Saint Viator Workouts

	12	10	8	12	10	8
Decline Bench	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Pull-Ups	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
(1 set max out)						
Leg Press	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Seated Shld.	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Press- dmbl						
Farmers Walk	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
3x 30 seconds						
Split squat	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps

The negative is the most important phase of the rep. 4 second count and explode on the positive.

	12	10	8	12	10	8
Bench Press	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
1 Arm Row	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Lunge Walk	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Skull Crushers	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Hammer Curls	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps
Squat Jumps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps	Set/Reps