		·					WEEK 1
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups 5 Diamond Push Ups					-	
/	10 Dips					-	
)	10 Arching Push Ups						Your hips will be low to the ground and your chest will be up
V	10 Decline Push Ups						
)	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below
4	Back Brutality:	Set 1	Set 2	Set 3			Notes:
,	10 Wide Pull Ups						
	5 Close Grip Pull Ups						
	5 Wide Grip Behind Neck Pull Ups						
	5 Shoulder Width Behind Neck						
	Pull Ups						
	5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
Т	10 Shoulder Width Chin Ups	Jet 1	Jet 2	3613	3614	3613	Notes.
J	20 Wide Grip Australian Chin						
E	Ups						
- S	10 Dips 20 Bench Dips						
	10 Close Grip Chin Ups						
,	20 Close Grip Australian Chin						
4	Ups						
′	10 Dips on Straight Bar 20 Bench Dips						
N	Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	10 Pistol Squats on each leg						
-)	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feel together as you do a no-weight squat.
V	15 Pyramid Calf Raises						(15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 second.
Ē							than do 14, and so on
	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet out
5	20 Lunge Walks						wide. That's one rep.
,	1m Wall Sit						
A							
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups	Jet 1	Jet Z	3613	3et 4		Notes.
_	5 Diamond Push Ups						
Γ	10 Dips						
1	10 Arching Push Ups 10 Decline Push Ups						Your hips will be low to the ground and your chest will be up
J	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done
3							with Chest Insanity than go on to Back Brutality below.
5	Back Brutality:	Set 1	Set 2	Set 3			Notes:
)	10 Wide Pull Ups 5 Close Grip Pull Ups				-		
4	5 Wide Grip Behind Neck Pull						
1	Ups						
	5 Shoulder Width Behind Neck Pull Ups						
	5 Upside Down Pull Ups			Set 3	Set 4	Set 5	Notes:
	5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2				
	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups	Set 1	Set 2				
	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin	Set 1	Set 2				
: R	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups	Set 1	Set 2				
₹	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips	Set 1	Set 2				
R D	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups	Set 1	Set 2				
? ?	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin	Set 1	Set 2				
R D	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups	Set 1	Set 2				
R O A (5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips						
R D A V	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R O A (5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg			Set 3	Set 4	Set 5	
R D A V	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine:			Set 3	Set 4	Set 5	
R D A (5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg			Set 3	Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feetogether as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds.
R D A (5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats			Set 3	Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feet together as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 second than do 14, and so on
R O A V	5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats			Set 3	Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your fee together as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds

							WEEK 2
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups 5 Diamond Push Ups					-	
/ 1	10 Dips					-	
)	10 Arching Push Ups						Your hips will be low to the ground and your chest will be up
V	10 Decline Push Ups					-	
)	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below
4	Back Brutality:	Set 1	Set 2	Set 3			Notes:
,	10 Wide Pull Ups						
	5 Close Grip Pull Ups						
	5 Wide Grip Behind Neck Pull Ups						
	5 Shoulder Width Behind Neck						
	Pull Ups				-		
	5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
Т	10 Shoulder Width Chin Ups	Jet 1	3612	3613	3614	3613	Notes.
J	20 Wide Grip Australian Chin						
E	Ups						
- S	10 Dips 20 Bench Dips						
	10 Close Grip Chin Ups						
) \	20 Close Grip Australian Chin						
4	Ups 10 Dips on Straight Bar						
1	20 Bench Dips						
N	Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
:	10 Pistol Squats on each leg						
)	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feel together as you do a no-weight squat.
N	15 Pyramid Calf Raises						(15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 second
•	·						than do 14, and so on
- 5	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet out
,)	20 Lunge Walks						wide. That's one rep.
	1m Wall Sit						
4							
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups	JCC 1	3002	3003	3004		Notes.
_	5 Diamond Push Ups						
Γ.	10 Dips					_	Variables will be leveled the ground and variables will be us
1	10 Arching Push Ups 10 Decline Push Ups					_	Your hips will be low to the ground and your chest will be up
J	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done
₹							with Chest Insanity than go on to Back Brutality below.
