

# Workout Sheet

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## Workout C (Shoulders - Triceps/biceps - Calves)

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**Level** Intermediate

**Perceived Exertion**

**Duration** 01:30:00

**Notes** Remember: the purpose is to get the blood into the muscle as quickly as possible, for as long as possible. Very important value for muscle repair. From week to week, feel free to modify the exercise arrangement (by muscle group).

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### Behind Neck Press (Barbell)

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		

**Notes**

### Alternate Front Raise (Dumbbell)

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		

**Notes**

### Upright Row (Barbell)

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		

**Notes**

### Lateral Raise (Cable)

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>				

	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		

**Notes**

**Superset - Biceps Curl / Triceps Pushdown (Cable)**

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	None		
<b>Set 2</b>	12	None		
<b>Set 3</b>	12	None		
<b>Set 4</b>	12	None		
<b>Set 5</b>	12	None		
<b>Set 6</b>	12	None		
<b>Set 7</b>	12	None		
<b>Set 8</b>	12	None		
<b>Set 9</b>	12	None		
<b>Set 10</b>	12	None		
<b>Set 11</b>	12	None		
<b>Set 12</b>	12	None		
<b>Set 13</b>	12	None		
<b>Set 14</b>	12	None		
<b>Set 15</b>	12	None		
<b>Set 16</b>	12	None		

**Notes**

Biceps/Triceps superset, no rest

**Superset - Biceps Curl (Barbell) / Triceps Dip**

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	None		
<b>Set 2</b>	12	None		
<b>Set 3</b>	12	None		
<b>Set 4</b>	12	None		
<b>Set 5</b>	12	None		
<b>Set 6</b>	12	None		
<b>Set 7</b>	12	None		
<b>Set 8</b>	12	None		
<b>Set 9</b>	12	None		
<b>Set 10</b>	12	None		
<b>Set 11</b>	12	None		
<b>Set 12</b>	12	None		
<b>Set 13</b>				

	12	None		
<b>Set 14</b>	12	None		
<b>Set 15</b>	12	None		
<b>Set 16</b>	12	None		

**Notes** Biceps/Triceps superset, no rest

**Standing Calf Raise**

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		
<b>Set 7</b>	12	1 min		
<b>Set 8</b>	12	1 min		

**Notes** Do not stand or walk while resting

**Seated Calf Raise**

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	Reps	Rest	Intensity	Weight
<b>Set 1</b>	12	1 min		
<b>Set 2</b>	12	1 min		
<b>Set 3</b>	12	1 min		
<b>Set 4</b>	12	1 min		
<b>Set 5</b>	12	1 min		
<b>Set 6</b>	12	1 min		
<b>Set 7</b>	12	1 min		
<b>Set 8</b>	12	1 min		

**Notes** Do not stand or walk while resting