



The Workout Plan

Video available [HERE](#) or visit www.trimtemple.com then navigate to "Videos."

NOTE: SS=**Superset** when one set of an exercise is performed directly after a set of a different exercise without rest between them.

Deadlift 3x12-10-8

SS: Pull-ups (or assisted) 3x8

Swiss Ball Reverse Fly 4x12

SS: Pull-ups (or assisted) 4x failure

Bent Over Barbell Row 3x12

SS: Cable Pulldown 3x10 *

Barbell Shrug 3x10

SS: Resistance Band Pulldown 3x15 *

One-Arm Dumbbell Row 3x15

Incline Bench Barbell Row 3x15-12-10

*Not featured in film

Target Muscles: Back/Lats, Shoulders, Chest, Core (abs), Traps, Biceps, Triceps, Glutes, and Forearms.

For full 8-week schedule [CLICK HERE](#) or visit www.trimtemple.com then navigate to "shop."

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