

BACK 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 Dumbbell Concentration Curl	8. Standing Barbell Curl Alternate with Hammer Curls
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LEGS 1. Barbell Deep Squats	2. Step-Ups	3. Standing Calf Raises on machine Superset with 4. -->	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		
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CHEST 1. Incline Bench Press	2. Incline Dumbbell Flies	3. Standing Cable Crossovers (high)	4. Peck Deck Flies (Can use a Spring Bar or bendy bar if no peck deck)	5. Seated, bent over Rear Delt Fly (dumbbells)	6. Cable Rotator Cuff Extensions (Sides). Reps 8-10. One arm at a time, so No rest.	7. Cable Rotator Cuff Extensions (Top). Reps 8-10. Both arms at same time.	8. Flat Bench Press
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SHOULDERS/ARMS 1. Standing Military Press Superset: Standing Upright Rows	2. Seated Arnold Press Rest 2 minutes	3. Standing Lateral Raise (SIDES) Reps: 10-12. Rest: 30s	4. Standing Front Raises Reps: 10-12. Rest: 30s	5. <ul style="list-style-type: none"> • Standing Barbell Curls • Reverse Barbell Curls • Triceps Press vbar • Standing EZ Bar Overhead Tricep Extensions 	6. <ul style="list-style-type: none"> • Narrow Grip Standing Barbell Curls • Standing Rope CableCrls • Standing Single DB Tricep Extension • High Pulley Overhead Tricep Extension 	7. <ul style="list-style-type: none"> • Wide Grip Standing Barbell Curls • Reverse Barbell Curls • Flat Bench Skull Crushers (to the back of the head) • Triceps Press vbar 	8. 8-10 reps <ul style="list-style-type: none"> • 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
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ABS 1. Crunches. 20. Better with weighted ball or plate	2. Hanging leg raises Straight leg, knee raise then PowerTower or straps: Straight leg, knee raise	3. Box Crunches. 20. Better with weighted ball or plate	4. Windshield Wipers. 15 each side. (30 total)	5. Vertical toe touches. 20.	6. Plank Madness Side on elbows 30s Straight on elbows 30s Better with weighted ball	NOW REST. REPEAT 1 or 2x	
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