

	<b>BACK</b> 1. Lateral Pulldowns	2. Seated Row	3. Bent Over Unilateral Dumbbell Row	4. Straight-Arm Cable pulldown	5. Triceps Press on cable machine Alternate rope and v-bar	6. Skull Crushers (flat bench)	7. Preacher Curl or Dumbell Concentration Curl	8. Standing Barbell Curl Alternate with Hammer Curls
	<b>Date:</b>							
	wt:							
	#:							
	<b>BACK</b> 1. Lateral Pulldowns	2. Seated Row	3. Bent Over Unilateral Dumbbell Row	4. Straight-Arm Cable pulldown	5. Triceps Press on cable machine Alternate rope and v-bar	6. Skull Crushers (flat bench)	7. Preacher Curl or Dumbell Concentration Curl	8. Standing Barbell Curl Alternate with Hammer Curls
	<b>Date:</b>							
	wt:							
	#:							
	<b>BACK</b> 1. Lateral Pulldowns	2. Seated Row	3. Bent Over Unilateral Dumbbell Row	4. Straight-Arm Cable pulldown	5. Triceps Press on cable machine Alternate rope and v-bar	6. Skull Crushers (flat bench)	7. Preacher Curl or Dumbell Concentration Curl	8. Standing Barbell Curl Alternate with Hammer Curls
	<b>Date:</b>							
	wt:							
	#:							

	<b>LEGS</b> 1. Barbell Deep Squats	2. Step-Ups	3. Standing Calf Raises on machine <b>Superset with 4. --&gt;</b>	4. Seated Calf Raises	5. Lunges (barbell behind the neck) Alternating Legs	6. Choose one and alternate: •HIIT 1:1 Run :10 uphill •jumprope • 40 high jumps		
	<b>Date:</b>  wt:  #:							
	<b>LEGS</b> 1. Barbell Deep Squats	2. Step-Ups	3. Standing Calf Raises on machine <b>Superset with 4. --&gt;</b>	4. Seated Calf Raises	5. Lunges (barbell behind the neck) Alternating Legs	6. Choose one and alternate: •HIIT 1:1 Run :10 uphill •jumprope • 40 high jumps		
	<b>Date:</b>  wt:  #:							
	<b>LEGS</b> 1. Barbell Deep Squats	2. Step-Ups	3. Standing Calf Raises on machine <b>Superset with 4. --&gt;</b>	4. Seated Calf Raises	5. Lunges (barbell behind the neck) Alternating Legs	6. Choose one and alternate: •HIIT 1:1 Run :10 uphill •jumprope • 40 high jumps		
	<b>Date:</b>  wt:  #:							

	<b>CHEST</b> <b>1. Incline Bench Press</b>	<b>2. Incline Dumbbell Flies</b>	<b>3. Standing Cable Crossovers (high)</b>	<b>4. Peck Deck Flies (Can use a Spring Bar or bendy bar if no peck deck)</b>	<b>5. Seated, bent over Rear Delt Fly (dumbbells)</b>	<b>6. Cable Rotator Cuff Extensions (Sides). Reps 8-10. One arm at a time, so No rest.</b>	<b>7. Cable Rotator Cuff Extensions (Top). Reps 8-10. Both arms at same time.</b>	<b>8. Flat Bench Press</b>
<b>Date:</b>  wt:  #:								
	<b>CHEST</b> <b>1. Incline Bench Press</b>	<b>2. Incline Dumbbell Flies</b>	<b>3. Standing Cable Crossovers (high)</b>	<b>4. Peck Deck Flies (Can use a Spring Bar or bendy bar if no peck deck)</b>	<b>5. Seated, bent over Rear Delt Fly (dumbbells)</b>	<b>6. Cable Rotator Cuff Extensions (Sides). Reps 8-10. One arm at a time, so No rest.</b>	<b>7. Cable Rotator Cuff Extensions (Top). Reps 8-10. Both arms at same time.</b>	<b>8. Flat Bench Press</b>
<b>Date:</b>  wt:  #:								
	<b>CHEST</b> <b>1. Incline Bench Press</b>	<b>2. Incline Dumbbell Flies</b>	<b>3. Standing Cable Crossovers (high)</b>	<b>4. Peck Deck Flies (Can use a Spring Bar or bendy bar if no peck deck)</b>	<b>5. Seated, bent over Rear Delt Fly (dumbbells)</b>	<b>6. Cable Rotator Cuff Extensions (Sides). Reps 8-10. One arm at a time, so No rest.</b>	<b>7. Cable Rotator Cuff Extensions (Top). Reps 8-10. Both arms at same time.</b>	<b>8. Flat Bench Press</b>
<b>Date:</b>  wt:  #:								

