Monday: Back + Ti	Monday: Back + Traps + Forearms			Tuesday: Chest + Triceps + Abs		
Exercise	Sels	Reps	Exercise	Sels	Reps	
<u>Back</u>			Chest			
Deadlift	5	6	Bench Press	5	8	
Lat Pulldowns	4	8	Incline Dumbbell Press	4	8	
Seated V Row	4	8	Dumbbell Flys	4	8	
Pullups	4	8	Pullovers	4	8	
One Arm Cable Row	4	8				
			Triceps			
Traps, Forearms			EZ Triceps Press	5	8	
Shrugs	4	8	Weighted Dips	4	8	
Wrist Curls	4	8	Rope Pressdown	4	8	
Reverse Wrist Curls	4	8		,		
			Abs			
			Cable Crunches	2	20	
			Reverse Crunches	2	20	
			Reverse Crunches	2	20	
Thursday: Thig	ghs + Calves		Reverse Crunches  Friday: Shoulders + E	1		
	ghs + Calves Sets	Reps		1	bs	
Exercise		Reps	Friday: Shoulders + E	Biceps + Al	bs	
Exercise Legs		Reps 8	Friday: Shoulders + E	Biceps + Al	bs	
Thursday: Thic Exercise Legs Squats Lying Leg Curls	Sets		Friday: Shoulders + E Exercise Shoulders	Biceps + Al	bs Reps	
Exercise Legs Squats Lying Leg Curls	Sets 5	8	Friday: Shoulders + E Exercise Shoulders Dumbbell Press	Biceps + Al Sets	bs Reps	
Exercise Legs Squats Lying Leg Curls Leg Extensions	Sets 5 4	8	Friday: Shoulders + E Exercise Shoulders Dumbbell Press Arnold Press	Sets 5 4	Reps	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift	Sets 5 4 4	8 8 8	Friday: Shoulders + E Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine	Sets  5 4 4	Reps  Reps  8 8 8	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors	Sets 5 4 4 4	8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec	Sets  5 4 4 4	Reps	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors	5 4 4 4 4 4	8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec	Sets  5 4 4 4	Reps	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Leg Press	5 4 4 4 4 4	8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec  Lateral Raise	Sets  5 4 4 4	Reps	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Leg Press	5 4 4 4 4 4	8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec  Lateral Raise  Biceps	Sets  5 4 4 4 4	8 8 8 8 8 8 8	
Exercise Legs Squats	5 4 4 4 4 4 4	8 8 8 8 8	Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps Barbell Curls	Sets  5 4 4 4 4 5	8 8 8 8 8 8 8 8	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Leg Press Calves Calf Presses	5 4 4 4 4 4 4 4 4	8 8 8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec  Lateral Raise  Biceps  Barbell Curls  Hammer Curls	Sets	Reps  Reps  8 8 8 8 8 8 8	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Leg Press Calves Calf Presses	5 4 4 4 4 4 4 4 4	8 8 8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec  Lateral Raise  Biceps  Barbell Curls  Hammer Curls	Sets	Reps  Reps  8 8 8 8 8 8 8	
Exercise Legs Squats Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Leg Press Calves Calf Presses	5 4 4 4 4 4 4 4 4	8 8 8 8 8 8	Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec  Lateral Raise  Biceps  Barbell Curls  Hammer Curls  Machine Preacher Curls	Sets	Reps  8 8 8 8 8 8 8	