



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE ARMS

WEEK 1 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Arms #1	Legs	Arms #2	Chest + back	Delts + Arm #3

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - ARMS #1

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	SINGLE ARM STANDING BARBELL PREACHER CURL	5 x 8-15	301	30 sec	Start light and build up through the sets to a challenging 8 reps sets (not max but challenging)
A2	CROSS CABLE TRICEPS EXTENSION	5 x 10-15	3011	30 sec	Peak every rep for 1 sec, no need to add weight here, just make sure every contraction is maximized, fatigue should make the subsequent set harder and harder.
B1	INCLINE 45 DEGREES DB CURL	4 x 6-10	3011	-	Peak contraction for 1 sec on each rep
B2	INCLINE 45 DEGREES DB TRICEPS EXTENSION	4 x 8-12	311	1 min	Stretch for 1 sec at the bottom position
C1	DB HAMMER CURL	3 x 8-10	301	-	
C2	BANDED CURL	3 x 20-25	201	90 sec	Try to pump what's left off
D1	MACHINE DIPS	3 x 6-10	511	-	
D2	ROPE TRICEPS PUSHDOWN	3 x 12-15	301	90 sec	Focus on slow eccentric and hold the bottom position for 1 sec before the concentric

DAY 2 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	SSB SQUAT	4 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range
B	LEG PRESS FEET LOW	4 x 12/10/8/15+	301	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
C	LEG EXTENSION	3 x 12-15 + ISO HOLD	301	2 min	5p = add 5 partials at the end of the sets. Partial reps are submitted to the same tempo as full reps ISO HOLD = hold at the top for 15-20 sec at the end of the set
D	GLUTE HAM RAISE	2 x 8-10	311	2 min	Pause for 1 sec at bottom fully stretch,
E1	ROMANIAN DEADLIFT	2 x 10-12	401	-	
E2	LYING LEG CURL BODY EXTENDED	2 x 10-12	301	-	
E3	LYING LEG CURL BODY FLEXED	2 x 6-12*	301	90 sec	*Use partials reps to finish the sets

DAY 3 - ARMS #2

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	BARBELL PREACHER CURL	3 x 6	3015	-	Hold for 5 sec isometric at 90 degrees on each reps, contract hard, try to put your elbow inside
A2	INCLINE DB CURL	2 x 10 1 x 10 + DS + DS	301	2 min	DS = 2 x Drop set at the end of the last set
B1	DB HAMMER CURL	3 x 10-15	301	-	
B2	DB ALTERNATE HAMMER CURL	3 x 6-10 / arm	301	-	Don't stop the motion after H1, just extend the set by alternating each arm
B3	BANDS HAMMER GRIP CURL	3 x 10-15	201	45 sec	Your biceps may be blown out, and 45 sec rest is your only rest time, be brave!
F	WRIST STRAP HANDLE SMITH MACHINE LYING TRICEPS EXTENSION	3 x 6-12 1 x 6 + DS + DS	301	2 min	Heaviest set of 6 is first working set, then 3 back off sets to stay within the rep range DS = drop set -20% of the weight, go to concentric failure, rest 15 sec before starting the DS
G	OVERHEAD SINGLE ARM ROPE EXTENSION	1 x 10 + STR	301	-	STR = Build to a heavy 10 reps, then drop weight until you reach the smallest amount of weight on the cable machine. Each drop should be pushed to failure.
H1	ROPE TRICEPS PRESSDOWN	3 x 6-12	301	15 sec	Immediately switch for H2
H2	ROPE OVERHEAD TRICEPS EXTENSIONS	3 x 6-12	301	15 sec	Go as hard as you can then immediately return to H2
H3	TRICEPS EXTENSION ON SMITH MACHINE	3 x 6-12	201	15 sec	On a Smith machine, do triceps extension on the bar at your shoulder-level

