

Harrison Twin's Interview on Open Sky Fitness Podcast

Harrison Twin's Workout				
Monday - International Chest Day	Set #1	Set #2	Set #3	Set #4
Flat DB Press (8-12 reps)				
Incline DB Press (8-12 reps)				
Cable Flys (8-12 reps)				
DB Fly (8-12 reps)				
Tuesday - Back	Set #1	Set #2	Set #3	Set #4
Deadlifts (8-12 reps)				
DB Rows (8-12 reps)				
T-Bar Row - pronated grip (8-12 reps)				
T-Bar Row - supinated grip (8-12 reps)				
Lateral Pull Downs (8-12 reps)				
Hammer Strength Low Pull (8-12 reps)				
Wednesday - Shoulders	Set #1	Set #2	Set #3	Set #4
Standing BB Military Press (8-12 reps)				
Seated Lateral DB Raise (8-12 reps)				
Posterior Delt Fly Machine(8-12 reps)				
Anterior Delt BB Raise (optional)				
Shrugs (20 reps)				
Thursday - Legs	Set #1	Set #2	Set #3	Set #4
Squats (10 reps) no break in this SS				
Lying Hamstring Curls (10 reps)				
Leg Press (15-20 reps)				
DB Stiff Leg Deadlift (15-20 reps)				
Nordic Hamstring (6-10 reps)				
Quad Extensions (10-15 reps)				
Friday - Arms & Abs	Set #1	Set #2	Set #3	Set #4
EZ Bar Curls (10 reps)				

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Seated DB Curls (10 reps) half to full				
Machine Preacher (8-10 reps)				
Hammer Curls (8-10 reps)				
Skull Crushers (8-10 reps)				
Tricep PU's (8-10 reps)				
Tricep Push Downs (8-10 reps)				
Abs				
Decline Sit Ups w/Oblique Twist				
Lying Leg Lifts				
Hanging Leg Lifts				
Oblique Crunches				
Cable Rope Crunch				

Owen's Recommendations:

*Supersets are marked by matching colors.

*On the Squat and Hamstring Curl Superset, there is no break between. All other supersets will have a 1 to 2 minute break.

*Play with the tempo of your lifts. Try implementing 3 to 4 second eccentric movements, as well as 1 second isometric holds when possible.

*All abdominal exercises are to fail. Record your results

*Mohammed Ali was once asked how many sit ups he can do. He said, **"Don't know, I only start counting when it starts hurting..."**

To hear Owen talk about how he and Lewis reached the level of fitness they have today, listen to his interview on the Open Sky Fitness Podcast by clicking on this link. <http://openskyfitness.com/podcast/>