

New England Muscle Thor Workout ()

Goal: Build strength and lean muscle, torch fat!

Part 1: The Thunder round				
Use a weight that is your 3-8 RM and perform a total of 25 reps for each exercise. Stop each set when the rep slows down considerably. Don't worry about the # of sets, just get good fast reps!				
Date:				
	Weight X Reps	Weight X Reps	Weight X Reps	Weight X Reps
A1)				
A2)				
A3)				

For more information, visit NeMuscle.com

Part 2: The Lightning round				
Work/Rest(Circle One):	Option 1: 30s/30s	Option 2: 40s/20s		
Exercise	Weight X Reps	Weight X Reps	Weight X Reps	Weight X Reps
Goblet Squats				
Bird Dog Plank (Alternating 1 – arm, 1 foot march)				
Deep Bend Dumbbell Row				
Lunge with overhead press				
Mountain Climber				
Thruster (DB front squat + press)				
T-Push up alt w/ explosive push up (hands leave ground)				
Side Plank + leg abductions (weak side)				
Side Plank + leg abductions (strong side)				
Split Jump (Scissors)				

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