|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| M | Lift | Sets | Reps | Weight |  | Rest Int | Tempo |
| A1 | OH BB Press | 3 | 8-10 |  |  | 90s |  |
| A2 | Bent Row Prone | 3 | 8-10 |  |  | 90s |  |
| B1 | Push ups | 3 | 10-12 | BW |  | 90s |  |
| B2 | Bent Row Supinated | 3 | 10-12 | 25+ |  | 90s |  |
| C1 | Roman Chair Straight leg | 3 | 3-5 | BW |  | 60s |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| T | Lift | Sets | Reps |  |  | Rest Int | Tempo |
| A1 | F squat | 3 | 3-5 |  |  | 30s |  |
| A2 | B squat | 3 | 6-8 |  |  | 90s |  |
| A2 | Deadlift | 3 | 10-12 |  |  | 30s | 3110 |
| C1 | Walking Lunge | 3 | 6-8 |  |  | 30s |  |
| C2 | Step Ups | 3 | 6-8 |  |  | 90s |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Th | Lift | Sets | Reps | Weight |  | Rest Int | Tempo |
| A1 | Incline DB Press | 4 | 8-10 |  |  | 90s |  |
| A2 | NG Chin up/Chin down | 4 | 8-10 |  |  | 90s |  |
| B1 | Inc DB Press | 3 | 10-12 | BW |  | 90s |  |
| B2 | 1 arm Row | 3 | 10-12 | 25+ |  | 90s |  |
| C1 | Roman Chair Straight leg | 3 | 6-8 |  |  | 60s |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps |  |  | Rest Int | Tempo |
| A1 | Pause Deadlift | 4 | 8-10 |  |  | 90s | 3110 |
| B1 | Rack Pull | 4 | 10-12 |  |  | 90s |  |
| C1 | Russian Step up | 3 | 6-8 |  |  | 60s |  |
| C2 | Leg Curl single | 3 | 6-8 |  |  | 60s |  |
| E1 | Leg Raises | 4 | 10-12 |  |  | 60s |  |

HE DB heal elevated DB Front squat elbow stay parallel to the ground

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sa | Lift | Sets | Reps | Weight |  | Rest Int | Tempo |
| A1 | Dips | 3 | 8-10 |  |  | 90s |  |
| A2 | Preacher Curl | 3 | 8-10 |  |  | 90s |  |
| B1 | Decline Tri Ex DB | 4 | 8-10 |  |  | 60s |  |
| B2 | Inc curl Suping | 4 | 8-10 |  |  | 60s |  |
| C1 | OH Tri EX | 2 | 10-12 |  |  | 60s |  |
| C2 | Zotman Curl | 2 | 10-12 |  |  | 60s |  |