



Name: \_\_\_\_\_

**A** Traps/Forearms/Calves/Abs

Intermediate - AST Supplemental - Hypertrophy

			Date			Date			Date			
Movement	Reps	Tempo										
A1 DB Shrug, DB's behind body	10	3022										
Rest	0 seconds											
A2 DB Shrug, DB's beside body	10	3022										
Rest	0 seconds											
A3 DB Shrug, DB's in front of body	10	3022										
Rest	60 seconds											
B1 Barbell Wrist Curl	20	3220										
Rest	0 seconds											
B2 Barbell Reverse Wrist Curl	20	3220										
Rest	0 seconds											
B3 DB Static Hold	ALAP*	XXXX										
Rest	30 seconds	<i>*as long as possible</i>										
C 1-leg DB Calf Raise (raise up onto ball of big toe)	10	2222										
Rest	0 seconds (continuously alternate sides until finished)											

**ALL TOGETHER  
ALL STRONGER**