

DAY.THREE

Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
2	Set	Pull	Seal Row	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
3	Set	Push	Cable fly	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Pull	Dumbbell single arm row	4x10	45	3010	10 Reps	10 Reps	10 Reps	10 Reps			Take the rest between each side AND before starting the next exercise
5a	Circuit	Arms - Tricep	Parallel bar dips	3x11	0	2010	11 Reps	11 Reps	11 Reps				
5b	Circuit	Arms - Tricep	Narrow press ups	3x11	0	2010	11 Reps	11 Reps	11 Reps				
	Circuit	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat				
6a	Circuit	Arms - Bicep	Narrow chin ups	3x10	0	3010	10 Reps	10 Reps	10 Reps				
6b	Circuit	Arms - Bicep	Dumbbell curls	3x11	0	2010	11 Reps	11 Reps	11 Reps				
	Circuit	Rest	90				90sec and repeat	90sec and repeat	90sec and repeat				
		Total time (s)	2711										
		Total time (min and sec)	45min11sec										

TRAINING NOTES

DAY.FOUR

Superset or Single	Set Type	Day	4	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	4x11	45	2010	11 Reps	11 Reps	11 Reps	11 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	Glute bridge	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
3	Set	Legs - Ham	Romanian deadlift	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
4	Set	Shoulders	Dumbbell shoulder press	4x10	90	3010	10 Reps	10 Reps	10 Reps	10 Reps			
5a	Circuit	Shoulders	Front raises	3x12	0	1010	12 Reps	12 Reps	12 Reps				
5b	Circuit	Shoulders	Lateral raises	3x12	0	1010	12 Reps	12 Reps	12 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	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	90sec and repeat	90sec and repeat	
		Total time (s)	2168										
		Total time (min and sec)	36min8sec										

TRAINING NOTES