DAY 4 – CHEST + BACK

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	15 DEGREES INCLINE DB PRESS	4 x 6-8	311	1 min	Pause for 1 sec at the bottom
A2	WIDE GRIP PULL-UP	4 x 6-10	401	1 min	
B1	STRICT DIPS	4 x 6-10	301	1 min	First set of 6 is first working set. Drop off weight in the subsequent sets to stay within the rep ranges
B2	NEUTRAL GRIP SEATED CABLE ROW	4 x 10-12	3012	1 min	Peak contraction for 2 sec on each rep
C1	CABLE FLYES	3 x 8-10	3012	-	Peak contraction for 2 sec on each rep
C2	30 DEGREES INCLINE DB FLYES	3 x 6-10 + STRETCH	331	1 min	Stretch for 3 sec at the bottom STRETCH = stretch for 15-20 sec bottom at the end of the set
D	UPPERBACK DEADLIFT	6 x 6-8	401	2 min	

DAY 5 - DELTS + ARMS#3

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BARBELL STRICT PRESS	1 x 6	301	3 min	Work up to 6RM
B	PUSH PRESS	1 x 6	201	3 min	Start from the weight use in the final set of A, and continue to work up to 6RM on push press.
C1	SEATED LATERAL RAISE	3 x 8-10	301	-	Nothing special here, just make sure to pump 8 to 10 smooth reps, no momentum and feel the muscle contraction from the start to finish
C2	STANDING DUMBBELL LATERAL SWING	3 x 12*	301	2 min	*1/3 of the range with a heavier weight than C1
D	DB ZOTTMAN CURL	4 x 6-10	4212	1 min	2 sec stretch at bottom and 2 sec peak contraction at the top
E1	STANDING BARBELL CURLS	5 x 6-8*	301	-	Use a fat bar or Fat Gripz if you have them
E2	LYING EZ BAR TRICEPS EXTENSION	5 x 8-12	301	1 min	
F	MACHINE TRICEPS DIPS	4 x 8-12	501	90 sec	Slow the eccentric down for 5 sec



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE ARMS

WEEK 2 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Arms #4	Legs	Arms #5	Chest + back	Arm #6

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - ARMS #4

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	CABLE CROSSOVER TRICEPS EXTENSION	3 x 6-12	3111	-	Don't focus on big weight here, we want maximal contraction capacities. Peak contraction for 1 sec, stretch for 1 sec on each rep
A2	HIGH CABLE BICEPS CURL	3 x 6-12	3111	2 min	Same thing here, make sure you contract the biceps as hard as you can Peak contraction for 1 sec, stretch for 1 sec on each rep
B1	STANDING BARBELL BICEPS CURL	4 x 12/10/8/15+	301	1 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
B2	WRIST STRAP HANDLE SMITH MACHINE LYING TRICEPS EXTENSION	4 x 10/8/6/12+	301	1 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 12 up to failure)
C1	INCLINE DB CURLS	3 x 8-10	401	-	
C2	INCLINE DB TRICEPS EXTENSION	3 x 6-10	411	2 min	Stretch for 1 sec at bottom

DAY 2 – LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	3 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
B1	DUMBBELL SQUAT WITH HEELS ELEVATED	4 x 12	601	90 sec	Very slow eccentric of 6 sec
B2	LEG EXTENSION	1 x 15-20	301	-	Immediately following the last set of B1, sit on a leg extension and pump out 15 to 20 hard reps. Reach failure.
D	SINGLE LEG HIP THRUST	3 x 12	301(3)	90 sec	*6 first reps with a 3 sec peak contraction, then 6 normal reps
E	LYING LEG CURL BODY EXTENDED	4 x 8*	301	1 min	*On last set, extend with partial reps to failure

DAY 3 - ARMS #5

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	REVERSE GRIP PULL-UP FOR BICEPS	5 x 3-5	901	45 sec	Make sure you put emphasis on biceps here. Do a fast concentric then go very slow on the eccentric for 9 seconds ensuring full biceps contraction all long. Push yourself with your feet if you can't complete more concentric reps.
A2	CLOSE GRIP BENCH PRESS	5 x 5	301(3)	90 sec	Take a 3 second pause mid way through the concentric phase
B1	STANDING BARBELL CURL	3 x 8-10	301	2 min	
B2	STANDING BARBELL CURL	1 x AMRAP*	201	2 min	Drop off -20% of the weight when B1 is finished. Rest for 2 min stand up and try to pump out as many curls as you can.
C1	CABLE ROPE TRICEPS PRESSDOWN	3 x 12	3012	2 min	Make sure to hold 2 sec peak contraction
C2	FIXED BAR BODYWEIGHTED TRICEPS EXTENSION	1 x AMRAP	501	-	Immediately following last set of C1, do as many reps as you can on C2 with a slow eccentric
F1	EZ BAR REVERSE CURL	3 x 12	301	-	
F2	EZ BAR LYING TRICEPS EXTENSION	3 x 12-15	301	1 min	

