

Thursday "Volume" Upper							
	Date						
	Exercise						
SS	Incline Bench	15/10/10/8					
	Pulldown						
GS	Close Grip Bench	3 x 8-12					
	Row						
	Dips						
GS	Curl & Press	3 x 8-12					
	Side Raise						
	Tube Pull						
GS	DB Curl	2 x 10-15					
	Pushdown						
	Reverse Curl						
	Wrist Roller						
	Shrug	x 10-15					
	Front Neck						
	Shrug						
	Back Neck						
	Rt/Lt Neck						
Friday "Volume" Lower							
	Date						
	Exercise						
	3D Lunges	x 10					
	Any Explosive Lift	5 x 3					
	Trap Bar Squat	15/10/12/8					
GS	1-Leg Squat	3 x 10-15					
	1-Leg RDL						
GS	Calf Raise	2 x 15-20					
	Decline KB Sit-Up						
	Renegade Row						
	Anti-Rotation						
SS	Leg Press	2 x 20					
	Leg Curl	2 x 15					
Notes:							