

New England Muscle Thor Workout (A-day)

Goal: Build strength and lean muscle, torch fat!

Part 1: Select 2 compound upper body exercises (1 pushing, 1 pulling).

Using a weight that is your 4-8 RM, perform a total of 25 reps for each exercise. Do as many sets as it takes and move the weight as fast as possible. Stop each set when the rep slows down considerably.

Example exercises: Neutral grip pull up and Incline dumbbell chest press. Try to add weight each week!

Date:					
Upper, pulling:					
Upper, pushing:					

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Part 2: Perform this circuit 1 or 2 times. If it's too easy, add 10 seconds of work and subtract 10 seconds of rest.

Work/Rest (start with 30s/30s)					
Goblet Squats					
Bird Dog Plank (Alternating 1 –arm, 1 foot march)					
Renegade Row (Pushup position row)					
Lunge with rotation					
Mountain Climber					
Push Press					
T-Push up alt w/ explosive push up (hands leave ground)					
Hip Extension (left side)					
Hip Extension (right side)					
Split Jump (Scissors)					

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