



**THIBARMY**

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**BALLISTIC MANAGEMENT**

# **LEANER, FASTER & STRONGER ONLINE BOOTCAMP PROGRAM**

## **PHASE 1**

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## MONDAY - WHOLE BODY PERFORMANCE - ISOMETRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	15 min		15 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	Three 3-second pauses during the eccentric	3	5	3	4	4	3	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		3	5	3	4	4	3	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		3	5	3	4	4	3	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED ROW</b>		3	5	3	4	4	3	3-4 min	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	12 min		15 min		20 min			

The pauses are done 1-2" after the beginning of the eccentric, in the middle of the eccentric, and 1-2" before the end of the eccentric phase

## WEDNESDAY - WHOLE BODY PERFORMANCE - ECCENTRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	15 min		15 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	10 seconds eccentric 10-0-1-0 tempo	3	3	3	2	4	1	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		3	3	3	2	4	1	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		3	3	3	2	4	1	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED ROW</b>		3	3	3	2	4	1	3-4 min	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	12 min		15 min		20 min			

## FRIDAY - WHOLE BODY PERFORMANCE - CONCENTRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	15 min		15 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	Regular tempo (something like 3010)	3	5	3	3	3	Cluster	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		3	5	3	3	3	Cluster	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		3	5	3	3	3	Cluster	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED NOW</b>		3	5	3	3	3	Cluster	3-4 min	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	12 min		15 min		20 min			

For the sets of 5, use a weight that is around 82-85% of your maximum. For the sets of 3, around 87-90% and for the clusters, get as many reps as you can with around 90%. Clusters are done one rep at a time: Do 1 rep, rack the bar (or put it on the floor), rest 20 seconds, do 1 rep, rest 20 sec, etc. until you hit your maximum.

**«BODYBUILDING» SESSION- ONE PER WEEK CAN BE DONE ON ANY OF THE NON-PERFORMANCE DAYS**

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	15 min		15 min		15 min			
<b>A1</b>	<b>SAVICKAS DB PRESS</b>	Regular tempo (something like 3010)	3	8	3	10	3	12	75-90 sec	
<b>A2</b>	<b>FACE PULL</b>		3	8	3	10	3	12	75-90 sec	
<b>B1</b>	<b>BARBELL CURL</b>		3	8	3	10	3	12	75-90 sec	
<b>B2</b>	<b>EZ BAR SKULLCRUSHER</b>		3	8	3	10	3	12	75-90 sec	
<b>C1</b>	<b>GLUTE-HAM RAISE - OR BACK EXTENSION</b>		3	8	3	10	3	12	75-90 sec	
<b>C2</b>	<b>CHIN-UP - OR LAT PULLDOWN</b>		3	8	3	10	3	12	75-90 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 beats per minute	12 min		15 min		20 min			

When the reps increase from week to week, try to keep using the same weight as you did the previous week, but with more reps.

## OPTIONAL CARDIO & ABS - IF YOU WANT, ON OTHER OFF DAYS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A</b>	<b>CABLE CRUNCHES</b>	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 BPM	20 min		22 min		25 min			
<b>C</b>	<b>SWISS BALL CRUNCHES</b>	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 120 BPM	20 min		22 min		25 min			



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## **PHASE 2**

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## MONDAY - WHOLE BODY PERFORMANCE - ISOMETRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	Single 8-second pause during the eccentric	3	3	3	2	4	1	3-4 min	Pause mid-range
<b>B</b>	<b>BENCH PRESS</b>		3	3	3	2	4	1	3-4 min	Pause 2" from chest
<b>C</b>	<b>DEADLIFT</b>		3	3	3	2	4	1	3-4 min	Pause just below the knees
<b>D</b>	<b>CHEST-SUPPORTED ROW</b>		3	3	3	2	4	1	3-4 min	Pause at contraction
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			



## WEDNESDAY - WHOLE BODY PERFORMANCE - ECCENTRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	Pure eccentric (either use weight releasers or just do the eccentric, in a power rack for bench and squat). Have a partner lift the weight up on the row	3	1 (10 sec)	4	1 (7 sec)	4	1 (5 sec)	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		3	1 (10 sec)	4	1 (7 sec)	4	1 (5 sec)	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		3	1 (10 sec)	4	1 (7 sec)	4	1 (5 sec)	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED ROW</b>		3	1 (10 sec)	4	1 (7 sec)	4	1 (5 sec)	3-4 min	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			

