

TOTAL-BODY DYNAMIC TENSION WORKOUT

Do 2 to 3 sets of 8 to 12 repetitions to failure at 50 to 80 percent of maximum strength (1-RM), three times a week if you want to build muscle mass and strength. This method is safe, effective and fast.

EXERCISE	SETS	REPS
SUPERSET 1		
FRONT SQUATS	2-3	8-12
BACK SQUATS	2-3	8-12
<i>REST 1 MINUTE AFTER BACK SQUATS, THEN REPEAT</i>		
SUPERSET 2		
ONE-ARM DUMBBELL ROW	2-3	8-12
BARBELL BENCH PRESS	2-3	8-12
<i>REST 1 MINUTE AFTER BENCH PRESSES, THEN REPEAT</i>		
SUPERSET 3		
LEG EXTENSIONS	2-3	8-12
LYING LEG CURLS	2-3	8-12
<i>REST 1 MINUTE AFTER LYING LEG CURLS, THEN REPEAT</i>		
SUPERSET 4		
SEATED DUMBBELL SHOULDER PRESS	2-3	8-12
SEATED LATERAL RAISE	2-3	8-12
<i>REST 1 MINUTE AFTER SEATED LATERALS, THEN REPEAT</i>		
SUPERSET 5		
PREACHER CURLS	2-3	8-12
LYING TRICEPS EXTENSIONS	2-3	8-12