6	Back Brutality: 10 Wide Pull Ups	Set 1	Set 2	Set 3			Notes:
)	5 Close Grip Pull Ups						
4	5 Wide Grip Behind Neck Pull						
1	Ups				-		
	5 Shoulder Width Behind Neck Pull Ups						
	· · · · · · · · · · · · · · · · · · ·						
	5 Upside Down Pull Ups		1	Set 3	Set 4	Set 5	Notes:
	Arm Assassin:	Set 1	Set 2				
	Arm Assassin: 10 Shoulder Width Chin Ups	Set 1	Set 2				
- -	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin	Set 1	Set 2				
	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips	Set 1	Set 2				
₹	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips	Set 1	Set 2				
R D	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups	Set 1	Set 2				
? ?	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips	Set 1	Set 2				
R D	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar	Set 1	Set 2				
R O A (Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips						Nation Material
R D A V	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R D A (Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips				Set 4	Set 5	
R D A (Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats				Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your fee together as you do a no-weight squat.
R D A (Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg				Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feetogether as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds.
R D A (Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats 15 Pyramid Calf Raises				Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feet together as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 second than do 14, and so on
S A A I	Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats				Set 4	Set 5	I call these Hannibal Squats because I learned them from Hannibal. Basically you have your fee together as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds

							WEEK 3
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups 5 Diamond Push Ups					-	
VI	10 Dips						
)	10 Arching Push Ups						Your hips will be low to the ground and your chest will be up
V	10 Decline Push Ups						
)	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below
4	Back Brutality:	Set 1	Set 2	Set 3			Notes:
,	10 Wide Pull Ups						
	5 Close Grip Pull Ups						
	5 Wide Grip Behind Neck Pull Ups						
	5 Shoulder Width Behind Neck						
	Pull Ups				_		
	5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
-	10 Shoulder Width Chin Ups	JCC 1	3002	3003	300 4	Jets	Notes.
J	20 Wide Grip Australian Chin						
<u>.</u>	Ups 10 Dips						
- 5	20 Bench Dips						
)	10 Close Grip Chin Ups						
) A	20 Close Grip Australian Chin						
1 /	Ups 10 Dips on Straight Bar						
ſ	20 Bench Dips						
N	Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
:	10 Pistol Squats on each leg						
)	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feel together as you do a no-weight squat.
V	15 Pyramid Calf Raises						(15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 second
•							than do 14, and so on
- S	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet out wide. That's one rep.
)	20 Lunge Walks						wide. That's one rep.
Ā	1m Wall Sit						
- /							
1	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups	0001	5002	3000	300		
-	5 Diamond Push Ups						
Γ.	10 Dips 10 Arching Push Ups						Your hips will be low to the ground and your chest will be up
1	10 Decline Push Ups						Tour rilps will be low to the ground and your chest will be up
J	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done
3	2 12 12	6 1 4	6 . 0	6 . 0			with Chest Insanity than go on to Back Brutality below.
5	Back Brutality: 10 Wide Pull Ups	Set 1	Set 2	Set 3			Notes:
)	5 Close Grip Pull Ups						
4	5 Wide Grip Behind Neck Pull						
1	Ups 5 Shoulder Width Behind Neck				-		
			1				
	Pull Ups 5 Upside Down Pull Ups						Notes
	Pull Ups 5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	Pull Ups 5 Upside Down Pull Ups Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R D	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
? ?	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R D	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R D A	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips						
R D A V	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
R D A (Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips						Notes:
R D A (Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats						Notes: I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feet together as you do a no-weight squat.
R D A (Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg						Notes: I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feetogether as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. le- do 15 calf raises, rest for 1-2 second.
R D A (Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats						Notes: I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feetogether as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. Ie- do 15 calf raises, rest for 1-2 seconds than do 14, and so on
S A A I	Pull Ups 5 Upside Down Pull Ups Arm Assassin: 10 Shoulder Width Chin Ups 20 Wide Grip Australian Chin Ups 10 Dips 20 Bench Dips 10 Close Grip Chin Ups 20 Close Grip Australian Chin Ups 10 Dips on Straight Bar 20 Bench Dips Leg Shocker Routine: 10 Pistol Squats on each leg 20 Hannibal Squats						Notes: I call these Hannibal Squats because I learned them from Hannibal. Basically you have your feetogether as you do a no-weight squat. (15,14,13) Stay on one leg until the pyramid is done. le- do 15 calf raises, rest for 1-2 seconds.

