

**Extra Workouts**

**Muscle &**

**Strength**

**2.0**

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# Caesar

A1. Bench press - 5, 4, 3, 2, 1 reps (adding weight each set)

A2. Band shoulder dislocates - 5 sets of 10

B1. Seated shoulder press - 6 reps, then drop the bench one notch and do another set of 6. Keep going until flat bench then do max reps on the flat

C1. Seated low band row - 3 sets of 12

C2. Ab roll outs - 3 sets of 6

D1. Chin ups - 2 reps

D2. Goblet squat - 4 reps (run the rack up starting with 8kg)

# Guns n' Roses

A1. Triple drop DB press - 4 sets of 5/5/5 reps @ 45, 30 and 15 degrees

A2. DB row - 4 sets of 10/10

B1. 1 arm Push press - 6 sets of 6/6

B2. Chin ups - 6 sets of max reps in 30 seconds

C1. Lateral raises - 3 sets of 12

C2. Front raise - 3 sets of 12

C3. Rear delt fly - 3 sets of 12

D1. KB complex - 2 sets of 6 reps

Swing, squat, push press, bent over row, goblet carry (max)

# Triceratops

A1. Kneeling landmine press - 4 sets of 8/8 reps

A2. Band row (3-second hold) - 4 sets of 12 reps

B1. Pick a strength move (not bench) - 3 sets of 3 reps on your best weight!

C1. Narrow grip bench - 4 sets of 6 reps

C2. Bench - 4 sets of 8 reps

C3. Close grip press up - 4 sets of 10 reps

D1. Band pushdowns - 5 sets of 10 reps

D2. TRX row - 5 sets of 10 reps

D3. Band press up - 5 sets of 10 reps

E1. Band pull aparts - 60 total reps

# 48 minutes later

A1. Landmine press - 4 sets of 8/8 reps  
A2. DB push press - 4 sets of 10 reps  
A3. Band lateral raise - 4 sets of 12 reps

B1. Chin ups - 4 sets of 8 reps  
B2. Band row - 4 sets of 10 reps  
B3. TRX row - 4 sets of 12 reps

C1. Dips - 4 sets of 8 reps  
C2. DB fly - 4 sets of 10 reps  
C3. Press ups - 4 sets of 12 reps

D1. Hanging leg raises - 4 sets of 8 reps  
D2. Med ball sit up - 4 sets of 10 reps  
D3. Reverse crunch - 4 sets of 12 reps

Finish within 48 minutes!

# 50 cent

A1. Incline bench - 50 total reps

B1. Chin ups - 50 total reps

C1. Chest supported KB row - 50 total reps

C2. Fat grip DB curls - 50 total reps

D1. Dips - 50 total reps

D2. Overhead band extension - 50 total reps

E1. Plank KB drag - 50 total reps

Use a weight you can do for 10-12 reps, then complete the 50 reps in as few a sets as possible

# Simple Saturday

A1. Press (your choice) - 5 sets of 5 reps

A2. Band row - 5 sets of 12 reps

B1. Chin ups - 5 sets of 5 reps

B2. 1 arm push press - 5 sets of 10 reps (each side)

C1. Press ups - 2 sets of max reps

D1. TRX row - 2 sets of max reps

E1. Farmers walk - 500m



# Powerlifting

## A1. Deadlift

- Normal - 3 sets of 5 reps
- Double bottom - 3 sets of 5 reps
- Band resisted - 3 sets of 5 reps

## B1. Bench press

- Normal - 3 sets of 5 reps
- Double bottoms - 3 sets of 5 reps
- Foam press - 3 sets of 5 reps

C1. Dips - 4 sets of 6+ reps

C2. Swings - 4 sets of 12 reps

# Build God-like Thor upper body

A1. 1 arm dumbbell row - 4 sets (6, 6, 10, 10 reps)

B1. Flat DB bench press - 4 sets (6, 6, 10, 10 reps)

C1. Seated overhead DB press - 4 sets (8, 8, 12, 12 reps)

D1. Shrugs - 4 sets of 12+ reps

E1. Seated 1-arm overhead tricep extension - 2 sets of 10+ reps

F1. Alternating DB curls - 2 sets of 10+ reps

G1. DB wrist curls - 2 sets of 12 reps

# Mass made simple

A1. Bench press - 3 sets of [2, 3, 5]

B1. 1 arm overhead press - 4 sets of [2, 3, 5]

B2. Bat wings - 4 sets of 12 reps

C1. Double DB Complex - 3 sets of 5 reps on each exercise

- Power curl
- Push press
- RDL
- Squat
- DB row

D1. Squats - 3 sets of 30 reps

# The 30 Club

A1. Bench - 3 sets of 10 reps

A2. Press ups - 3 sets of 10 reps

B1. 1 arm clean & press - 30 total reps

B2. Weighted incline press ups - 30 total reps

C1. KB curls - 3 sets of [5, 10, 15]

C2. Band curl - 3 sets of [5, 10, 15]

C3. Goblet carry - 3 sets of 30 seconds

D1. Band pull apart #2 - 3 sets of 30 reps

# Pre-party pump

A1. Bench - 3 sets of [2, 3, 5, 10]

A2. Band row - 3 sets of 10 reps

B1. DB row - 4 sets of 12/12 reps

B2. Close grip press ups - 4 sets of 12 reps

C1. Ring fly to curl - 4 sets of 10 reps

C2. Lateral raise - 4 sets of 10 reps

D1. KB curls - 100 total reps

# The Champ

A1. Chin ups - as many reps as possible in 5 minutes

Rest 60 seconds

B1. Farmers walks - as far as possible in 5 minutes

Rest 60 seconds

C1. Handle press ups - as many reps as possible in 5 minutes

Rest 60 seconds

D1. Rack carry - as far as possible in 5 minutes

Rest 60 seconds

E1. EZ bar curls - as many reps as possible in 5 minutes