

New England Muscle Thor Workout ()

Goal: Build strength and lean muscle, torch fat!

Part 1: The Thunder round (Explosive reps)				
<p>Use a weight that is your 3-8 RM and perform a total of 20-30 reps for each exercise. Stop each set when the rep slows down considerably. Don't worry about the # of sets. Do as many sets as needed to hit your total repetition goal. Focus on "trying" to move the weight fast. It may not actually move fast but you must attempt to.</p>				
Date:				
Exercise	Weight X Reps	Weight X Reps	Weight X Reps	Weight X Reps
A1)				
A2)				
A3)				

For more information, visit NeMuscle.com

Part 2: The Rumble round (slow reps)				
<p>Use a weight that is your 10-12RM and perform a total of 20 - 30 SLOW reps for each exercise. For upper body exercises use 3 seconds up and 3 seconds down. For Lower body, use 4 seconds up and 4 second down. Exercises: Lunge variations, Squat variation, Arms, Shoulders, Ab rollouts</p>				
Exercise	Weight X Reps	Weight X Reps	Weight X Reps	Weight X Reps
B1)				
B2)				
B2)				

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Part 3: A Single Strike of Lightning!				
<p>The Tabata: A compound exercise, 20 seconds work, 10 seconds rest, repeat 5 – 7 times Examples: Dumbbell Squat Jumps, Thrusters, Front Squats, Step Ups</p>				
Exercise	Weight X Sets	Weight X Sets	Weight X Sets	Weight X Sets