



TERRIBLE 20s



TOTAL BODY EMPHASIS 2

*Perform each block of workout as a circuit for 2 rounds (ie: 1A-1E x2)

*Each block is to be performed for time to provide a conditioning and muscular endurance adaptations

*Choose loads for each exercise that will allow you to perform all reps w/o reaching complete muscular failure

BLOCK 1			BLOCK 2		
No.	Exercise	Volume	No.	Exercise	Volume
1A	2 DB Bench Press	2x20	1A	2 DB Seated Shoulder Press	2x20
1B	DB SL Hip Thrust Right (Should Elev)	2x20	1B	DB RFE Squat Right	2x20
1C	DB Pullover	2x20	1C	Underhand Lat Pulldown	2x20
1D	DB SL Hip Thrust Left (Should Elev)	2x20	1D	DB RFE Squat Left	2x20
1E.	2 DB Hammer Curl	2x20	1E.	2 Plate Reverse Fly	2x20

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