

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	Barbell Bench Press	04	10
02	Smith Machine Single Leg Squat	04	10
Superset 2			
01	T-Bar Row	04	10
02	Dumbbell Reverse Lunges	04	10
Superset 3			
01	Seated Dumbbell Overhead Press	03	10-12
02	Side Lateral Raises	03	10-12
Superset 4			
01	Lying Tricep Extensions	03	10-12
02	Barbell Bicep Curls	03	10-12

TRAINING, NUTRITION & SUPPLEMENT NOTES:
