

EDT TRAINING PLAN

Supersets (A-A1, B-B1, C-C1)				Total Sets			
Workout 1	Sets / Reps	Time	Weight	Week 1	Week 2	Week 3	Week 4
A – Press Ups/Dips	EDT	10 mins					
A1 - Squats	^						
B - Chin Ups / Pull downs	EDT	10 mins					
B1 - Bench Press	^						
C – Overhead Press	EDT	10 mins					
C1 - Barbell high pulls	^						
Workout 2	Sets / Reps	Time	Weight	Week 1	Week 2	Week 3	Week 4
A – Bench Press	EDT	10 mins					
A1 - Seated Cable Rows	^						
B - Kettlebell/dumbbell lunges	EDT	10 mins					
B1 - Kettlebell/barbell Squats	^						
C – Tricep Extension	EDT	10 mins					
C1 - Bi Cep Curls	^						
Workout 3	Sets / Reps	Time	Weight	Week 1	Week 2	Week 3	Week 4
A – Press Ups/Dips	EDT	10 mins					
A1 - Kettlebell/Barbell Squats	^						
B - Chin Ups / Pull downs	EDT	10 mins					
B1 - Bench Press	^						
C – Seated Cable row	EDT	10 mins					
C1 - Tricep Pushdowns	^						