

Exercise	Weight (lbs.)	Repetitions	Rest (min.)
<b>Bench Press / Push-Up Burpee Supersets</b>			
Smith Machine Bench Press	50, 50, 50, 50	12, 10, 8, 6	0
Push-up Burpee		10, 10, 10, 10	1

TIP: Begin with strength move (bench press) and follow immediately with functional training plyo move (push-up burpee). Rest 1 minute, adjust weights if necessary, and repeat for total of 4 sets of exercise sequence.

\* Take 2 minutes after the final set to rest, stretch and move to next machine.

<b>Bent Over Rows / Renegade Rows Supersets</b>			
Bent -over Rows (plate loaded)	25, 35, 40, 45	12, 10, 18, 6	none
Renegade Rows	12.5 lb. dumbbells	15, 15, 15, 15	1

TIP: Begin with heavier strength move (bent over rows) and follow immediately with functional training strength move (renegade rows). Rest 1 minute, adjust weights, and repeat for total of 4 sets of each exercise sequence.

\* Take 2 minutes after the final set to rest, stretch and move to next machine.

<b>Overhead Shoulder Press / Weighted Jumping Jacks / Lateral Raises</b>			
Overhead Shoulder Press (plate loaded)	10, 15, 20, 22.5	12, 10, 8, 6	none
Weighted jumping jacks	5 lb. dumbbells	15, 15, 15, 15	none
Lateral Raises	7.5 lb. dumbbells	12, 12, 12, 12	1

TIP: Keep shoulders down. Do all 3 exercises with no rest in between to complete one full sequence. Complete sequence for a total of 4 sets.

\* Take 2 minutes after the final set to rest, stretch, and move to next machine.

<b>Seated Bicep Curls/ Hammer Curls/ Tricep Push-downs/ Tricep Dips</b>			
Seated Bicep Curls	EZ bar	12, 12, 12	none
Hammer Curls	12.5 lb. dumbbells	12, 12, 12	none
Tricep Cable Pushdowns	30 lbs.	12, 12, 12	none
Tricep Bench Dips	(body weight)	10, 8, 6	1

TIP: Seated bicep curls, hammer curls, tricep push-downs and bench dips should be done with no rest in between to complete exercise sequence. Do bench dips until failure. Repeat for a total of 3 sets of each exercise sequence.