DAY 4 - CHEST + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB PRESS	3 x 6-10	301	3 min	Heaviest set of 6 is first working set, then 2 back off sets to stay within the rep range
B	STRICT DIPS	1 x 8-10 1 x AMRAP bodyweight	301	2 min	Work up to a 8-10RM with added weight, then drop off the weight, take 2 min rest and hit AMRAP with bodyweight only
C1	INCLINE MACHINE PRESS	3 x 8-10	301	-	Nothing special here, just make sure to pump 8 to 10 smooth reps, no momentum and feel the muscle contraction from the start to finish
C2	PEC DEC MACHINE	3 x 12*	301	2 min	*4 first reps with a 3 sec stretch bottom, 4 reps normal, and last 4 reps partial at the top with 3 sec peak contraction
E1	CROSS CABLE REAR DELTS	4 x 10-12	2011	-	1 sec peak contraction on each rep
E2	BENT OVER DB LATERAL RAISE	4 x 10-12	301	-	Resist the need to swing the DBs, focus on a nice contraction at the top and lower the weight under control
E3	BAND RESISTANCE FACE PULL	4 x 15-20	201	1 min	
F	MACHINE SHOULDER PRESS	3 x 8-12*	301	90 sec	*Introduce a 3 sec isometric pause mid way through the concentric part

DAY 5 - ARMS #6

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	LYING BARBELL TRICEPS EXTENSION	4 x 8	311	-	Pause for 1 sec in the stretch position
A2	BODYWEIGHTED TRICEPS EXTENSION ON FIXED BARBELL	4 x AMRAP	301	2 min	Push as many reps as you can until failure
B	REVERSE GRIP EZ BAR CABLE TRICEPS EXTENSION	3 x 12	3111	1 min	*Stretch for 1 sec and peak the contraction for 1 sec on each rep
F	45 DEGREES INCLINE SEATED CURL	5 x 10	401	1 min	
G	MACHINE BICEPS CURL 2/1 TECHNIQUE	3 x 8-10	301	2 min	*2/1 technique: lift the concentric with both arms and do the eccentric with one arm only. Alternate arm at each rep



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE ARMS

WEEK 3 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Arms #7	Legs	Arms #8	Chest + back + delts	Arm #9

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 - ARMS #7

	EXERCISE	SETS X REPS	TEMPO	REST	NOTES
A	CLOSE GRIP FLOOR PRESS	5 x 5	311	1 min	Pause for 1 sec at bottom
B	STANDING BARBELL BICEPS CURLS	5 x 5-7	401	1 min	
C	STRICT TRICEPS DIPS	5 x 8-10	301	1 min	
D	REVERSE GRIP EZ BAR SCOTT CURL	5 x 6-10	311	1 min	Stretch for 1 sec bottom

DAY 2 - LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	5 x 5	311	1 min	Pause for 1 sec at the bottom
B	GLUTE HAM RAISE	5 x 5-7	401	1 min	
C	BARBELL ALTERNATING LUNGES	3 x 10 / leg	301	1 min	
D	LEG PRESS FEET LOW	5 x 10*	301	1 min	*Use 1 ½ reps

