

# HELLRAISER SESSION I

Animal.

## shoulders and arms

HRT: Animal Hellraiser Trainer – Hell Workout 1

[www.bodybuilding.com/fun/hrt-animal-hellraiser-trainer-hell-workout-1.html](http://www.bodybuilding.com/fun/hrt-animal-hellraiser-trainer-hell-workout-1.html)

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY: YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING: \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 lbs for 10 reps, you would write "100 x 10". The grey boxes below are not used.

EXERCISE	SETS	REPS + HELLCENTRIC	WARM-UP SET	SET 1	SET 2
Seated front press	2	8 + 4HC			
Dumbbell side lateral raise	2	8 + 4HC			
Barbell front raise	2	8 + 4HC			
Barbell curl	2	8 + 4HC			
Reverse barbell curl	2	8 + 4HC			
Reverse barbell wrist curl	2	8 + 4HC			
Barbell wrist curl	2	8 + 4HC			

### NOTES