

WEEKS 1 & 3

Monday		Tuesday		Wednesday	Thursday	
Arm Workout A 60 Sec. Rest/Set	sets/reps	Back & Shoulders	sets/reps	OFF!	Chest & Legs	sets/reps
Power Clean - Reverse Curl 90% 5 sec. Negative	5/5	Parallel Grip Seated Row	3/8		BB Flat Bench	3/8
Close Grip Bench - Skull Crusher 80% 5 sec. Negative	5/5	BB Clean-Front - Push Press	3/8		Squats	3/8
Preacher Curl 80% 5 sec. Negative	7/5	Lat Pulldown	3/8		DB Incline Bench	3/8
Cable Rope Pushdown 80% 5 sec. Negative	7/5	DB Upright Rows	3/8		Lunges	3/8
Straight Bar Slow Curl 65% 12 sec. Negative	7/5	Back Extension Raise	3/8		Standing High Cable Crossover	3/8
Reverse Grip Cable Pressdown 65% 12 sec. Negative	5/5	Shrugs	3/8		Deadlifts	3/8
					Pushups to incline for exhaustion	2/exhaustion

Friday		Saturday	Sunday
Arm Workout B 2 Min. Rest/Set	sets/reps	Cardio	OFF!
Negative Close-Grip Bench Press 100% 8 sec. Negative	5/3	HIIT	
Negative BB Curl 100% 5 sec. Negative	5/3	Jog 60 seconds; then	
Cable V-Bar Pushdown - 60%	3/do reps for 40 sec.	Sprint 30 seconds	
Reverse Incline Hammer Curl - 60%	3/do reps for 40 sec.	Repeat 8 times (continuous)	
		Abs	
		Weighted situps	
		Decline knee-ups	
		Bar rollout	
		Russian Twist	
		with weight	
		Reverse	

Abs	
Weighted situps	
Decline knee-ups	
Bar rollout	
Russian Twist	
with weight	

WEEKS 2 & 4

Monday		Tuesday		Wednesday	Thursday	
Arm Workout A 60 Sec. Rest/Set	sets/reps	Back & Shoulders	sets/reps	OFF!	Chest & Legs	sets/reps
Power Clean - Reverse Curl 90% 5 sec. Negative	5/5	Pull-Ups	3/8		BB Flat Bench	3/8
Close Grip Bench - Skull Crusher 80% 5 sec. Negative	5/5	DB Military Press	3/8		Squats	3/8
Preacher Curl 80% 5 sec. Negative	7/5	Back Extension Raise	3/8		DB Incline Bench	3/8
Cable Rope Pushdown 80% 5 sec. Negative	7/5	DB Lateral Raise	3/8		Lunges	3/8
Straight Bar Slow Curl 65% 12 sec. Negative	7/5	Bent Over Reverse Row	3/8		Standing High Cable Crossover	3/8
Reverse Grip Cable Pressdown 65% 12 sec. Negative	5/5	DB Front Raise	3/8		Deadlifts	3/8
					Pushups to incline for exhaustion	3/exhaustion

Friday		Saturday		Sunday
Arm Workout B 2 Min. Rest/Set	sets/reps	Cardio	OFF!	
Negative Close-Grip Bench Press 100% 8 sec. Negative	5/3	HIIT		
Negative BB Curl 100% 5 sec. Negative	5/3	Jog 60 seconds; then		
Cable V-Bar Pushdown - 60%	3/do reps for 40 sec.	Sprint 30 seconds		
Reverse Incline Hammer Curl - 60%	3/do reps for 40 sec.	Repeat 8 times (continuous)		
		Abs		
		Incline Reverse		
		Crunch		
		Kneeling Cable		
		Crunch		
		V-Up		
		Bicycle Maneuver		

WEEKS 1-4

Monday		Tuesday		Wednesday	Thursday	Friday, Saturday & Sunday
HIIT		HIIT		OFF	HIIT	OFF
Jog 60 seconds; then		Jog 60 seconds; then			Jog 60 seconds; then	
Sprint 30 seconds		Sprint 30 seconds			Sprint 30 seconds	
Repeat 8 times (continuous)		Repeat 8 times (continuous)			Repeat 8 times (continuous)	