

Clients Name	2008
Body Comp	C1P1

ADVANCED TRAINING PHILOSOPHIES

Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	DB Lunges						Directions:											
	3	2-0-2-0	(10-12)	10	1													
	3	2-0-2-0	(10-12)	10	2													
	3	2-0-2-0	(10-12)	10	3													
	3	2-0-2-0	(10-12)	10	4													
A2	DB Flat Bench Press						Directions:											
	3	4-0-1-0	(10-12)	30	1													
	3	4-0-1-0	(10-12)	30	2													
	3	4-0-1-0	(10-12)	30	3													
	3	4-0-1-0	(10-12)	30	4													
A3	Wide Pronated Grip Lat Pulldown						Directions:											
	3	3-0-1-2	(10-12)	60	1													
	3	3-0-1-2	(10-12)	60	2													
	3	3-0-1-2	(10-12)	60	3													
	3	3-0-1-2	(10-12)	60	4													
B1	Lying Leg Curl						Directions:											
	3	4-0-1-0	(10-12)	10	1													
	3	4-0-1-0	(10-12)	10	2													
	3	4-0-1-0	(10-12)	10	3													
	3	4-0-1-0	(10-12)	10	4													
B2	30 Deg Band Tricep Extension						Directions:											
	3	3-0-1-2	(10-12)	30	1													
	3	3-0-1-2	(10-12)	30	2													
	3	3-0-1-2	(10-12)	30	3													
	3	3-0-1-2	(10-12)	30	4													
B3	Blast Strap Curls						Directions:											
	3	4-0-1-0	(10-12)	60	1													
	3	4-0-1-0	(10-12)	60	2													
	3	4-0-1-0	(10-12)	60	3													
	3	4-0-1-0	(10-12)	60	4													
C1	Supine Garhammer						Directions:											
	3	2-0-2-0	(12-15)	60	1													
	3	2-0-2-0	(12-15)	60	2													
	3	2-0-2-0	(12-15)	60	3													
	3	2-0-2-0	(12-15)	60	4													
C2	Back Extension on Gluteham						Directions:											
	3	2-0-2-0	(12-15)	60	1													
	3	2-0-2-0	(12-15)	60	2													
	3	2-0-2-0	(12-15)	60	3													
	3	2-0-2-0	(12-15)	60	4													