

## Advanced Trainee

**DB Hammer Curls SS Overhead Rope Extensions: 5X15**

**3 Rounds: 30 Second Rest Between Each Round**

**Incline Skull Crushers: 15/12/8/6/4/20: 90 sec rest**

**6 sets: Increase weight slightly on each set**

**Straight BB Curls: 15/12/8/6/4/20: 90 sec rest**

**6 sets: Increase weight slightly on each set**

**Rope Curls-20**

**SS**

**Rope Extensions: 5 Reps (Heavy): 5:0:5 Tempo**

**4 Sets: 60 sec rest between each set**

**Alternating DB Curls: 10 Reps**

**SS**

**Incline DB Curls (Incline Bench): 15 Reps**

**4 Rounds: 60 sec rest between each set**

**V-Bar Pushdowns: 12 Reps**

**SS**

**Close Grip BB Press: 5 Reps: 5:0:5 Tempo**

**3 Rounds: 60 sec rest between each set**

## Beginner Trainee

**DB Hammer Curls SS Overhead Rope Extensions: 3X15**

**3 Rounds: 30 Second Rest Between Each Round**

**Incline Skull Crushers: 15/12/8/15: 90 sec rest**

**4 sets: Increase weight slightly on each set**

**Straight BB Curls: 15/12/8/15: 90 sec rest**

**4 sets: Increase weight slightly on each set**

**Rope Curls-20**

**SS**

**Rope Extensions: 5 Reps (Heavy): 5:0:5 Tempo**

**3 Sets: 60 sec rest between each set**

**Alternating DB Curls: 10 Reps**

**SS**

**Incline DB Curls (Incline Bench): 15 Reps**

**3 Rounds: 60 sec rest between each set**

**V-Bar Pushdowns: 12 Reps**

**SS**

**Close Grip BB Press: 5 Reps: 5:0:5 Tempo**

**2 Rounds: 60 sec rest between each set**