

## **Advanced Trainee**

**Dips: 5X15: 30 sec rest**

**Decline Push-Ups: 4X20: 30 sec rest**

**Incline DB Press: 5X8-6-4-2-14: 90 sec rest:  
increase weight throughout each set**

**Flat BB Press: 8X3: (Heavy): 4:0:1 Tempo 75 sec  
rest**

**Incline Hammer Press: 8X3: (Heavy): 4:0:1 Tempo:  
75 sec rest**

**Close Grip Press: 6X6: 60 sec rest**

**Rope Extensions: 12**

**SS**

**DB Kickbacks: 12**

**4 sets: 30 sec rest**

## **Beginner Trainee:**

**Dips: 3X15: 30 sec rest**

**Decline Push-Ups: 3X15: 30 sec rest**

**Incline DB Press: 4X8-6-4-8: 90 sec rest:  
increase weight throughout each set**

**Flat BB Press: 5X3: (Heavy): 4:0:1 Tempo 75 sec  
rest**

**Incline Hammer Press: 5X3: (Heavy): 4:0:1 Tempo:  
75 sec rest**

**Close Grip Press: 4X6: 60 sec rest**

**Rope Extensions: 12**

**SS**

**DB Kickbacks: 12**

**3 sets: 30 sec rest**