

Summer 2015 Phase 2 Advanced: 7/1 - 7/30

week	reps	sets	tempo	rest	
A1 Extra Close-grip 45° Incline Press					Note: Knurling between middle and ring fingers (approx. ~13 [in] apart). Incline at 45°.
1-2:	5-7	5	4 / 0 / 1 / 0	120	W R
3-4:	4-6	5	4 / 0 / 1 / 0	120	
5-6:	4-6	5	4 / 0 / 1 / 0	120	
A2 Scott EZ-bar Narrow Reverse Grip Curl					Note: Use EZ-bar with narrow pronated grip. Sit at scott bench. Keep elbows from moving apart during sets.
1-2:	6-8	5	4 / 0 / 1 / 0	120	W R
3-4:	5-7	5	4 / 0 / 1 / 0	120	
5-6:	5-7	5	4 / 0 / 1 / 0	120	
B1 Tricep Dip					Note: Go all the way down under control. Keep elbows close to body.
1-2:	4-7	4	3 / 0 / 1 / 0	90	W R
3-4:	4-7	4	3 / 0 / 1 / 0	90	
5-6:	4-7	4	3 / 0 / 1 / 0	90	
B2 45° Incline Dumbbell Hammer Curl					Note: Lie with back on bench. Thumbs up. Keep upper arm stationary during curl. Dumbbell to shoulders.
1-2:	5-7	4	3 / 0 / 1 / 0	90	W R
3-4:	5-7	4	3 / 0 / 1 / 0	90	
5-6:	5-7	4	3 / 0 / 1 / 0	90	
C L-lateral Raise & External Rotation					Note: Keep upper arm and forearm at 90°. Keep elbows up during external rotation. Start with light weight.
1-2:	10-12	3	3 / 0 / 1 / 0	90	W R
3-4:	10-12	3	3 / 0 / 1 / 0	90	
5-6:	10-12	3	3 / 0 / 1 / 0	90	