

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	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Seated machine row	4x8	100	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Lat pull down	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Incline dumbbell curls	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2504										
		Total time (min and sec)	41min44sec										

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 - Ham	Dumbbell romanian deadlift	3x12	90	2010	12 Reps	12 Reps	12 Reps				
2	Set	Legs - Quad	Dumbbell front squat	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Shoulders	Arnold press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Shoulders	Upright rows	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Shoulders	Front raises	3x12	90	1010	12 Reps	12 Reps	12 Reps				
6	Set	Shoulders	Lateral raises	3x12	90	1010	12 Reps	12 Reps	12 Reps				
		Total time (s)	2196										
		Total time (min and sec)	36min36sec										

TRAINING NOTES