I recommend buying weight releasers on ROGUE FITNESS, you can use them for squat and bench. For the deadlift, set the bar on J-Hooks outside of the rack at around mid-thigh level. Unrack it, take 2 steps back and do the slow eccentric. For the chest-supported row, have someone help you get the weight up. If you don't have releasers, set up in a power rack with the safety pins just above the bottom position and lower the bar slowly to the pins. Then take weight off and bring it back up. For example: <https://www.youtube.com/watch?v=B2QjWFLPAQg> . If using releasers, use around 70-80% on the bar and around 30-40% on releasers (use the heaviest weight you can lower for the prescribed duration).

## FRIDAY - WHOLE BODY PERFORMANCE - CONCENTRIC

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			
<b>A</b>	<b>BACK SQUAT</b>	Regular tempo (something like 3010)	6	6/4/2 6/4/2	6	5/3/1 5/3/1	5	5/4/3/2/1	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		6	6/4/2 6/4/2	6	5/3/1 5/3/1	5	5/4/3/2/1	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		6	6/4/2 6/4/2	6	5/3/1 5/3/1	5	5/4/3/2/1	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED NOW</b>		6	6/4/2 6/4/2	6	5/3/1 5/3/1	5	5/4/3/2/1	3-4 min	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			

First two weeks are waves. This means 1 x 6 (around 77%), 1 x 4 (around 85%), 1 x 2 (around 92%), 1 x 6 (around 80%), 1 x 4 (around 87%), 1 x 2 (around 95%)  
 For the 5/3/1 waves, use around 80%/87%/95%/82%/90%/97%  
 For the 5/4/3/2/1 use something like 85%/87%/90%/92%/95% (or heavier if you feel good)

**«BODYBUILDING» SESSION- ONE PER WEEK CAN BE DONE ON ANY OF THE NON-PERFORMANCE DAYS**

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			
<b>A1</b>	<b>STANDING DB SHOULDER PRESS</b>	Regular tempo (something like 3010)	3	10	3	12	3	15	75-90 sec	
<b>A2</b>	<b>BENT OVER DB RAISE</b>		3	10	3	12	3	15	75-90 sec	
<b>B1</b>	<b>PREACHER CURL</b>		3	10	3	12	3	15	75-90 sec	
<b>B2</b>	<b>DB DECLINE TRICEPS EXTENSION</b>		3	10	3	12	3	15	75-90 sec	
<b>C1</b>	<b>GLUTE-HAM RAISE - OR BACK EXTENSION</b>		3	10	3	12	3	15	75-90 sec	
<b>C2</b>	<b>CHIN-UP - OR LAT PULLDOWN</b>		3	10	3	12	3	15	75-90 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	10 min		12 min		15 min			

When the reps increase from week to week, try to keep using the same weight as you did the previous week, but with more reps.

## OPTIONAL CARDIO & ABS - OPTIONAL, ON OTHER OFF DAYS

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A</b>	<b>CABLE CRUNCHES</b>	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 BPM	15 min		17 min		20 min			
<b>C</b>	<b>SWISS BALL CRUNCHES</b>	3022 tempo	4	10-12	4	10-12	4	10-12	45-60 sec	
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 BPM	15 min		17 min		20 min			



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## **PHASE 3**

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## MONDAY - WHOLE BODY PERFORMANCE - HEAVY

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A</b>	<b>BACK SQUAT</b>	Normal tempo	Ramp	3	Ramp	2	Ramp	1	3-4 min	
<b>B</b>	<b>BENCH PRESS</b>		Ramp	3	Ramp	2	Ramp	1	3-4 min	
<b>C</b>	<b>DEADLIFT</b>		Ramp	3	Ramp	2	Ramp	1	3-4 min	
<b>D</b>	<b>CHEST-SUPPORTED ROW</b>		Ramp	3	Ramp	2	Ramp	1	3-4 min	
<b>HIIT</b>	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	Around 140 beats per minute	15 min		12 min		10 min			

Ramp means that you start with around 60% of your max on the bar and you gradually add weight until you hit the heaviest weight you can do for the prescribed number of reps. The first 2-3 sets can be done for 5 reps, after that switch to only the prescribed number of reps to minimize fatigue. Try to reach your max in around 8 sets.

