



TERRIBLE 20s



UPPER BODY EMPHASIS 1

*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 Incline Bench Press	2x20	1A	2 DB Seated Shoulder Press	2x20
1B	2 DB Chest Supported Row	2x20	1B	Overhand Lat Pulldown	2x20
1C	2 DB Incline JM Press	2x20	1C	DB Overhead Tricep Extension	2x20
1D	2 DB Incline Curl	2x20	1D	2 DB Curl	2x20
1E.	2 Plate Lateral Raise	2x20	1E.	2 Plate Prone Y-Raise	2x20

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