

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

## STRENGTH TRAINING

- \* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.
- \* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

- \* AMAP = As many as possible
- \* AMRAP = As many rounds as possible

No	Exercise	Sets	Reps
01	<a href="#">Deadlift</a>	05	5
02	<a href="#">Barbell Bench Press</a>	05	5
03	<a href="#">Barbell Bicep Curls</a>	05	5
04	<a href="#">Close Grip Bench Press</a>	05	5
05	<a href="#">Lying Tricep Extensions</a>	05	5
Superset			
06	<a href="#">Dumbbell Jump Squats</a>	03	10
07	<a href="#">Push Ups</a>	03	10

## TRAINING, NUTRITION & SUPPLEMENT NOTES:

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