DAY 3 - ARMS #8

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	PREACHER CURL	1 x 12-15RPS + ISO HOLD**	301	30 sec	<p>RPS = rest pause set Use a weight that challenges you for 6-8 reps and try to it 12-15 reps using rest-pause set method. When reaching failure for the first 6 to 8 reps, take 15-20 sec rest and try a couple more reps until reaching second failure. Then take another 15-20 seconds and try a final try to reach the prescribed number of reps until third failure.</p> <p>ISO-HOLD = at the end of the set, hold the bar at 90 degrees for as long as you can. Focus on contracting the chest hard.</p> <p>**This giant set is intended to be done in 1 crazy hard set but you need to warm-up carefully before attempting the set.</p>
A2	DB HAMMER CURL	1 x 15-20RPS* + ISO-HOLD	401	15 sec	<p>RPS=rest-pause set</p> <p>*When ending A1, immediately reach the leg extension station and start A2. Reach 3 times failure to fall within the prescribed reps.</p> <p>ISO-HOLD = Hold at 90 degrees for as long as you can</p>
B1	SMITH MACHINE CLOSE GRIP BENCH PRESS	4 x 8-10	311	-	*Make sure to pause for 1 sec at bottom
B2	OVERHEAD CABLE ROPE TRICEPS EXTENSION	4 x 12-15	2012	2 min	Hold and peak for 2 sec at the top
C1	SEATED DB CURL	3 x 8-10	2222	-	2 sec stretch at bottom and 2 sec peak contraction at the top
C2	ROPE TRICEPS PUSHDOWN	3 x 8-10	2012	2 min	Peak contraction for 2 sec on each rep

DAY 4 – CHEST + BACK + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	BARBELL BENCH PRESS	5 x 5	311	1 min	Pause for 1 sec at the bottom
A2	STERNUM PULL-UP	5 x 5-7	401	1 min	Try to pull your chest to the bar with a slight body angle
B1	BARBELL STANDING MILITARY PRESS	5 x 6	301	1 min	
B2	BEHIND THE BACK LAT-PULLDOWN	5 x 8-10	3012	1 min	Peak contraction for 2 sec on each rep
C1	STRICT DIPS	3 x 6-8	301	1 min	Add a weight belt if you can
C2	WIDE GRIP BARBELL UPRIGHT ROW	3 x 8-10	3011	1 min	Peak contraction for 1 sec at the top on each rep
D	UPPERBACK DEADLIFT	4 x 6-8	401	2 min	

DAY 5 - ARMS #9

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	SINGLE ARM STANDING BARBELL PREACHER CURL	3 x 8-15	301	30 sec	Start light and build up through the sets to a challenging 8 rep set (not max but challenging)
A2	CROSS CABLE TRICEPS EXTENSION	3 x 10-15	3011	30 sec	Peak every rep for 1 sec, no need to add weight here, just make sure every contraction is maximize, fatigue should make the subsequent set harder and harder.
B1	INCLINE 45 DEGREES DB CURL	4 x 6-10	3011	-	Peak contraction for 1 sec on each rep
B2	INCLINE 45 DEGREES DB TRICEPS EXTENSION	4 x 8-12	311	1 min	Stretch for 1 sec at the bottom position
C1	DB HAMMER CURL	3 x 8-10	301	-	
C2	BANDED CURL	3 x 20-25	201	90 sec	Try to pump what's left off
D1	MACHINE DIPS	3 x 6-10	511	-	Focus on slow eccentric and hold the bottom position for 1 sec before the concentric
D2	ROPE TRICEPS PUSHDOWN	3 x 12-15	301	90 sec	



THIBARMY

Powered by
BALLISTIC MANAGEMENT

ABSOLUTE ARMS

WEEK 4 / 4

SCHEDULE				
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Arms #10	Legs	Arms #11	Chest + delts	Arm #12

© 2018 Ballistic Management Inc. All Rights Reserved

Without limiting rights under the copyright reserved above, no part of this publication may be reproduced, stored, introduced into a retrieval system, distributed or transmitted in any form or by any means, including without limitation photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. The scanning, uploading, and/or distribution of this document via the internet or via any other means without the permission of the publisher is illegal and is punishable by law. Please purchase only authorized editions and do not participate in or encourage electronic piracy of copyrightable materials.

