



MONDAY - SESSION

D

1) SEATED CHEST PRESS

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

**2) SMYTHE MACHINE
INCLINE PRESS**

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

3) CABLE FLYE

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

**4) INCLINE DUMBBELL
FLYE**

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____

MONDAY - SESSION

F

**1) PLATE LOADED
PREACHER CURL**

set 1 x 15 repetitions
set 2 x 12 repetitions
set 3 x 10 repetitions

set 1 ____
set 2 ____
set 3 ____

2) LYING CABLE CURL

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____

set 4 ____
set 5 ____

set 4 ____
set 5 ____

3) STANDING CABLE DOUBLE BICEP CURL

set 1 x 15 repetitions
set 2 x 15 repetitions
set 3 x 12 repetitions

set 1 ____
set 2 ____
set 3 ____
set 4 ____
set 5 ____