

Advanced Trainee

**Rear Lat Pull Downs: 6X 10,8,6,4,2,8: 2 min rest
(Heavy): 4:0:1**

**T-Bar Rows: 4X6-8 (Heavy): 4:0:1 Tempo:
60
sec rest**

**Bradford Press (front to
rear): 6X10,8,6,4,2,8: 2
min rest (Heavy): 4:0:1**

**Incline DB Press: 4X6-8
(Heavy): 4:0:1 Tempo: 60 sec
rest**

**Incline DB Flys
4:0:1 Tempo: 4X6-8 (Heavy): 60 sec rest**

**Close Grip BB Press: 4:0:1
Tempo: 4x6-8 (Heavy): 60 sec
rest**

**Alternating DB Curls : 4:0:1
Tempo: 4x6-8 (Heavy): 60 sec
rest**

Beginner Trainee:

Rear Lat Pull Downs: 3X 6,2,1: 2 min rest

(Heavy): 4:0:1 Tempo

T-Bar Rows: 3X8-10: 60 sec rest

Bradford Press: 3X 6,2,1: 2 min rest

(Heavy): 4:0:1 Tempo

Incline DB Press:3x10

4:0:1 Tempo: 60 sec rest

Close Grip BB Press :

3X10: 4:0:1 Tempo: 60 sec

rest

Assited Chin-Ups: 3x10: 4:0:1 Tempo: 60 sec rest