Learning Experience

Section 4

# 9

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| **Shanna** – Female/27 – Bicep/Tricep – Goal | Tone body, lose body-fat, Compete | | | |
| Standing Bicep Curl | Set 1 | 15lbs | 15 reps |
| Rest Time between Sets: 45sec | Set 2 | 20lbs | 10 reps |
|  | Set 3 | 15lbs | 12 reps |
|  | Set 4 | 15lbs | 10 reps |
| Barbell Curl | Set 1 | 35lbs | 12 reps |
| Supersetted with Concentration curls | Set 2 | 35lbs | 10 reps |
| Rest Time between Sets: 60sec | Set 3 | 35lbs | 10 reps |
| Concentration Curl | Set 1 | 15lbs | 10 reps |
|  | Set 2 | 15lbs | 10 reps |
|  | Set 3 | 15lbs | 10 reps |
| Zottman Curls | Set 1 | 10lbs | 10 reps |
| Rest Time between Sets: 45sec | Set 2 | 10lbs | 8 reps |
|  | Set 3 | 10lbs | 8 reps |
| Overhead Tricep Extension | Set 1 | 8lbs | 10 reps |
| Supersetted with Kickbacks | Set 2 | 10lbs | 10 reps |
| Rest Time between Sets: 60sec | Set 3 | 10lbs | 10 reps |
| Tricep Kick-backs | Set 1 | 10lbs | 10 reps |
|  | Set 2 | 10lbs | 10 reps |
|  | Set 3 | 10lbs | 10 reps |
| Rope Pulldown Extensions | Set 1 | 25lbs | 12 reps |
| Rest Time between Sets: 45sec | Set 2 | 30lbs | 10 reps |
|  | Set 3 | 35lbs | 8 reps |
| Cardio – Elliptical Machine | 30 min |  |  |
| **Total GYM TIME** | **65min** |  |  |
| **Total Bicep Volume** | **13 sets** |  |  |
| **Total Tricep Volume** | **9 Sets** |  |  |
| **Training Frequency** | **Mon, Tues, Thurs, Fri, Sat** | | |

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| **Angel** – Male/24 – Bicep/Tricep – Build Muscle, Size, Strength | | | |
| Standing EZbar Curl | Set 1 | 95lbs | 10 reps |
| Supersetted with Standing Curls | Set 2 | 115lbs | 10 reps |
| Rest Time between Sets: 30sec | Set 3 | 115lbs | 8 reps |
|  | Set 4 | 95lbs | 10 reps |
| Standing Bicep Curl | Set 1 | 35lbs | 12 reps |
| Rest Time between Sets: 30sec | Set 2 | 40lbs | 10 reps |
|  | Set 3 | 50lbs | 8 reps |
| Reverse Barbell Curl | Set 1 | 55lbs | 10 reps |
| Supersetted with overhead extensions | Set 2 | 55lbs | 10 reps |
| Rest Time between Sets: 30sec | Set 3 | 55lbs | 10 reps |
| Overhead Tricep Extensions | Set 1 | 30lbs | 10 reps |
| Rest Time between Sets: 30sec | Set 2 | 35lbs | 10 reps |
|  | Set 3 | 35lbs | 10 reps |
| Seated Overhead Dumbell Extension | Set 1 | 80lbs | 10 reps |
| Rest Time between Sets: 30sec | Set 2 | 90lbs | 9 reps |
|  | Set 3 | 105lbs | 6 reps |
| Close-Grip Bench Press | Set 1 | 135lbs | 16 reps |
| Rest Time between Sets: 30sec | Set 2 | 185lbs | 10 reps |
|  | Set 3 | 205lbs | 6 reps |
|  | Set 4 | 135lbs | 14 reps |
| Straight-bar Pulldowns | Set 1 | 60lbs | 12 reps |
| Rest Time between Sets: 30sec | Set 2 | 70lbs | 10 reps |
|  | Set 3 | 80lbs | 8 reps |
| Standing Cable 2-Arm Bicep Curls | Set 1 | 55lbs | 14 reps |
| Rest Time between Sets: 30sec | Set 2 | 60lbs | 12 reps |
|  | Set 3 | 70lbs | 10 reps |
|  | Set 4 | 55lbs | 14 reps |
| **Total GYM Time** | **70min** |  |  |
| **Total Bicep Volume** | **14 Sets** |  |  |
| **Total Tricep Volume** | **12 Sets** |  |  |
| **Training Frequency** | **Mon, Wed, Fri, Sat, Sun** | | |

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| **John** – Male/28 – Bicep/Tricep – Build Muscle, Size, Strength, Compete in June ‘09 | | | |
| Seated Bicep Curls | Set 1 | 35lbs | 12 reps |
| Rest Time between Sets: 40sec | Set 2 | 50lbs | 10 reps |
|  | Set 3 | 60lbs | 8 reps |
|  | Set 4 | 70lbs | 6 reps |
| Incline Bicep Curl | Set 1 | 35lbs | 12 reps |
| Rest Time between Sets: 40sec | Set 2 | 40lbs | 10 reps |
|  | Set 3 | 45lbs | 10 reps |
| Reverse Barbell Curl | Set 1 | 55lbs | 10 reps |
| Supersetted with overhead extensions | Set 2 | 55lbs | 10 reps |
| Rest Time between Sets: 40sec | Set 3 | 55lbs | 10 reps |
| Overhead Tricep Extensions | Set 1 | 30lbs | 10 reps |
|  | Set 2 | 35lbs | 10 reps |
|  | Set 3 | 35lbs | 10 reps |
| Skullcrushers | Set 1 | 75lbs | 10 reps |
| Rest Time between Sets: 40sec | Set 2 | 85lbs | 10 reps |
|  | Set 3 | 95lbs | 8 reps |
| Bentover Concentration Curls | Set 1 | 40lbs | 11 reps |
| Supersetted with Rope Extensions | Set 2 | 40lbs | 10 reps |
| Rest Time between Sets: 40sec | Set 3 | 40lbs | 8 reps |
|  | Set 4 | 135lbs | 14 reps |
| Rope Extensions | Set 1 | 70lbs | 12 reps |
| Rest Time between Sets: 40sec | Set 2 | 80lbs | 10 reps |
|  | Set 3 | 90lbs | 8 reps |
| Standing Cable 2-Arm Bicep Curls | Set 1 | 60lbs | 16 reps |
| Rest Time between Sets: 40sec | Set 2 | 60lbs | 14 reps |
|  | Set 3 | 75lbs | 10 reps |
|  | Set 4 | 55lbs | 16 reps |
| Ab Front Crunches | 3 Sets |  | Failure |
| Ab Side Crunches | 3 Sets |  | Failure |
| Ab Leg Raises | 3 Sets |  | Failure |
| **Total GYM Time** | **85min** |  |  |
| **Total Bicep Volume** | **18 Sets** |  |  |
| **Total Tricep Volume** | **9 Sets** |  |  |
| **Training Frequency** | **Mon, Tues, Thurs, Fri, Sat, Sun** | | |

**Conclusion/Observations:**

After comparing all the results, I noticed each trainee had more volume on bicep training, rather then tricep training. It seemed that each felt more comfortable training their biceps during the arm training session. I did also notice that each trainee implemented supersetting into their session, especially since each person wanted to build toner muscles, when supersetting can do with deep fiber development. Only Shanna added cardio during the end of her workout, and the guys didn’t; reason could range from, the men didn’t have strength to do it after their heavy workout, while Shanna’s weight training wasn’t heavy or low-rep based. John was also the only trainee that trained his abs after workout, which I’m surprised that no other did.