

Advanced Trainee

Wide Grip Push-Ups: 20 Reps

SS

Cable Crossovers: 20 Reps

5 sets: 45 sec rest between each

Incline DB Bench Press: Tempo: 4:0:1: 8 reps (Heavy)

SS

Low to High Cable Flys: 25 Reps

8 sets: 60sec rest

Flat DB Press: (Heavy) 10X5: Tempo 4:0:1: 75 sec rest

Incline DB Pullovers: Tempo: 4:0:1: 15 Reps

SS

Decline Push-Ups: Tempo 4:0:1: 20 Reps

4 sets: 45 sec rest

Pec Dec Flys: 2X30 Reps: 30 sec rest

Finisher: 100 Standard Push-Ups: No Rest: just knock them out.

ABs: Incline Reverse Leg Crunch (On Incline Bench) 25 Reps X 5

Overhead BB Weighted Crunch: 8 Reps: 4:0:1 Tempo: X 5

Side Oblique Crunches: 50 Reas each side: X 5

Beginner Trainee

Decline Push-Ups SS Cable Crossovers: 4X15: 4:0:1 Tempo

Incline DB Press: 7X5: Increase weight during each set: 4:0:1 Tempo: 90 sec rest

Incline DB Flys: 5X12: 4:0:1 Tempo: 45 sec rest

Flat BB Press: 4X8: Increase Weight During Each Set: 60 sec rest

Pec Dec Flys: 3X12 Reps: 45 sec rest

Standard Push-Ups: 50 Reps: No Rest: just knock them out.

ABs: Incline Reverse Leg Crunch (On Incline Bench) 25 Reps X 3

Overhead BB Weighted Crunch: 8 Reps: 4:0:1 Tempo: X 3

Side Oblique Crunches: 50 Reps each side: X 3