PHASE 2) ADVANCED PROGRAMME by Graham Healy

BODY-FIT
PERSONAL TRAINERS NETWOR

R = REST: 60 SECONDS , HEAVY 90 SEC, INT = INTENSITY (1 to 10)
UPPER BODY , P/I=PALMS IN ,P/O=PALMS OUT P/E=PRE-EXHAUST

EXERCISE Shoulders	DATE		INT		INT		INT		IN		INT		INT		INT		I
Seated press dumbels	WT/REP (1)																
Dumbell flys (super-sets)	WT/REP (2)																
	WT/REP (3)																
	WT/REP (4)																
	WT/REP (5)																
	WT/REP (6)																
	WT/REP (1)																
TRAPS *Upright row*	WT/REP (2)																
	WT/REP (3)																
	WT/REP (4)																
	WT/REP (5)																
	WT/REP (6)																
CALVES *Standing*	WT/REP (1)																
	WT/REP (2)																
	WT/REP (3)																
Seated	WT/REP (4)																
	WT/REP (5)																
	WT/REP (6)																
ABS	WT/REP (1)																
	WT/REP (2)																
	WT/REP (3)																
	WT/REP (4)																
	WT/REP (5)																
	WT/REP (6)																