			30	υA	ı D(ז עכ	WEIGHT BEASTMODE WORKOUT PLAN WEEK 4
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		VVEEK 4 Notes:
	15 Regular Push Ups	0002	0001	0000			
	5 Diamond Push Ups						
	10 Dips						
	10 Arching Push Ups						Your hips will be low to the ground and your chest will be up
	10 Decline Push Ups					-	Doet for 2 minutes them as through all of them again until you finish 4 acts. After you are don
	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are done with Chest Insanity than go on to Back Brutality below
	Back Brutality:	Set 1	Set 2	Set 3			Notes:
	10 Wide Pull Ups	36(1	JEL 2	3603			Notes.
	5 Close Grip Pull Ups						
	5 Wide Grip Behind Neck Pull Ups						
	5 Shoulder Width Behind Neck				_		
	Pull Ups				-		
	5 Upside Down Pull Ups	C 1 4	6.1.2	6.1.2	C - L 4	C. L. E.	No.
	Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	10 Shoulder Width Chin Ups						
	20 Wide Grip Australian Chin Ups						
	10 Dips						
	20 Bench Dips						
	10 Close Grip Chin Ups						
	20 Close Grip Australian Chin						
	Ups						
	10 Dips on Straight Bar						
	20 Bench Dips						
,	Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	10 Pistol Squats on each leg						
	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your fe
							together as you do a no-weight squat.
	15 Pyramid Calf Raises						(15,14,13) Stay on one leg until the pyramid is done. le- do 15 calf raises, rest for 1-2 second
	20 lp 8 Out Squat lugger						than do 14, and so on
	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet ou wide. That's one rep.
	20 Lunge Walks						wide. Hist's one rep.
	1m Wall Sit						
	IIII Wali Sit						
	Chest Insanity:	Set 1	Set 2	Set 3	Set 4		Notes:
	15 Regular Push Ups						
	5 Diamond Push Ups					_	
	10 Dips						
	10 Arching Push Ups					_	Your hips will be low to the ground and your chest will be up
	10 Decline Push Ups						
	10 Dips on Straight Bar						Rest for 2 minutes than go through all of them again until you finish 4 sets. After you are don
							with Chest Insanity than go on to Back Brutality below.
	Back Brutality:	Set 1	Set 2	Set 3			Notes:
	10 Wide Pull Ups						
	5 Close Grip Pull Ups			1			
	5 Wide Grip Behind Neck Pull						
	Ups			1			
	5 Shoulder Width Behind Neck						
	Pull Ups 5 Upside Down Pull Ups			1			
	Arm Assassin:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	10 Shoulder Width Chin Ups	3001	3002	JCC 3	3004	Jers	THOLES.
	20 Wide Grip Australian Chin						
	Ups						
	10 Dips						
	20 Bench Dips						
	10 Close Grip Chin Ups						
	20 Close Grip Australian Chin						
	Ups						
/	10 Dips on Straight Bar						
	20 Bench Dips						
	Leg Shocker Routine:	Set 1	Set 2	Set 3	Set 4	Set 5	Notes:
	10 Pistol Squats on each leg						
	20 Hannibal Squats						I call these Hannibal Squats because I learned them from Hannibal. Basically you have your fe
	450 115 15 1			1			together as you do a no-weight squat.
	15 Pyramid Calf Raises						(15,14,13) Stay on one leg until the pyramid is done. le- do 15 calf raises, rest for 1-2 second
	20 lm 9 Out Count !						than do 14, and so on
	20 In & Out Squat Jumps						Squat with your feet together, come all the way up and jump out to a squat with your feet ou
	20 Lungo Walks			1			wide. That's one rep.
	20 Lunge Walks 1m Wall Sit			1	1		
				1	1	1	