

# BOMMARITO PERFORMANCE SYSTEMS

<b>NAME:</b>	
<b>SPORT:</b>	BODY BUILDING
<b>LEVEL:</b>	ADVANCED

<b>MACROCYCLE:</b>	HYPERTROPHY
<b>PHASE:</b>	GERMAN VOLUME TRAINING - COMPLEXES
<b>WEEK:</b>	3-4

EXERCISE	MODE	TEM	RI	VOL	INTENSITY
DAY 1				DAY / DATE:	MONDAY
CORRECTIVE - SIDE LYING SHOULDER	INT ROTATION	313		5x10E	
1. BENCH PRESS	CHAINS	20X	-	5X5	
2. FLY	DB	602	60 S	5X5	
1. SA 30 DEG INCLINE BENCH	DB	201	-	5X5	
2. INCLINE FLY	DB	602	60 S	5X5	
1. PULLUPS - OVERHAND GRIP	LIGHT BAND ASSIST	401	-	5XF	
2. INCLINE SA ROW	DB	602	60 S	5X5	
1. ROW	MACHINE W/ BANDS	201	-	5X5	
2. LAT PULL DOWN	MACHINE W/ BANDS	602	60 S	5X5	
DAY 2				DAY / DATE:	TUESDAY
CORRECTIVE - INFANT SQUAT	FEET FLAT	131		3X5	
1. BELT SQUAT	CHAINS	40X	-	5X5	
2. LEG EXTENSION	KB	602	60 S	5X5E	
1. GLUTE HAM RAISE	BAND ASSIST	402	-	5X5	
2. SL CURL	GREEN BAND	502	60 S	5X5E	
1. REVERSE HYPER	MACHINE	402	-	5X8	
2. SL SQ TO TD	DB	402	60 S	5X5	
DAY 3				DAY / DATE:	WEDNESDAY
CORRECTIVE - PRONE WMW	BW	232		3X10E	
1. SEATED PRESS	DB	401	-	5X5	
2. SA ROW	BANDS	602	60 S	5X5	
1. BICEP CURL	BB - CLOSE GRIP	401	-	5X5	
2. CONCENTRATION CURL	DB	602	60 S	5X5	
1. CLOSE GRIP BENCH	HAMMER BAR	40X	-	5X5	
2. OH TRICEP	BANDS	402	60 S	5X5	
1. DIPS	MACHINE	401	-	5X5	
2. SKULL CRUSHER	PURPLE BAND	502	60 S	5X5	
DAY 5				DAY / DATE:	FRIDAY
CORRECTIVE - T SHRUG	DB	212		3X10	
1. 30 DEG INCLINE BENCH	BB	201	-	5X5	
2. INCLINE FLY	DB	402	60 S	5X5	
1. SA BENCH	DB	201	-	5X5	
2. Crossover	KEISER	402	60 S	5X5	
1. PULLUPS	LIGHT BAND ASSIST	201	-	5XF	
2. LAT PULLDOWN	MACHINE W/ BANDS	402	60 S	5X5	
1. ROW	MACHINE W/ BANDS	201	-	5X5	
2. SA INCLINE ROW	DB	402	60 S	5X5	
DAY 6				DAY / DATE:	SATURDAY
CORRECTIVE - TKE FAST	BLUE BAND	313		3X10E	
1. BULGARIAN FRONT SQUAT	DB	402	-	5X5E	
2. LEG EXTENSION	MACHINE	601	60 S	5X5E	
1. REVERSE HYPER	MACHINE	401	-	5X8	
2. LEG CURL	GREEN BAND	402	60 S	5X5E	
1. STANDING CALF RAISE	BW	60X	-	5X10	
2. SEATED CALF RAISE	MACHINE	40X	60 S	5X10	
DAY 7				DAY / DATE:	SUNDAY
CORRECTIVE - PRONE BOX	DB	313		3X10	
1. SEATED PRESS	DB	401	-	5X5	
2. FRONT RAISE / REAR DELT RAISE	DB	402	60 S	5X5E	
1. SA PREACHER CURL	DB	601	-	5X5	
2. HAMMER CURL	BB	601	60 S	5X5	
1. JM PRESS	BB - PURPLE BANDS	40X	-	5X5	
2. INCLINE OH TRICEP	PURPLE BAND	402	60 S	5X5	
1. DIPS	WEIGHTED	402	-	5X5	
2. SIMMONS PRESS	DB	402	60 S	5X10	