<p><b>SHOULDERS/ ARMS</b>  <b>1.</b> Standing Military Press</p> <p>Superset:  Standing Upright Rows</p>	<p><b>2.</b> Seated Arnold Press  Rest 2 minutes</p>	<p><b>3.</b> Standing Lateral Raise (SIDES)  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>4.</b> Standing Front Raises  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>5.</b> Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Triceps Press vbar  • Standing EZ Bar Overhead Tricep Extensions</p>	<p><b>6.</b> Narrow Grip Standing Barbell Curls  • Standing Rope CableCrls</p> <p>• Standing Single DB Tricep Extension  • High Pulley Overhead Tricep Extension</p>	<p><b>7.</b> Wide Grip Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Flat Bench Skull Crushers (to the back of the head)  • Triceps Press vbar</p>	<p><b>8.</b> 8-10 reps  • Seated DB Twisting Hammer Curls  • Standing Rev Butterfly Curls  • High Pulley Cable Curls  • Skull Crushers (bk o hd)  • Stnd EZ BR Ovhd Tri Ext  • Hi Pulley Ovhd Tri Ext</p>
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							
<p><b>SHOULDERS/ ARMS</b>  <b>1.</b> Standing Military Press</p> <p>Superset:  Standing Upright Rows</p>	<p><b>2.</b> Seated Arnold Press  Rest 2 minutes</p>	<p><b>3.</b> Standing Lateral Raise (SIDES)  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>4.</b> Standing Front Raises  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>5.</b> Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Triceps Press vbar  • Standing EZ Bar Overhead Tricep Extensions</p>	<p><b>6.</b> Narrow Grip Standing Barbell Curls  • Standing Rope CableCrls</p> <p>• Standing Single DB Tricep Extension  • High Pulley Overhead Tricep Extension</p>	<p><b>7.</b> Wide Grip Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Flat Bench Skull Crushers (to the back of the head)  • Triceps Press vbar</p>	<p><b>8.</b> 8-10 reps  • Seated DB Twisting Hammer Curls  • Standing Rev Butterfly Curls  • High Pulley Cable Curls  • Skull Crushers (bk o hd)  • Stnd EZ BR Ovhd Tri Ext  • Hi Pulley Ovhd Tri Ext</p>
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							
<p><b>SHOULDERS/ ARMS</b>  <b>1.</b> Standing Military Press</p> <p>Superset:  Standing Upright Rows</p>	<p><b>2.</b> Seated Arnold Press  Rest 2 minutes</p>	<p><b>3.</b> Standing Lateral Raise (SIDES)  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>4.</b> Standing Front Raises  <b>Reps: 10-12.</b>  <b>Rest: 30s</b></p>	<p><b>5.</b> Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Triceps Press vbar  • Standing EZ Bar Overhead Tricep Extensions</p>	<p><b>6.</b> Narrow Grip Standing Barbell Curls  • Standing Rope CableCrls</p> <p>• Standing Single DB Tricep Extension  • High Pulley Overhead Tricep Extension</p>	<p><b>7.</b> Wide Grip Standing Barbell Curls  • Reverse Barbell Curls</p> <p>• Flat Bench Skull Crushers (to the back of the head)  • Triceps Press vbar</p>	<p><b>8.</b> 8-10 reps  • Seated DB Twisting Hammer Curls  • Standing Rev Butterfly Curls  • High Pulley Cable Curls  • Skull Crushers (bk o hd)  • Stnd EZ BR Ovhd Tri Ext  • Hi Pulley Ovhd Tri Ext</p>
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							

<p><b>ABS</b> 1. Crunches. 20. Better with weighted ball or plate</p>	<p>2. Hanging leg raises a. Straight leg, b. Knee raise  then on PowerTower or straps: c. Straight leg, d. Knee raise</p>	<p>3. Box Crunches. 20. Better with weighted ball or plate</p>	<p>4. Windshield Wipers. 15 each side. (30 total)</p>	<p>5. Vertical toe touches: 20</p>	<p>6. Plank madness  1. Straight plank on elbows. 2. Side planks  TIP: Hold a weighted ball on your side and raise it up and down.</p>		
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							
<p><b>ABS</b> 1. Crunches. 20. Better with weighted ball or plate</p>	<p>2. Hanging leg raises a. Straight leg, b. Knee raise  then on PowerTower or straps: c. Straight leg, d. Knee raise</p>	<p>3. Box Crunches. 20. Better with weighted ball or plate</p>	<p>4. Windshield Wipers. 15 each side. (30 total)</p>	<p>5. Vertical toe touches: 20</p>	<p>6. Plank madness  1. Straight plank on elbows. 2. Side planks  TIP: Hold a weighted ball on your side and raise it up and down.</p>		
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							
<p><b>ABS</b> 1. Crunches. 20. Better with weighted ball or plate</p>	<p>2. Hanging leg raises a. Straight leg, b. Knee raise  then on PowerTower or straps: c. Straight leg, d. Knee raise</p>	<p>3. Box Crunches. 20. Better with weighted ball or plate</p>	<p>4. Windshield Wipers. 15 each side. (30 total)</p>	<p>5. Vertical toe touches: 20</p>	<p>6. Plank madness  1. Straight plank on elbows. 2. Side planks  TIP: Hold a weighted ball on your side and raise it up and down.</p>		
<p><b>Date:</b></p> <p>wt:</p> <p>#:</p>							