

## **Advanced Trainee**

**Overhead DB Press: 6X12: 30 sec rest**

**Seated DB Laterals: 4X20: 30 sec rest**

**Overhead Hammer Strength Press:  
5X8-6-4-2-14: 90 sec rest: increase weight  
throughout each  
set**

**Land Mine Press: 7X3: (Heavy): 4:0:1 Tempo  
75 sec rest**

**Clean & Jerk Press: 4X6: 4:0:1 Tempo: 75 sec rest**

**Arnold DB Press: 5X20 30 sec rest**

## **Beginner Trainee:**

**Overhead DB Press: 3X15: 30 sec rest**

**Seated DB Laterals : 3X15: 30 sec rest**

**Overhead Hammer Strength Press:  
4X8-6-4-8: 90 sec rest: increase  
weight throughout each set**

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

**Wide Grip Upright Rows: 5X3: : 4:0:1 Tempo: 75 sec rest**

**Arnold DB Press: 4X15: 30 sec rest**