



Chest & Back

Super Set

DB Bench Twisting Press-10	w _____	w _____	w _____	w _____	w _____
DB Bench Twisting Press-8	w _____	w _____	w _____	w _____	w _____
DB Bench Twisting Press-6	w _____	w _____	w _____	w _____	w _____
Drop set-6	w _____	w _____	w _____	w _____	w _____
Pullovers-10	w _____	w _____	w _____	w _____	w _____
Pullovers-8	w _____	w _____	w _____	w _____	w _____
Pullovers-6	w _____	w _____	w _____	w _____	w _____
Drop set-6	w _____	w _____	w _____	w _____	w _____

Super Set

Inc DB Press (1,1,2)-10	w _____	w _____	w _____	w _____	w _____
Inc DB Press (1,1,2)-8	w _____	w _____	w _____	w _____	w _____
Inc DB Press (1,1,2)-6	w _____	w _____	w _____	w _____	w _____
Drop set-6	w _____	w _____	w _____	w _____	w _____
One Arm Row (upper)-10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____
One Arm Row (middle)-10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____
One Arm Row (lower)-10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____

Giant Set

Close Grip Press-10	w _____	w _____	w _____	w _____	w _____
Close Grip Press-8	w _____	w _____	w _____	w _____	w _____
Wide Push-Ups-20	r _____	r _____	r _____	r _____	r _____
Wide Push-Ups-15	r _____	r _____	r _____	r _____	r _____
Wide Grip Pull Up-10	r _____	r _____	r _____	r _____	r _____
Narrow Grip Pull Up-10	r _____	r _____	r _____	r _____	r _____
Reverse Fly-10	w _____	w _____	w _____	w _____	w _____
Reverse Fly-10	w _____	w _____	w _____	w _____	w _____

Force Set

Close Grip Press-6	w _____	w _____	w _____	w _____	w _____
Close Grip Press-6	w _____	w _____	w _____	w _____	w _____
Close Grip Press-6	w _____	w _____	w _____	w _____	w _____
Chin Ups-10	r _____	r _____	r _____	r _____	r _____
Reverse Fly-10	w _____	w _____	w _____	w _____	w _____

Équipement: Banc inclinable/ballon stabilisateur, Poids, Barre à Chin-up

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Squat Sequence: Down, Half up, Down, Up

Squat 10	W _____	W _____	W _____	W _____	W _____
Squat 8	W _____	W _____	W _____	W _____	W _____
Squat 6	W _____	W _____	W _____	W _____	W _____
Drop 6	W _____	W _____	W _____	W _____	W _____

Squat/Lunge Matrix: Sq step, Rv lunge, Sq step, Fr lunge, Calf rs

3 Sets	W _____	W _____	W _____	W _____	W _____
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Giant Set

Pistol Squat 10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____
Pistol Squat 8	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____

Bulguerian Squat 10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____
Bulguerian Squat 8	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____

Front Lunge 10	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____
Front Lunge 8	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____	L _____ R _____

Giant Set

Goblet Sumo Squat slow 10	W _____	W _____	W _____	W _____	W _____
Goblet Sumo Squat slow 8	W _____	W _____	W _____	W _____	W _____
Goblet Sumo Squat slow 6	W _____	W _____	W _____	W _____	W _____
Drop Set 6	W _____	W _____	W _____	W _____	W _____

Sumo Squat Quick 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Sumo Squat Quick 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Sumo Squat Quick 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Drop Set 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

V Stiff Leg 10	W _____	W _____	W _____	W _____	W _____
V Stiff Leg 8	W _____	W _____	W _____	W _____	W _____
V Stiff Leg 6	W _____	W _____	W _____	W _____	W _____
Drop Set 6	W _____	W _____	W _____	W _____	W _____

Calf Raises 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Calf Raises 30s	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____
Calf Raises 1min	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____	W _____ R _____

