

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

HYPERTROPHY 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
Superset 1			
01	Wide Grip Pull Ups	05	5
02	Chin Ups	05	5
Superset 2			
01	Bent Over Barbell Row	03	10-12
02	Seated Single Arm Cable Row	03	10-12
Superset 3			
01	Straight Arm Lat Pulldown	03	10-12
02	Barbell Bicep Curls	03	10-12
Superset 4			
01	Reverse Flyes	03	10-12
02	Dumbbell Hammer Curls	03	10-12

TRAINING, NUTRITION & SUPPLEMENT NOTES:
