

**WORKOUT DURATION:**

**INTENSITY:**

**CARDIO TODAY?**

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## 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
01	<a href="#">Goblet Squat</a>	05	12
02	<a href="#">Romanian Deadlift</a>	04	10
Superset 1			
01	<a href="#">Underhand Lat Pulldowns</a>	03	12
02	<a href="#">Dumbbell Single Arm Up-Right Row</a>	03	12
Superset 2			
01	<a href="#">Arnold Dumbbell Press</a>	03	10-12
02	<a href="#">Single Arm Dumbbell Rows</a>	03	10-12
Superset 3			
01	<a href="#">Barbell Front Delt Raises</a>	03	15
02	<a href="#">Tricep Dips</a>	03	15

### TRAINING, NUTRITION & SUPPLEMENT NOTES:

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