

# 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>	1

EXERCISE	MODE	TEM	RI	VOL	INTENSITY
DAY 1				DAY / DATE:	MONDAY
CORRECTIVE - SIDE LYING SHOULDER	EXT ROTATION	313		5x10E	
1. BENCH PRESS	BB	201	-	5X5	
2. DB FLY	DB	402	60 S	5X5	
1. DB 30 DEG INCLINE BENCH	DB	201	-	5X5	
2. DB INCLINE FLY	DB	402	60 S	5X5	
1. PULLUPS	LIGHT BAND ASSIST	201	-	5XF	
2. DB SA ROW	DB	402	60 S	5X5	
1. ROW	MACHINE	201	-	5X5	
2. LAT PULL	MACHINE	402	60 S	5X5	
DAY 2				DAY / DATE:	TUESDAY
CORRECTIVE - INFANT SQUAT	HEELS UP	131		3X5	
1. BOX SQUAT	CHAINS	201	-	5X5	
2. LEG EXTENSION	KB	402	60 S	5X5E	
1. GLUTE HAM RAISE	MACHINE	201	-	5X5	
2. LEG CURL	GREEN BAND	402	60 S	5X5E	
1. REVERSE HYPER	MACHINE	201	-	5X8	
2. SL SLDL	DB	201	60 S	5X5	
DAY 3				DAY / DATE:	WEDNESDAY
CORRECTIVE - RRL	BW	232		3X10E	
1. SEATED PRESS	DB	201	-	5X5	
2. INCLINE ROW	DB	402	60 S	5X5	
1. BICEP CURL	BB	201	-	5X5	
2. CONCENTRATION CURL	DB	402	60 S	5X5	
1. CLOSE GRIP BENCH	BB	201	-	5X5	
2. OH TRICEP	DB	402	60 S	5X5	
1. DIPS	MACHINE	201	-	5X5	
2. SKULL CRUSHER	PURPLE BAND	402	60 S	5X5	
DAY 5				DAY / DATE:	FRIDAY
CORRECTIVE - T ROTATION	DB	212		3X10	
1. 30 DEG INCLINE BENCH	BB	201	-	5X5	
2. INCLINE FLY	DB	402	60 S	5X5	
1. BENCH	DB	201	-	5X5	
2. CROSSOVER	KEISER	402	60 S	5X5	
1. PULLUPS	LIGHT BAND ASSIST	201	-	5XF	
2. LAT PULLDOWN	MACHINE	402	60 S	5X5	
1. ROW	MACHINE	201	-	5X5	
2. INCLINE ROW	DB	402	60 S	5X5	
DAY 6				DAY / DATE:	SATURDAY
CORRECTIVE - TKE SLOW	GREEN BAND	313		3X10E	
1. BULGARIAN SQUAT	DB	201	-	5X5E	
2. LEG EXTENSION	MACHINE	402	60 S	5X5E	
1. REVERSE HYPER	MACHINE	201	-	5X8	
2. LEG CURL	GREEN BAND	402	60 S	5X5E	
1. STANDING CALF RAISE	BW	201	-	5X10	
2. SEATED CALF RAISE	MACHINE	201	60 S	5X10	
DAY 7				DAY / DATE:	SUNDAY
CORRECTIVE - PRONW WMW	DB	313		3X10	
1. SEATED PRESS	DB	201	-	5X5	
2. LAT RAISE / REAR DELT RAISE	DB	402	60 S	5X5E	
1. PREACHER CURL	BB	201	-	5X5	
2. HAMMER CURL	DB	402	60 S	5X5	
1. JM PRESS	BB - PURPLE BANDS	201	-	5X5	
2. INCLINE OH TRICEP	PURPLE BAND	402	60 S	5X5	
1. DIPS	MACHINE	201	-	5X5	
2. ROCKING TRICEP	DB	XXX	60 S	5X10	