

JP "PUMP" MINI SESSIONS

SHOULDERS

DB Lateral Raise strip set

3 strips = 1 set

start with heaviest weight and do as many reps as possible until you have approx "3 reps left in tank"

reduce weight and do as many reps as possible until you have approx "2 reps left in tank"

reduce weight and do as many reps as possible until you have approx "1 rep left in tank"

Perform 3-5 sets with 90sec rest (note no rest between strips)

CHEST & BACK

Chins (mix up grip) superset with Push Ups (mix up grips)

Alternate exercises each set and you can mix up grips each set on both exercises

Perform as many chins and push ups as possible in 12min period

Don't fail on any set but keep "1-4 reps in tank"

ARMS

Biceps triset: DB Reverse Curl / DB Supine Curl / DB Hammer Curl

Goal is 12-15 reps on 1st exercise and keep weight same for other exercises

Keep "1-3 reps in the tank" for each set

rest 1min and alternate with Triceps

Triceps triset: DB Overhead Ext / DB Skull Crushers / Seated Bench Dips or CG Push Up

Goal is 12-15 reps on 1st exercise and keep weight same for 2nd exercise and bwt last exercise

Keep "1-3 reps in the tank" for each set

Rest 1min and alternate with Triceps

Perform 2-3 sets of Biceps and Triceps trisets

SHOULDERS

DB Upright Row (keep wide) / DB Lateral Raise / DB "Flow" triset

Any weight that allows 8-25 reps in each exercise is fine

Keep "1-3 reps in the tank" for each set

Perform 3-5 sets with 90sec rest (note no rest between trisets)

BACK

Bwt Giant Set

Prone grip chins x 8-15

Supine Grip Chins x 8-15

TRX Horizontal Pull x 8-15

Roll Out x 8-15

Use band assistance if required on chins

No rest between exercises

Keep "1-2 reps in the tank" on all exercises

Perform 3 giant sets with 2min between

CHEST

Bwt Giant Set

MB (or from Push Up Handle) Alternating Push Ups x 10-16 total reps

Clap Push Ups x 10-16

Push Up with Rotation x 10-16 total reps

Push Ups x 10-16

No rest between exercises

Keep "1-2 reps in the tank" on all exercises

Perform 3 giant sets with 2min between

ARMS

Giant Set

DB Supine Curl

Skiing Position Tricep Kick Back

DB Alternating Curl

DB's Overhead Tricep Ext

No rest between exercises

Keep "1-2 reps in the tank" on all exercises

Perform 3 giant sets with 2min between