

Notes:	Dates of Training:	<u>Phase:</u>	Athlete / Goal			
<u>Upper Day - B</u>						

A1	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:	 		
WK1	4-6		Dumbbell Floor Press						
WK2			20-40 sec then 20-30						
WK3			sec rest						
WK4									
A2	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	4-6		DB Skullcrushers 20-						
WK2			40 sec then 20-30 sec						
WK3			rest						
WK4									
А3	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	4-6		Seated DB Shoulder						
WK2			Presses 20-40 sec						
WK3			then 20-30 sec rest						
WK4									
A4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	4-6		Standing DB curls 20-						
WK2			40 sec then 20-30 sec						
WK3			rest						
WK4									
A5	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	4-6		DB front to side						
WK2			raises 20-40 sec then						
WK3			20-30 sec rest						
WK4	CETC	DEDC	NAOVENAENT (NOTES	DECT	DEDC AND MEIGHT	TENADO			
A6	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	4-6		Standing DB presses						
WK2			into a max set of						
WK3			push ups 20-40 sec then rest 2-3 min						
WK4			111e11 1e3t 2-3 111111						