



The Workout Plan

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

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

1RM= **One-rep Max** is the amount of weight you can lift once for an exercise. You can check your 1RM out on my website [CLICK HERE](#).

Stretch chest/upper body & complete warm-up bench press sets

Bench Press 80% of 1RM 3x5

Incline Chest Fly 3x15-12-10

SS: Alternating Strict Hammer Curl 3x10

EZ Bar Strict Curl 3x10

SS: Close-Grip Preacher Curl 3x10

Alternating Dumbbell Curl 3x12

SS: Decline Push-up 3x10

Hanging Leg Raise w/ Swiss Ball 3x10

SS: Ab Roller 3x20 (10 regular, 5 to each side to engage obliques)

Target Muscles: Chest, Core (abs)/Obliques, Biceps, and Forearms.

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

Exercise Disclaimer: The workouts, movements, and progressions provided by Trim Temple are for educational purposes only. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. We disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.