

PRE-EXHAUSTING PHASE

JASON LAW #TEAMBBWAREHOUSE

SINGLE ARM SIDE RAISES

SET 1. 10 REPS

SET 2. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

SET 3. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

CLOSE GRIP UPRIGHT ROWS (WITH E-Z BAR)

SET 1. 10 REPS

SET 2. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

SET 3. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

STRAIGHT BAR FRONT RAISES (SUPINATED GRIP)

SET 1. 10 REPS

SET 2. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

SET 3. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

REVERSE FLY MACHINE

SET 1. 10 REPS

SET 2. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

SET 3. 12 REPS (10 SECOND REST), 5 REPS (10 SECOND REST), 3 REPS

MAIN PHASE

DUMBBELL SHOULDER PRESS

3-4 SETS OF 8-10 REPS

DUMBBELL REVERSE FLYES (NO BEND IN ELBOW)

3-4 SETS OF 8-10 REPS

