

Bars & Dbs –
 Watkins DeLorme Method
 Push/Pull



EXERCISE	Reps	Sets	Intensity	Rest
1a. Bench Press	8-12	3	50%/75%/100%	1 minutes
Comment: Ask our staff about using proper tempo!				
1b. Bent Over Row	8-12	3	50%/75%/100%	1 minutes
Comment:				
2a. Standing Bar Shoulder Press	8-12	3	50%/75%/100%	1 minutes
Comment:				
2b. Chin-ups	8-12	3	50%/75%/100%	1 minutes
Comment:				
3a. DB Fly	12-15	2	85%/85%	30s
Comment:				
3b. DB Bent Over Lateral Raise	12-15	2	85%/85%	30s
Comment:				
4a. Barbell Back Squat	8-12	3	50%/75%/100%	1.5 minutes
Comment:				
4b. DB Reverse Lunge	12-15	3	85%/85%	60s
Comment:				
5a. Triceps pushdown	12-15	3	85%/85%/85%	30s
Comment:				
5b. DB Curls	12-15	3	85%/85%/85%	30s
Comment:				