



3 DAYS FOUNDATIONS • LETS GET STARTED



DAY 1

4 sets x 12, 10, 8, 8
A1 BB Bench press supine
A2 Jack knife on swiss ball

3 sets x 10
B1 Overhand pulldowns
B2 Chest dips

3 sets x 10
C1 Bench press 45 deg incline DB neutral
C2 High row neutral grip

3 x sets x 10
D1 DB Arnold press kneeling
D2 Seated row D handle neutral

DAY 2

4 sets x 12, 10, 8, 8
A1 BB Back squats
A2 DB Standing calf raise

3 sets x 10
B1 DB lunge front back
B2 Chin ups neutral

3 x sets 8
C1 DB Bulgarian split squats
C2 Cable scarecrows

3 x sets 12
D1 Back extensions 45 deg
D2 Seated row rope to neck

DAY 3

4 sets x 10
A1 Trap bar deadlift
A2 BB shoulder press standing

3 sets x 10
B1 Kneeling pulldown
B2 DB floor press supine

3 sets x 12, 10, 8
C1 Seated row to waist
C2 DB Front foot elevated Split squats
C3 DB external rotation elbow on knee
C4 BB seated goodmornings



PRECISION FITNESS 24/7