



MOVEMENT	SETS	REPS	REST
A1// 1-Leg Leg Extension (1.5 rep method)	4	10 reps each leg	No rest superset with A2
A2// Cable Over-Crossover (1.5 rep method)	4	10 reps	60 seconds rest then return to A1
B1// Supported Split Squat	4	10 reps each leg	No rest go straight to B2
B2// Locked 1-Arm Dumbbell Bench Press	4	20 reps alternating arms	60 seconds rest then return to exercise B1
C1// Seated Cable Row (1.5 rep method)	4	12-15 reps	No rest go straight to C2
C2// Constant Tension Lateral Raise	4	12-15 reps	No rest go straight to C3
C3// Constant Tension Bent Over Lateral Raise	4	12-15 reps	60 seconds rest then return back to C1