

DAY.ONE

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell bench press	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Pull	Dumbbell single arm row	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Shoulders	Dumbbell shoulder press	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Pull	Seal Row	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Arms - Tricep	Narrow DB floor press	4x10	90	3110	10 Reps	10 Reps	10 Reps	10 Reps			
6	Set	Arms - Bicep	Incline dumbbell curls	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
		Total time (s)	3008										
		Total time (min and sec)	50min8sec										

TRAINING NOTES

DAY.TWO

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell Bulgarian split squat	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Quad	Dumbbell walking lunges	4x6	50	2010	6 Reps	6 Reps	6 Reps	6 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Legs - Quad	Dumbbell front squat	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Legs - Ham	Swiss ball hamstring curl	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Calfs	Standing calf raise	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Calfs	Seated calf raise	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2868										
		Total time (min and sec)	47min48sec										

TRAINING NOTES

