

Advanced Trainee

Wide Grip Pull-Ups: 3 X 6-8 Reps: (Warm Up): 60 sec rest

Deadlifts: 4X6 Reps: (Heavy): 4:0:1 Tempo: (90 sec rest)

T-Bar Rows: 6 Reps: 4:0:1 Tempo

SS

Wide Grip Lat Pull-down: 3:0:1 Tempo: 10 Reps

SS

Close Grip Cable Rows: 20 Reps

3 Rounds: 75 sec rest

Hyperextensions 12 Reps

SS

One Arm Cable Rows 12 Reps Each Side

3 Rounds: 60 sec rest

Leg Extensions: 2X30 Reps: 30 sec rest

BB Squats: Tempo: 4:0:1: 8 Reps (Heavy)

SS

Heels Elevated Leg Press (Press with toes): 16 Reps

SS

Walking Lunges: 24 Reps:

3 Rounds: 75 sec rest

Beginner Trainee

Assisted Wide-Grip Pull-Up: 2X6-8 Reps: (Warm Up): 60 sec rest

Deadlifts: 3X8 (Increase weight during each set): 4:0:1 Tempo: (90 sec rest)

T-Bar Rows: 12 Reps

SS

Close Grip Cable Rows: 12 Reps

3 Rounds: 60 sec rest

Leg Extensions: 3X12 Reps: 30 sec rest

BB Squats: 12 Reps

SS

Heels Elevated Leg Press (press with toes): 12 Reps

3 Rounds: 60 sec rest

Walking Lunges: 2X12 Each Leg: 45 sec rest