



Instructions:

Pair Each Exercise Together Ex 1A+1B with no rest. Rest 1 Min after you have completed the first set

After you are done with all 4 sets, Rest 2 Min then move on to 2A + 2B, etc

	1st Set	2nd Set	3rd Set	4th Set
1A. Bench Press	12 X 40% Body Weight	8 X 65% Body Weight	6 X 90% Body Weight	10 X 60% Body Weight
1B. Ployo Metric Pushups	10	10	10	12
2A. Incline Dumbell Bench Press	12 X 40% Body Weight	8 X 65% Body Weight	6 X 90% Body Weight	10 X 60% Body Weight
2B. Bicep Curls	12	12	10	10
3A. Dips	10	10	12	6
3B. Diamond PushUps	8	8	8	8