

Advanced Trainee

Decline Push-Ups: 5X12: 30 sec rest

**Flat BB Press: (Heavy): Tempo: 4:0:1: 12/6/6/6/15
(Go heaviest on each set that requires 6 reps): 60 sec rest**

**Incline BB Press: 3X8 with triple after final set: Tempo: 4:0:1
(Keep the weight as challenging as you can for the first 8 reps, than drop the weight and perform 20 or more reps): 60 sec rest**

Incline DB press: Tempo: 4:0:1: 5X5: (Heavy): 60 sec rest

Cable Crossovers: 25/15/10/5/30: (Increase in weight for each set than drop back to lighter weight and remain constant tension the entire time): 30 sec rest

Push-Ups: 2x25: 30 sec rest

Incline DB Flys: Tempo: 4:0:1: 5X15: 30 sec rest

Flat DB Flys SS Dips: Tempo: 4:0:1: 3X20: 45 sec rest

Beginner Trainee

Decline Push-Ups: 3X12: 30 sec rest

Flat BB Press: 12/10/8/4: Increase weight during each set: 90 sec rest: 4:0:1 Tempo

Incline BB Press: 3X12: 45 sec rest

Incline DB Flys: 4X12: 45 sec rest

Incline DB Press: 12/10/8/12: Increase in weight, than drop back when on final set: 30 sec rest

Push-Ups: 3X15: 30 sec rest

Dips SS Flat DB Flys: 3X15: 30 sec rest

Cable Crossovers: Keep constant tension: 2X20 Reps: 30 sec rest