

DAY.TWO

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	3x11	90	3010	11 Reps	11 Reps	11 Reps				
2	Set	Pull	Seal Row	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Cable fly	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Dumbbell single arm row	3x11	45	3010	11 Reps	11 Reps	11 Reps				Take the rest between each side AND before starting the next exercise
5a	Circuit	Arms - Tricep	Parallel bar dips	4x12	0	2010	12 Reps	12 Reps	12 Reps	12 Reps			
5b	Circuit	Arms - Tricep	Narrow press ups	4x12	0	2010	12 Reps	12 Reps	12 Reps	12 Reps			
	Circuit	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat	90sec and repeat			
6a	Circuit	Arms - Bicep	Narrow chin ups	4x12	0	3010	12 Reps	12 Reps	12 Reps	12 Reps			
6b	Circuit	Arms - Bicep	Dumbbell curls	4x12	0	2010	12 Reps	12 Reps	12 Reps	12 Reps			
	Circuit	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat	90sec and repeat			
		Total time (s)	2544										
		Total time (min and sec)	42min24sec										

TRAINING NOTES

DAY.THREE

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	Glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Legs - Ham	Romanian deadlift	3x11	90	3010	11 Reps	11 Reps	11 Reps				
4	Set	Shoulders	Dumbbell shoulder press	3x11	90	3010	11 Reps	11 Reps	11 Reps				
5a	Circuit	Shoulders	Front raises	4x13	0	1010	13 Reps	13 Reps	13 Reps	13 Reps			
5b	Circuit	Shoulders	Lateral raises	4x13	0	1010	13 Reps	13 Reps	13 Reps	13 Reps			
	Circuit	Shoulders	Dumbbell rear delt raise				Dumbbell rear delt raisesec and repeat	Dumbbell rear delt raisesec and repeat	Dumbbell rear delt raisesec and repeat	Dumbbell rear delt raisesec and repeat			
	Circuit	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat	90sec and repeat			
		Total time (s)	1768										
		Total time (min and sec)	29min28sec										

TRAINING NOTES