

Workout Sheet

Workout C (Shoulders - Triceps/biceps - Calves)

Level Intermediate

Perceived Exertion

Duration 01:30:00

Notes Remember: the purpose is to get the blood into the muscle as quickly as possible, for as long as possible. Very important value for muscle repair. From week to week, feel free to modify the exercise arrangement (by muscle group).

Behind Neck Press (Barbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Alternate Front Raise (Dumbbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Upright Row (Barbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Lateral Raise (Cable)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2				

	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Superset - Biceps Curl / Triceps Pushdown (Cable)

	Reps	Rest	Intensity	Weight
Set 1	12	None		
Set 2	12	None		
Set 3	12	None		
Set 4	12	None		
Set 5	12	None		
Set 6	12	None		
Set 7	12	None		
Set 8	12	None		
Set 9	12	None		
Set 10	12	None		
Set 11	12	None		
Set 12	12	None		
Set 13	12	None		
Set 14	12	None		
Set 15	12	None		
Set 16	12	None		

Notes

Biceps/Triceps superset, no rest

Superset - Biceps Curl (Barbell) / Triceps Dip

	Reps	Rest	Intensity	Weight
Set 1	12	None		
Set 2	12	None		
Set 3	12	None		
Set 4	12	None		
Set 5	12	None		
Set 6	12	None		
Set 7	12	None		
Set 8	12	None		
Set 9	12	None		
Set 10	12	None		
Set 11	12	None		
Set 12	12	None		
Set 13				

	12	None		
Set 14	12	None		
Set 15	12	None		
Set 16	12	None		

Notes Biceps/Triceps superset, no rest

Standing Calf Raise

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		
Set 7	12	1 min		
Set 8	12	1 min		

Notes Do not stand or walk while resting

Seated Calf Raise

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		
Set 7	12	1 min		
Set 8	12	1 min		

Notes Do not stand or walk while resting