DENCH PRESS x ARMS PROGRAM BARBELL INCLINE PRESS 2 . RPES 2-3MIN RPES 10 2-3MIN 10 RPE7 DIP 2 1-2MIN ELBOWS OVER
YOUR HEAD.
KEEP YOUR
SHOULDER
JOINT
MOTIONLESS

CURL THE
WEIGHT
'OUT', NOT
'UP
FOCUS ON
SQUEEZING
YOUR
BELTOIDS TO
MOVE THE
WEIGHT
WEIGHT SKULL CRUSHER 2 . RPE7 HAMMER CURL 10 RPES 1-2MIN RPES 1-2MIN LATERAL RAISES 12 20 RPES 1-2 MIN 5 75% 3-4MIN RPES LEG EXTENSION 20 RPES 1-2MIN SAETH BARBELL PIN PRESS . RPE7 2-3MIN RPES 1-2MIN 15 SCAPULAR
RETRACTION
RESET THE
EACH REP.
THINK ABOUT
DOING A
TOWN PRESS'
FOCUS ON
SQUEEZING
YOUR
BELTOIDS TO
MOVE THE ٤ RPE7 2-3MIN MILITARY PRESS DUMBBELL LATERAL RAISE 12 RPES 1-2MIN RPES 1-2MIN REVERSE PEC DECK 15 SKULL CRUSHER 10 RPES HAMMER CURL 10 RPES PAUSE BARBELL BENCH PRESS 3-SECHOL
3-SECTION
3-SECTION
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AGAIN 72.50% 3-5MIN RPE7 2-3MIN 12 HACHINE ROW 10-10 RPES 15 RPE7 1-2MIN 3 V-BAR PRESSDOWN 2 15 RPE7 1-2MIN RPES 15 1-2MIN SPICLIDES SPICLI . RPES 3-5MIN 12 PREACHER CURL 2 RPE7 1-2MIN 4 BAYESIAN CABLE CURL 12-15 10 RPE7 15 2 RPE7 15 RPES 1-2MIN 15 RPE7 1-2MIN