## WEDNESDAY - UPPER BODY - «BODYBUILDING»

	EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
A1	<b>SHOULDER PRESS MECHANICAL DROP SET</b>		3	10 + max + max	3	10 + max + max	3	10 + max + max	2-3 min	- Arnold press - DB shoulder press - DB incline press
A2	<b>CURL MECHANICAL DROP SET</b>		3	10 + max + max	3	10 + max + max	3	10 + max + max	2-3 min	- Wide grip preacher curl - Narrow grip preacher curl - Mid grip standing curl
B1	<b>SEATED ROW MECHANICAL DROP SET</b>		3	10 + max + max	3	10 + max + max	3	10 + max + max	2-3 min	- Row leaning forward - Row back upright - Row leaning back slightly
B2	<b>DIRTY 30</b>		3	10 + 10 + 10	3	10 + 10 + 10	3	10 + max + max	2-3 min	- EZ bar lying triceps ext. - EZ bar pullover - EZ bar close-grip bench
C1	<b>LATERAL RAISE MECHANICAL DROP SET</b>		3	10 + max + max	3	10 + max + max	3	10 + max + max	2-3 min	- Incline lateral raise - Standing lateral raise - ½ reps lateral standing
C2	<b>SHRUGS MECHANICAL DROP SET</b>		3	10 + max + max	3	10 + max + max	3	10 + max + max	2-3 min	- Kirk shrugs - Strict shrugs - Power shrugs
HIIT	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			
LISS	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min		12 min		10 min			

Mechanical drop set: Do three variations of the same exercise with the same weight with minimal (no more than 15 sec) rest. For example, do 10 reps of Arnold press, rest 10 sec, do as many DB shoulder press as possible, rest 10 sec, do as many reps of DB incline press as you can.

## FRIDAY - WHOLE BODY PERFORMANCE - EXPLOSIVE

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A</b>	<b>BACK SQUAT</b>	Explosive	8	3 (70% of 3RM)	10	2 (70% of 2RM)	12	1 (70% of 1RM)	1-2 min	
<b>B</b>	<b>BENCH PRESS</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	1 (70% of 1RM)	1-2 min	
<b>C</b>	<b>DEADLIFT</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	1 (70% of 1RM)	1-2 min	
<b>D</b>	<b>CHEST-SUPPORTED NOW</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	(70% of 1RM)	1-2 min	
<b>HIIT</b>	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min		12 min		10 min			

For the explosive lifting, do the eccentric under control but try to do the concentric as fast as humanly possible.  
% based on Monday's performance.



## SATURDAY - LOWER BODY - «BODYBUILDING»

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A1</b>	<b>BULGARIAN SPLIT SQUAT</b>	High double contraction	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>A2</b>	<b>SINGLE LEG CURL</b>	High double contraction	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>B1</b>	<b>BARBELL HIP THRUST</b>	Iso-dynamic contrast	3	30 sec + 6-8	3	30 sec + 6-8	3	30 sec + 6-8	75-90 sec	
<b>B2</b>	<b>LUMBERJACK SQUAT</b>	5010 tempo	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>C1</b>	<b>ROMANIAN DEADLIFT</b>	5010 tempo	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>C2</b>	<b>STANDING CALVES RAISE</b>	Iso-dynamic contrast	3	30 sec + 6-8	3	30 sec + 6-8	3	30 sec + 6-8	75-90 sec	
<b>HIIT</b>	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min		12 min		10 min			

**High double contraction:** Do the top half of the range of motion twice per rep. For example. Squat halfway down, go back up, squat down completely, stand up. This is ONE rep  
**Iso-dynamic contract:** Hold the peak contraction for 30 sec, squeezing the target muscle as hard as possible, then do your reps (no pause after the hold)



