

Heavy Day

| | Military Press | Pull Downs | Bench Press | Rows (Chest Supported or Cable) |
|---------|----------------|----------------|----------------|---------------------------------|
| Warm Up | 5 on 1:30 | 5 on 1:30 | 5 on 1:30 | 5 on 1:30 |
| 1 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 |
| 2 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 |
| 3 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 | 4 to 6 on 3:00 |

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|--------|-------|-------|-------|-------|-------|
| Totals | 10:30 | 10:30 | 10:30 | 10:30 | 42:00 |
|--------|-------|-------|-------|-------|-------|

- Notes:
- (1) Uses turnaround times, i.e. start on 0, rest is what is left of the time.
 - (2) Each lift starts with a light set of 5 (2 sets if you prefer, then straight to the heavy lifts).
 - (3) Aim to stop one rep short of full concentric failure.
 - (4) When you can do 3 sets of 6 reps for an exercise, increase the weight.
 - (5) Controlled negatives, explosive concentric lift.
 - (6) Ideally, use an app like Seconds Pro. Programme in the whole thing and just go on the beeps.