

SUMMER 2009 UPPER BODY EXERCISE POOL

BLOCK III Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	G2 Incline Press 2 Chains	G2 Incline Press 1 Chains	G2 Incline Press 3 Chains	G2 Incline Press		G2 Bench Press 2 Chains	G2 Bench Press 1 Chains	G2 Bench Press 3 Chains	G2 Bench Press
Tier 2	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext		G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext	G4 Bench Press w/Ext
Tier 3	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP		Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP	Inverted Row/DBSA Row/DB SA BP
Tier 4	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows		Dead Stop Rows	Dead Stop Rows	Dead Stop Rows	Dead Stop Rows
Tier 5	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press		Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press	Chin Ups/Pulldwn/DB Press

Block IV Front 7	Cycle 1 Week 1	Cycle 1 Week 2	Cycle 1 Week 3	Cycle 1 Week 4	OFF	Cycle 2 Week 1	Cycle 2 Week 2	Cycle 2 Week 3	Cycle 2 Week 4
Tier 1	G2 Incline Press	G2 Incline Press	G2 Incline Press	G2 Incline Press		G2 Bench Press	G2 Bench Press	G2 Bench Press	G2 Bench Press
Tier 3 - T1	Axle Floor Press	Axle Floor Press	Axle Floor Press	Axle Floor Press		Axle Floor Press	Axle Floor Press	Axle Floor Press	Axle Floor Press
Tier 3 - T2	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP		Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP	Chin Up/DRS/SA DB BP
Tier 4	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley		Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley	Upper Body Metabolic Medley
Tier 5	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension		DB Triceps Extension	DB Triceps Extension	DB Triceps Extension	DB Triceps Extension

