

## WORKOUT B

\*Week 2 progressions: increase sets by 1; decrease rest times by :10-:15 b/w each exercise; bring sets to failure up to two (last two sets)

	EXERCISE	SETS	REPS	TEMPO	REST	FAILURE
<b>A1.</b>	<u>Cable Lat Row</u>	3	10	3010	:30	2f=1
<b>A1 AT HOME.</b>	<u>Supine Dumbbell Pullover</u>					
<b>A2.</b>	<u>Overhead Cable Triceps Extensions</u>	3	10	3011	:30	2f=1
<b>A2 AT HOME.</b>	<u>Overhead DB Triceps Extensions</u>	3	10	3010	:30	2f=1
<b>A3.</b>	<u>DB Lateral Raises</u>	3	10	3011	:30	2f=1ROM
<b>A4.</b>	<u>TVA Crunch</u>	3	8	3111	:30	
<b>B1.</b>	<u>Upper Back Row</u>	3	10	3110	:30	2f=1
<b>B1 AT HOME.</b>	<u>Prone DB Row</u>	3	10	3210	:30	2f=1
<b>B2.</b>	<u>Standing DB Shoulder Press</u>	3	10	3010	:30	2f=1ROM
<b>B3.</b>	<u>Glute Bridge</u>	3	10	3011	:30	2f=1
<b>B4.</b>	<u>Leg Extension</u>	3	10	3011	:30	2f=1
<b>B4 AT HOME.</b>	<u>Bench Leg Extension</u>	3	10	3110	:30	