

Warm-Up

Super Set	10 Reps	8 Reps	6 Reps	Drop Set – 6 Reps	
DB Bench Twisting Press	W _____	W _____	W _____	W _____	
Pullovers	W _____	W _____	W _____	W _____	
Super Set	10 Reps	8 Reps	6 Reps	Drop Set – 6 Reps	
Incline Press (1,1,2)	W _____	W _____	W _____	W _____	
One Arm Row (Upper)	10 Reps	10 Reps	10 Reps		
	R: W _____	R: W _____	R: W _____		
One Arm Row (Middle)	10 Reps	10 Reps	10 Reps		
	L: W _____	L: W _____	L: W _____		
One Arm Row (Lower)	10 Reps	10 Reps	10 Reps		
	L: W _____	L: W _____	L: W _____		
Giant Set	10 Reps	8 Reps			
Close Grip Press	W _____	W _____			
Wide Push Ups	20 Reps	15 Reps			
	R _____	R _____			
Wide Grip Pull Up	10 Reps				
	R _____				
Narrow Grip Pull Up	10 Reps				
	R _____				
Reverse Fly	10 Reps				
	R _____				
Force Set	6 Reps	6 Reps	6 Reps		
Close Grip Press	W _____	W _____	W _____		
Chin Ups	10 Reps				
	R _____				
Reverse Fly	10 Reps				
	W _____				

Cool-Down

Equipment

- Bench (or Stability Ball)
- Chin-Up Bar (or Bands With Door Attachment)
- Weights

- Worksheet and Pen
- Water and Towel

Warm-Up

Squat Sequence	10 Reps	8 Reps	6 Reps	Drop Set – 6 Reps	
Down, Half Up, Down, Up	w _____	w _____	w _____	w _____	
Squat/Lunge Matrix Sq step, Rv lunge, Sq step, Fr lunge, Calf rs	Set 1	Set 2	Set 3		
	w _____	w _____	w _____		
Giant Set	10 Reps	10 Reps	8 Reps	8 Reps	
Pistol Squat	L:W _____	R:W _____	L: W _____	R:W _____	
Bulgarian Squat	L:W _____	R:W _____	L: W _____	R:W _____	
Front Lunge	L:W _____	R:W _____	L: W _____	R:W _____	
Giant Set	10 Reps	8 Reps	6 Reps	Drop Set – 6 Reps	
Goblet Sumo Squat Slow	w _____	w _____	w _____	w _____	
Sumo Squat Quick	Set 1 – 30s	Set 2 – 30s	Set 3 – 30s	Drop Set – 30s	
	w _____ R _____	w _____ R _____	w _____ R _____	w _____ R _____	
V Stiff Leg	10 Reps	8 Reps	6 Reps		
	w _____	w _____	w _____		
Calf Raises	Set 1 – 30s	Set 2 – 30s	Set 3 – 1 min		
	R _____	R _____	R _____		

Cool-Down

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Warm-Up

Giant Set	20 Reps			
Lateral Raise	w _____			
Front Raise	w _____			
V Raise	w _____			
Reverse V Raise	w _____			
Progressive Set	1 rep up to 6 Reps			
Hammer Curl to Rotating Press (1,1,2)	w _____			
Super Set	10 Reps	8 Reps	6 Reps	
Incline V Curl	w _____	w _____	w _____	
Half Circle	w _____	w _____	w _____	
"18" Bicep Curls	6 Normal Reps	6 Wider Reps	6 Wider Reps	
Lower Half	w _____	w _____	w _____	
Upper Half	w _____	w _____	w _____	
Full Range	w _____	w _____	w _____	
Super Set	6 Reps	6 Reps		
Skull Crusher	w _____	w _____		
Rear Fly	15 Reps	12 Reps		
	w _____	w _____		
Super Set	30s	30s		
Left Arm Kickbacks	w _____ R _____	w _____ R _____		
Right Arm Kickbacks	w _____ R _____	w _____ R _____		
Tricep Push Ups	R _____	R _____		

Cool-Down

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Warm-Up

Up The Ladder: 1-4 reps building, 5-8 reps & Counts

Deadlift – Medium Weight	W _____	
Front Row – Medium Weight	W _____	
Decline Push Up	W _____	
Lateral Raise – Light Weight	W _____	
The Combo – Light Weight	W _____	

Down The Ladder: 8 – 1 reps declining

Deadlift – Medium Weight	W _____	
Front Row – Medium Weight	W _____	
Decline Push Up	W _____	
Lateral Raise – Light Weight	W _____	
The Combo – Light Weight	W _____	
Deadlift – Medium Weight	W _____	

Cool-Down

Equipment

- Bench (or Stability Ball)
- Weights

- Worksheet and Pen
- Water and Towel