

PHASE 2 Hypertrophy MOD WEIGHT - SHORT REST

UPPER BODY 1

FUNCTIONAL WARM-UP

Exercise	Sets	Reps	Rest	Weight
PLYOMETRIC				
Med Ball Seated OHT	4	8 - 10	1	
PRIME				
Reverse Row	4	8 - 10	-	
Push Up	4	8 - 10	1	
SUPERSETS				
Bench Press	4	8 - 10	-	
Barbell Row	4	8 - 10	1	
Pull Down	4	8 - 10	-	
Shoulder Press	4	8 - 10	1	
Decline Fly	4	8 - 10	-	
Side Raise	4	8 - 10	1	
Straight-Arm Dip	4	8 - 10	-	
DB Shrug	4	8 - 10	1	
Calf Raise	4	8 - 10	-	
Reverse Calf Raise	4	8 - 10	1	