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## MONDAY - WHOLE BODY PERFORMANCE - STRENGTH-SKILL

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A1</b>	<b>BACK SQUAT</b>	EMOM alternating	20 min	3 (80%)	20 min	4 (80%)	20 min	5 (80%)	EMOM	Odd minutes = Squat Even minutes = Bench
<b>A2</b>	<b>BENCH PRESS</b>			3 (80%)		4 (80%)		5 (80%)		
<b>B1</b>	<b>DEADLIFT</b>	EMOM alternating	20 min	3 (80%)	20 min	4 (80%)	20 min	5 (80%)	EMOM	Odd minutes = deadlift Even minutes = Chin-up
<b>B2</b>	<b>CHIN-UP SUPINATED</b>			3 (80%)		4 (80%)		5 (80%)		
<b>HIIT</b>	<b>INTERVALS</b>	30 sec intense / 30 sec relax	10 min	12 min	15 min					
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min	12 min	10 min					

EMOM alternating means that you start a set at the beginning of each minute (at 0:00 you do a set, at 1:00 you do a set, at 2:00 you do a set...). You alternate the exercise done each minute. For example, 0:00 3 reps squat, 1:00 3 reps bench, 2:00 3 reps squat, 3:00 3 reps bench, etc.

## WEDNESDAY - UPPER BODY -GBC

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A1</b>	<b>DB SHOULDER PRESS</b>	4010 tempo	3	12-15	4	12-15	3	12-15	45-60 sec	
<b>A2</b>	<b>FRONT SQUAT</b>	4010 tempo	3	8-10	4	8-10	3	8-10	60-75 sec	
<b>B1</b>	<b>ROMANIAN DEADLIFT</b>	4010 tempo	3	8-10	4	8-10	3	8-10	45-60 sec	
<b>B2</b>	<b>SEATED ROW</b>	3012 tempo	3	12-15	4	12-15	3	12-15	60-75 sec	
<b>C1</b>	<b>CLOSE-GRIP BENCH PRESS</b>	4010 tempo	3	12-15	4	12-15	3	12-15	45-60 sec	
<b>C2</b>	<b>ZERCHER SQUAT</b>	4010 tempo	3	8-10	4	8-10	3	8-10	60-75 sec	
<b>HIIT</b>	<b>INTERVALS</b>	30 sec intense / 30 sec relax	10 min		12 min		15 min			
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min		12 min		10 min			

## FRIDAY - WHOLE BODY PERFORMANCE - EXPLOSIVE

EXERCISE		METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES
			WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS		
<b>A</b>	<b>BACK SQUAT</b>	Explosive	8	3 (70% of 3RM)	10	2 (70% of 2RM)	12	1 (70% of 1RM)	1-2 min	
<b>B</b>	<b>BENCH PRESS</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	1 (70% of 1RM)	1-2 min	
<b>C</b>	<b>DEADLIFT</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	1 (70% of 1RM)	1-2 min	
<b>D</b>	<b>CHEST-SUPPORTED NOW</b>		8	3 (70% of 3RM)	10	3 (70% of 3RM)	12	(70% of 1RM)	1-2 min	
<b>HIIT</b>	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			
<b>LISS</b>	<b>STEADY-STATE CARDIO</b>	140 BPM	15 min		12 min		10 min			

## SATURDAY - «BODYBUILDING»

EXERCISE	METHOD/ TEMPO	WEEK 1		WEEK 2		WEEK 3		REST	NOTES	
		WORK SETS	REPS	WORK SETS	REPS	WORK SETS	REPS			
<b>A1</b>	<b>BULGARIAN SPLIT SQUAT</b>	High double contraction	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>A2</b>	<b>SINGLE LEG CURL</b>	High double contraction	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>B1</b>	<b>SEATED ROW</b>	Iso-dynamic contrast	3	30 sec + 6-8	3	30 sec + 6-8	3	30 sec + 6-8	75-90 sec	
<b>B2</b>	<b>PEC DECK</b>	5010 tempo	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>C1</b>	<b>PREACHER CURL</b>	5010 tempo	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>C2</b>	<b>DECLINE DB TRICEPS EXTENSION</b>	5010 tempo	3	6-8	3	6-8	3	6-8	75-90 sec	
<b>HIIT</b>	<b>INTERVALS</b>	15 sec intense / 45 sec relax	10 min		12 min		15 min			