

HWPO AFFILIATE

BODYBUILDING EXAMPLE DAY

INCLINE DUMBBELL BENCH PRESS

4x6-8 @ RPE 8

Rest 2-3 Minutes Between Sets

NOTES

- Use a weight that is challenging but feels like you could do 3 more reps with.
- If you normally don't rest much, try resting up to three minutes today.
- There is no specific tempo this week. Just move with control and intent.

MACHINE CHEST PRESS

3x10-12 @RPE 9

Rest 2:00 Between Sets

NOTES

- If you do not have access to a machine, do flat dumbbell bench, dumbbell floor press, bench press, or dumbbell flys.
- Take each set close to failure. it should feel like you could perform two more reps on each set.
- It's okay if there is fall off from set to set. This means you're connecting with the muscle, which is good!

DUMBBELL LATERAL RAISE

3x15-20 @ RPE 7

Rest: 1:30 Between Sets

NOTES

- The weight is not important here. Perform these reps with as much control as you can. The lowering (eccentric) on each rep should be twice as long as the concentric. Your shoulders should be pumped up after three sets.

OVERHEAD DUMBBELL TRICEP EXTENSION

3x12-15 @ Rpe 10

Rest: 1:00 Between Sets

NOTES

- Take these sets to failure.

FINISHER

AMRAP 9
9 Push-Ups
6 Cal Ski
12 Push-Ups
9 Cal Ski
And So On...

NOTES

- This is completely optional for those who want to do a metcon-style finisher.
- The intent is to get a huge pump while also getting a bit out of breath. It should not be wildly intense.
- Add three reps to both movements on each new round.