



Phase 2

Day Three inter/adv

SUPERSETS

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
1) Cable Bicep Curls	4	20	Heavy									
2) Cable Rope Curls	4	20										
3) Close Grip Push Ups	4	20										
1) Overhead Tricep Extension (cable)	4	20	Heavy									
2) Cable Glute Kickbacks	4	20										
3) Tricep Pulldown	4	burnout										
Cardio:	Perform 1 minute Burpee and 1 minute 180 Jumps then rest 1 minute. Repeat 5 times											