«Thibarmy» and Thibarmy logo are trademarks of Ballistic Management Inc. For more information, visit us at www.thibarmy.com or contact us at info@ballisticmanagement.com

DAY 1 – ARMS #10

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	CLOSE GRIP BENCH PRESS	1 x 5 2 x 5 cluster*	301	3 min	Work up to 5RM Cluster = do one reps every 15 sec until you reach 5 reps. *Keep the same weight you did with the 5RM
B	STANDING BARBELL (FAT BAR) CURL (YOU CAN ADD FAT GRIPZ IF YOU DON'T HAVE ANY FAT BAR)	4 x 6-10	301	2 min	Top set of 4 is first working set, back off weight for the subsequent sets to stay within the rep range
C	15 DEGREES INCLINE EZ BAR TRICEPS EXTENSION	3 x 6/8/10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
D	45 DEGREES INCLINE SEATED DB CURL	3 x 10/8/6	301	3 min	Pyramid up sets
E	SEATED DUMBBELL LATERAL RAISES	4 x 8-12	3012	2 min	Hold at the top for 2 sec peak contraction
F	MACHINE SHOULDER PRESS	3 x 6-10	301	2 min	Top set of 6 is first working set. Drop off weight to stay within the rep range

DAY 2 – LEGS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	BACK SQUAT	6 x 8/6/4/8/6/4	301	2 min	Wave loading: 2nd wave should be slightly heavier than the first
B	LYING LEG CURL	4 x 12/10/8/15+	301	2 min	Ascending pyramid for the first 3 sets then back-off sets for the last (try to hit 15 up to failure)
C	LEG PRESS	3 x 8-10	321	1 min	Hold at the bottom for 2 sec before the concentric phase. *Add 4-6 partial reps at the of each set. Partial reps are submitted to the same tempo as full reps.
D	REVERSE BAND HACK SQUAT	1 x 8-10 + DS + DS	301	3 min	DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.
E	LEG EXTENSION	1 x 10-12 + DS + DS	3012	-	Hold at the top for 2 sec peak contraction DS = When you've completed the 8-10 reps, drop off weight by -20% and rest 15 sec. Start the set again and reach failure. Drop -20% another time and rest for 15 sec, then resume by reaching failure another time.

DAY 3 – ARMS #11

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	INCLINE CLOSE GRIP BENCH PRESS	1 x 6 2 x AMRAP*	301	3 min	Work up to 6RM Drop off -20% and do AMRAP
B	PREACHER CURL	4 x 6-10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
C1	OVERHEAD CABLE ROPE TRICEPS EXTENSION	3 x 8-10	301	-	
C2	CABLE ROPE TRICEPS PUSHDOWN	3 x 10-12	301	-	
C3	REVERSE EZ BAR PREACHER CURL	3 x 6-12	501	-	Slow eccentric down for 5 sec
C4	LOW CABLE ROPE HAMMER CURL	3 x 12-15	301	90 sec	

DAY 4 - CHEST + DELTS

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A	15 DEGREES INCLINE DB BENCH PRESS	1 x 6 1 x AMRAP*	301	3 min	Work up to 6RM Drop off -20% and do AMRAP
B	DECLINE BARBELL BENCH PRESS	3 x 6-10	301	2 min	Top set of 6 is first working set, back off weight for the subsequent sets to stay within the rep range
C1	INCLINE MACHINE PRESS	3 x 8-10	301	-	
C2	CABLE FLYS	3 x 10-12	301	-	
C3	PUSH UP	3 x 6-12	301	2 min	Hold at the top for 2 sec peak contraction
D	WIDE GRIP OVERHEAD PRESS	4 x 8	5301	1 min	Hands outside shoulder width
E1	FACE PULL	4 x 8	3012	-	Peak contraction for 2 seconds on each rep
E2	SEATED INCLINE BARBELL FRONT RAISE	4 x 8-10	301	1 min	

DAY 5 - ARMS #12

EXERCISE		SETS X REPS	TEMPO	REST	NOTES
A1	45 DEGREES INCLINE SEATED DB CURL	5 x 5-7	303	-	Slow reps both the eccentric and concentric for 3 sec. Focus on mind-muscle connection.
A2	SEATED DB CURL	5 x 3-5	301	2 min	Mechanical drop set from A1
A3	STANDING DB CURL	5 x 3-8	301	2 min	Mechanical drop set from A2
B1	LYING EZ BAR TRICEPS EXTENSION	5 x 6-8	301	-	Immediately following C1, start C2. Do 1 all out set. Use a weight you can lift for 8-10RM and try to reach 20 using multiple rest-pause set
B2	CALIFORNIA PRESS	5 x 4-6	201	-	Mechanical drop set from B1
B3	CLOSE GRIP BENCH PRESS	5 x 4-10	301	2 min	Mechanical drop set from A2