Équipement: Banc inclinable ou Ballon stabilisateur, Poids, Barre à Chin-up



CORE



Date / Week						
Super Set 2 Rounds -Plank Combo (Side, Up, In)	R _____	R _____	R _____	R _____	R _____	R _____
-Hanging Bent Knees side to side	R _____	R _____	R _____	R _____	R _____	R _____
Super Set 2 Rounds -Low Plank Hip Dips	R _____	R _____	R _____	R _____	R _____	R _____
-Side Plank Crunch Hip Tap	R _____	R _____	R _____	R _____	R _____	R _____
Triple Set -Russian Twist	W _____	W _____	W _____	W _____	W _____	W _____
-Extension Twist	W _____	W _____	W _____	W _____	W _____	W _____
-Extension	W _____	W _____	W _____	W _____	W _____	W _____
Single Set 2 Rounds -Clock Raise High Plank	W _____	W _____	W _____	W _____	W _____	W _____
Super Set 2 Rounds -Hanging Leg Raise	R _____	R _____	R _____	R _____	R _____	R _____
-Core Combo (Oblique / Bucket Drop)	R _____	R _____	R _____	R _____	R _____	R _____

Équipement : Poids, *Barre à Chin-up

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Date / Week					
Giant Set -Lateral Raise: 20reps	W _____	W _____	W _____	W _____	W _____
-Front Raise: 20reps	W _____	W _____	W _____	W _____	W _____
-V Raise: 20reps	W _____	W _____	W _____	W _____	W _____
-Reverse Raise: 20reps	W _____	W _____	W _____	W _____	W _____
Progressive Set : 1rep to 6reps -Hammer Curl to Rotating Press (1, 1, 2)	W _____	W _____	W _____	W _____	W _____
Super Set -Incline V Curl: 10reps	W _____	W _____	W _____	W _____	W _____
-Incline V Curl: 8reps	W _____	W _____	W _____	W _____	W _____
-Incline V Curl: 6reps	W _____	W _____	W _____	W _____	W _____
-Half Circle: 10reps	W _____	W _____	W _____	W _____	W _____
-Half Circle: 8reps	W _____	W _____	W _____	W _____	W _____
-Half Circle: 6reps	W _____	W _____	W _____	W _____	W _____
18 Biceps Curls: 6 normal, 6 wide, 6 wider -Lower Half	W _____	W _____	W _____	W _____	W _____
-Upper Half	W _____	W _____	W _____	W _____	W _____
-Full Range	W _____	W _____	W _____	W _____	W _____
Super Set -Skull Crusher (1, 1, 2) 6reps	W _____	W _____	W _____	W _____	W _____
-Skull Crusher (1, 1, 2) 6reps	W _____	W _____	W _____	W _____	W _____
-Rear Fly: 15reps	W _____	W _____	W _____	W _____	W _____
-Rear Fly: 12reps	W _____	W _____	W _____	W _____	W _____
Super Set -Left Arm -Kickbacks: 30sec	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____
-Right Arm -Kickbacks: 30sec	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____	W _____ R _____ W _____ R _____
-Tricep Push Ups: 30sec	R _____	R _____	R _____	R _____	R _____
-Tricep Push Ups: 30sec	R _____	R _____	R _____	R _____	R _____

Équipement: Banc Inclinable ou Ballon Stabilisateur, Poids, Barre à Chin-up ou Élastique avec attache de porte.

A WEEK OF HARD LABOR™

Total Body



Date / Week					
Up The Ladder : 8 Rounds, 1 to 4 reps, 5 reps count 5sec To 8 reps Count 8sec on Negative					
Deadlift	W_____	W_____	W_____	W_____	W_____
Front Rows	W_____	W_____	W_____	W_____	W_____
Decline Push-Ups	R_____	R_____	R_____	R_____	R_____
Lateral Raise	W_____	W_____	W_____	W_____	W_____
The Combo (Squat, Hammer Curl Squat, Press)	W_____	W_____	W_____	W_____	W_____
Down The Ladder : 8 Rounds, 8 to 1 rep					
The Combo (Squat, Hammer Curl Squat, Press)	W_____	W_____	W_____	W_____	W_____
Front Raise	W_____	W_____	W_____	W_____	W_____
Narrow Push-Ups	W_____	W_____	W_____	W_____	W_____
Reverse Rows	W_____	W_____	W_____	W_____	W_____
Deadlift	W_____	W_____	W_____	W_____	W_____

Équipement: Poids (léger, medium)

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