

## **Advanced Trainee**

**Wide Grip Pull-Ups: 5X12: 30 sec rest**

**1-Arm DB Rows: 4X20: 30 sec rest**

**Wide Grip Hammer Strength Row:  
5X8-6-4-2-14: 90 sec rest: increase weight  
throughout each set**

**Deadlifts: 7X3: (Heavy): 4:0:1 Tempo 75 sec rest**

**Reverse Grip BB Rows: 7X3: (Heavy): 4:0:1  
Tempo: 75 sec rest**

**Straight BB Curls: 6X6 (Heavy): 60 sec rest**

**Alternting DB Curls:  
12 SS**

**Floor Curls: 12  
4 sets: 30 sec rest**

## **Beginner Trainee:**

**Assisted Wide Grip Pull-Ups: 3X15: 30 sec rest**

**1-Arm DB Rows: 3X15: 30 sec rest**

**Wide Grip Cable Rows: 4X8-6-4-8: 90 sec rest: increase weight throughout each set**

**Deadlifts: 5X3: (Heavy): 4:0:1 Tempo 75 sec rest**

**Reverse Grip BB Rows: 5X3: (Heavy): 4:0:1 Tempo: 75 sec rest**

**Straight BB Curls: 4X6: 60 sec rest**

**Alternating DB**

**Curls: 12 SS**

**Floor Curls: 12**

**3 sets: 30 sec rest**