Accessory - Strength / Hypertrophy

	Session 1	Sets x Reps	1 -	2 -	3 -	4 -	Tempo	Rest
A1	Barbell Bench Press	5 x 5					30X0	10sec
A2	Deadlift	5 x5					30X0	90sec
B1	Incline Dumbbell Bench Press	4 x 10-12					2121	10sec
B2	Single Arm DB Row	4 x 10-12					2121	90sec
C1	Dips	3 x 8-12					2121	60sec
D1	Cable or Dumbbell Fly	3 x 8-12					2121	60sec
E1	EZ Bicep Curls	4 x 8-12					2121	60sec
E2	Skull Crusher	4 x 8-12					2121	60sec

Accessory - Strength / Hypertrophy

	Session 2	Sets x Reps	1 -	2 -	3 -	4 -	Tempo	Rest
A1	Squat or Leg Press	5 x 5					30X0	10sec
A2	Push Press	5 x 5					30X0	90sec
B1	Arnold Press	4 x 8-12					2121	10sec
B2	Walking Lunge	4 x 8-12					2121	90sec
C1	Leg Curl	3 x 8-12					2121	60sec
D1	Lateral Raise	3 x 8-12					2121	60sec
E1	Leg Extension	3 x 8-12					2121	60sec
F1	Rear Delt Fly	3 x 8-12					2121	60sec

Accessory - Strength / Hypertrophy

	Session 3	Sets x Reps	1 -	2 -	3 -	4 -	Tempo	Rest
A1	Weighted Chin Up	5 x 5					30X0	10sec
A2	Incline Barbell Bench Press	5 x 5					30X0	90sec
B1	RDL	4 x 8-12					2121	10sec
B2	Dumbbell Floor Press	4 x 8-12					2121	90sec
C1	Upright Row	3 x 8-12					2121	60sec
D1	Seated Cable Row	3 x 8-12					2121	60sec
E1	Cable Curl	3 x 8-12					2121	60sec
F1	Rope Tricep Press Down	3 x 8-12					2121	60sec