



Emphasis - Heavy Upper
Push

- 1a. Close Grip Bench
- 1b. Ext. Rotator Off-Knee

- 2a. Push Press
- 2b. Face Pulls

- 3a. Incline DB Bench
- 3b. Lateral Raise

- 4a. Dips
- 4b. Barbell Front Raise

- 5a. Barbell Skull Crusher
- 5b. Chest Fly

Emphasis - Heavy Lower

- 1. Back Squat

- 2a. Barbell Lunge
- 2b. DB SL RDL

- 3a. Leg Press
- 3b. GHR

- 4a. DB Walking Lunge
- 4b. Sissy Squat
- 4c. Leg Extensions