		Solution of the second	Rings Barbell		<u>Notes:</u> echanical Advantage op Sets – upper body	Dates of Training:	<u>Phase:</u>	<u>Athlete / Goal</u>
A1	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT 🖯	TEMPO: 40x0		
WK1	3-5	10-15	Seated DB Press –	20s				
WK2 WK3			hands neutral					
WK4								
A2	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO: 40x0		
WK1	3-5	10-15	Incline presses –	20s				
WK2			hands pronated					
WK3 WK4								
A3	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO: 40x0		
WK1	3-5	max	Flat DB bench –	20s				
WK2			hands semi					
WK3 WK4			supinated					
A4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO: 40x0		
WK1	3-5	10-15	Incline curls – hands	20s				
WK2			supinated, dumbbells					
WK3 WK4			offset (index finger touching inside of DB)					
A5	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO: 40x0		
WK1	3-5	10-15	Seated DB Curls,	20s				
WK2			hands pronated					
WK3 WK4			(palms down)					
A6	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT ->	TEMPO: 40x0		
WK1	3-5	Max	Standing Hammer	2-5m				
WK2			Curls (Hands Neutral)					
WK3 WK4								
VV K4								