STRENGTH & METABOLIC software

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NP+	Hypertrophy
Summer Gun Run	Shoulders & Arms
2024-05-15	Phase : 1
TUT	33m:20s - 38m:0s

Order / Week	Range / Reps	Exercise	Sets	Tempo	Rest(secs)	S1 W	S1 R	S2 W	S2 R	S3 W	S3 R	S4 W	S4 R
A1	1	Biceps Curl Seated Scott 45º Std EZ Bar Mid Pronated Grip				Description : Bench angle is at 45º angle. Sit upright and look straight ahead.							
1	6-8		4	3-1-1-0	10 s								
2	6-8		4	3-1-1-0	10 s								
3	6-8		4	3-1-1-0	10 s								
4	6-8		4	3-1-1-0	10 s								
5	6-8		4	3-1-1-0	10 s								
6	6-8		4	3-1-1-0	10 s								
7	6-8		4	3-1-1-0	10 s								
8	6-8		4	3-1-1-0	10 s								
A2	1	Biceps Curl 45º Supine Incline DB Supinating Offset Grip				Description : Start with neutral grip and supinate as you curl. Thumb is sticked to the DB plate							
1	8-10		4	4-0-1-0	60 s								
2	8-10		4	4-0-1-0	60 s								
3	8-10		4	4-0-1-0	60 s								
4	8-10		4	4-0-1-0	60 s								
5	8-10		4	4-0-1-0	60 s								
6	8-10		4	4-0-1-0	60 s								
7	8-10		4	4-0-1-0	60 s								
8	8-10		4	4-0-1-0	60 s								
B1	1	French Press Seated Unsupported DB Neutral Grip Unilateral				Description : Elbows are pointing to the ceiling							
1	8-10		4	3-1-1-0	10 s								
2	8-10		4	3-1-1-0	10 s								
3	8-10		4	3-1-1-0	10 s								
4	8-10		4	3-1-1-0	10 s								
5	8-10		4	3-1-1-0	10 s								
6	8-10		4	3-1-1-0	10 s								
7	8-10		4	3-1-1-0	10 s								
8	8-10		4	3-1-1-0	10 s								
B2	1	Triceps Extensions Decline 15º DB Neutral Grip				Description : Dumbbells must touch shoulders							
1	10-12		4	4-0-1-0	60 s								
2	10-12		4	4-0-1-0	60 s								
3	10-12		4	4-0-1-0	60 s								
4	10-12		4	4-0-1-0	60 s								
5	10-12		4	4-0-1-0	60 s								
6	10-12		4	4-0-1-0	60 s								
7	10-12		4	4-0-1-0	60 s								
8	10-12		4	4-0-1-0	60 s								

C1	1	Front Raises Prone 45º Incline DB Pronated Grip			Description : Lift DB forward 5 cm above parallel. Keep chest against bench							
1	8-10	4	3-0-1-1	10 s								
2	8-10	4	3-0-1-1	10 s								
3	8-10	4	3-0-1-1	10 s								
4	8-10	4	3-0-1-1	10 s								
5	8-10	4	3-0-1-1	10 s								
6	8-10	4	3-0-1-1	10 s								
7	8-10	4	3-0-1-1	10 s								
8	8-10	4	3-0-1-1	10 s								

C2	1	Lateral Raise Seated DB Neutral Grip			Description : Lift dumbbells two inches above parallel. Grip is always neutral							
1	10-12	4	4-0-1-0	60 s								
2	10-12	4	4-0-1-0	60 s								
3	10-12	4	4-0-1-0	60 s								
4	10-12	4	4-0-1-0	60 s								
5	10-12	4	4-0-1-0	60 s								
6	10-12	4	4-0-1-0	60 s								
7	10-12	4	4-0-1-0	60 s								
8	10-12	4	4-0-1-0	60 s								