

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

TRAINING, NUTRITION & SUPPLEMENT NOTES:
