

Advanced Trainee

Seated DB Lateral Raises: 5X12: 30 sec rest

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

**Wide Grip Upright Row: 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**

Standing Rear Military Press: Tempo: 4:0:1: 5X5: (Heavy): 60 sec rest

Front BB Raised: 25/15/10/5/30: (Increase in weight for each set than drop back to lighter weight and remain constant tension the entire time)

Jump Squats: 2x25: 30 sec rest

Stiff Leg BB Deadlifts: Tempo: 4:0:1: 7X5 (Heavy): 45 sec rest

**Duck Press: (Feet high on leg press platform (angled out): Tempo: 4:0:1:
5X5: Heavy: 60 sec rest**

DB Sumo Squats: (Widen Stance, Hold Dumbbell out in front of you, break from your hips and squat deep: 3X30 Reps: 30 sec rest

Beginner Trainee

Seated DB Lateral Raises: 3X15: 30 sec rest

Standing Military Press: 4X6: Tempo 4:0:1: Heavy: 90 sec rest

Standing Rear Military Press: 3X8: Tempo 4:0:1: Heavy: 90 sec rest

Front BB Raises: 12/10/8/20: Increase in weight: drop back to lighter weight in final set: 30 sec rest

Jump Squats: 3X15: 30 sec rest

Stiff Leg DB Deadlifts: 4X15: Tempo: 4:0:1: 45 sec rest

Duck Press: (Feet high on leg press platform (angled out): 3X8: Heavy: Tempo: 4:0:1: 90 sec rest

Sumo DB Squats: (Widen Stance, Hold Dumbbell out in front of you, break from your hips and squat deep: 2X20 Reps: 30 sec rest