

DUMBBELL SHOULDER PRESS X 2

LATERAL RAISES X 2 (OPTIONAL)

DIPS X 2

ROWS X 2

GOBLET CURLS X 2

HOME-MADE HERO PROTOCOL

2 SETS EACH EXERCISE * PERFORM TO STIMULUS * 1 MINUTE REST TIMES * 3-4 TIMES PER WEEK

BULGARIAN SPLIT SQUATS X 2

HINDU SQUATS X 2

CALF RAISES X 2 (OPTIONAL)

KETTLEBELL SWINGS X 2



THE BIONEER
SUPERFUNCTIONAL TRAINING