

# Monday & Thursday

Date

Wt.	Wt.	Wt.	Wt.	Wt.	Wt.

Bench Press	4 X 10	@					
Tricep Extension	4 X 10	@					
Shoulder Press	4 X 10	@					
Incline DB Press	4 X 10	@					
Overhaed Tri Ext.	3 X 12	@					
Upright Row	4 X 10	@					
Flies or Cable Cross	3 X 12	@					
Dips	3 X 15	@					
Shrugs	4 X 10	@					
Crunches	4 X 50						
Ab Machine	3 X 20	@					
Low Back Machine	3 X 20	@					

# Tuesday & Friday

Date

Wt.	Wt.	Wt.	Wt.	Wt.	Wt.

Squats	4 X 10	@					
Lat Pulldowns	4 X 10	@					
Preacher Curls	4 X 10	@					
Leg Ext.	3 X 15	@					
Leg Curl	3 X 15	@					
Low Row	4 X 10	@					
DB Curls	4 X 8	@					
Lunges	4 X 12	@					
Back Ext.	3 X 15	@					
Ab Machine	3 X 15	@					
Hammer Curls	3 X 12	@					
Crunches	4 X 50	@					