

Senior Weights

Session 1. End			Session 2. End			Session 3. End		
Superset			Superset			Superset		
Bench Press	Bench Pull	5 x 12R	Press ups	Pull ups (lat pull)	4 x 12R	Crunches on med ball	4 x 25R	Endurance
Deadlift	Dumbbell Squat	4 x 12R	Bulgarian squat	Hanging cleans	5 x 6R	Dumbbell lunges	4 x 12R e/s	Endurance
Seated Shoulder press	Single Arm Row	5 x 12R	Dumbbell Press	Cable row	5 x 12R	Plank	3 x 1'/30"	Endurance
Leg raises		3 x 20R	Bar Curls		3 x 10R	Single leg squats	3 x 5R e/s	Endurance
Crunches		3 x 25R	Lying barbell extensions		3 x 10R	Single arm press on med ball	3 x 12R	Endurance
						Hanging leg raises	3 x 15R	Endurance
Session 1. Hypo			Session 2. Hypo			Session 3. Hypo		
Superset			Superset			Superset		
Bench Press	Bench Pull	12, 10, 8, 6	Press ups	Pull ups (lat pull)	12, 10, 8, 6	Crunches on med ball	4 x 25R	Hypotrophy
Deadlift	Squat	12, 10, 8, 6	Bulgarian squat	Hanging cleans	12, 10, 8, 6	Dumbbell lunges	4 x 12R e/s	Hypotrophy
Seated Shoulder press	Single Arm Row	12, 10, 8, 6	Dumbbell Press	Cable row	12, 10, 8, 6	Plank	3 x 1'/30"	Hypotrophy
Leg raises		3 x 25R	Bar Curls		12, 10, 8, 6	Single leg squats	3 x 5R e/s	Hypotrophy
Crunches		3 x 30R	Lying barbell extensions		12, 10, 8, 6	Single arm press on med ball	3 x 12R	Hypotrophy
						Hanging leg raises	3 x 15R	Hypotrophy
Session 1. Strength			Session 2. Strength			Session 3. Strength		
Superset			Superset			Superset		
Bench Press	Bench Pull	2 x 6R 2 x 4R	Press ups	Pull ups (lat pull)	2 x 6R 2 x 4R	Crunches on med ball	4 x 25R	Strength
Deadlift	Squat	2 x 6R 2 x 4R	Bulgarian squat	Hanging cleans	2 x 6R 2 x 4R	Dumbbell lunges	4 x 12R e/s	Strength
Seated Shoulder press	Single Arm Row	2 x 8R 2 x 6R	Dumbbell Press	Cable row	2 x 6R 2 x 4R	Plank	3 x 2'/30"	Strength
Leg raises		3 x 25R	Bar Curls		3 x 8R	Single leg squats	3 x 6R e/s	Strength
Crunches		3 x 30R	Lying barbell extensions		3 x 8R	Single arm press on med ball	3 x 8R	Strength