



TEST ACCOUNT

FRIDAY - OCT. 8, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Battle rope 3x30sec 1. Alternating 2. Double hand 3. Hip slam							
A Incline DB Spider Curls		6		6		6		6
	80%		80%		80%		80%	
A Incline DB Spider Curls		6		6		6		6
	70%		70%		70%		70%	
B Cable push down		6		6		6		6
	80%		80%		80%		80%	
B Cable push down		6		6		6		6
	70%		70%		70%		70%	
C Seated barbell curl		6		6		6		6
	80%		80%		80%		80%	
C Seated barbell curl		6		6		6		6
	70%		70%		70%		70%	
D OH DB extension		6		6		6		6
	80%		80%		80%		80%	
D OH DB extension		6		6		6		6
	70%		70%		70%		70%	
E Cheat curl		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
E Cheat curl		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
GHD crunch		10		10		10		
Cooldown	Kneeling forearm stretch Standing barbell tricep stretch Shoulder ext bicep stretch							
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