bench Dips: 25 Reps

5 sets: 60 sec rest

Beginner:

Assisted Pull-Ups: 4 sets of 10 Reps: 20 sec rest

Diamond Push-Ups: 4 sets of 10 Reps: 20 sec rest

**Straight BB Curls: 4 sets of 8 Reps: 3:0:1 Tempo Increase weight during each set:
60 sec rest**

**Close Grip Bench Press: 4 sets of 8 Reps: 3:0:1 Tempo: Increase weight during
each set: 60 sec rest**

Floor Cable Curls: 4 sets of 12 Reps: 30 sec rest

Rope Pushdowns: 4 sets of 12 Reps: 30 sec rest

Cable Kickbacks: 3 sets of 15 Reps: No Rest

Hammer Curls: 3 sets of 15 Reps: 20 sec rest