

DAY.ONE

Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Barbell bench press	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Pull	Seated machine row	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
3	Set	Shoulders	Barbell shoulder press	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Pull	Pull ups	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Arms - Tricep	Parallel bar dips	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Arms - Bicep	Incline dumbbell curls	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2912										
		Total time (min and sec)	48min32sec										

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 - Glute	Deadlift	4x6	100	2010	6 Reps	6 Reps	6 Reps	6 Reps			
2	Set	Legs - Quad	Dumbbell Bulgarian split squat	4x11	45	2010	11 Reps	11 Reps	11 Reps	11 Reps			Take the rest between each side AND before starting the next exercise
3	Set	Shoulders	Arnold press	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
4	Set	Shoulders	Upright rows	4x11	90	2010	11 Reps	11 Reps	11 Reps	11 Reps			
5	Set	Shoulders	Front raises	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
6	Set	Shoulders	Lateral raises	4x11	90	1010	11 Reps	11 Reps	11 Reps	11 Reps			
		Total time (s)	2844										
		Total time (min and sec)	47min24sec										

TRAINING NOTES