Monday: Back + T	raps + Forearr	ns	Tuesday: Chest + Ti	riceps + Ah	S
Exercise	Sets	Reps	Exercise Exercise	Sets	Reps
Back		*	Chest		
Deadlift	5	6	Incline Bench Press	5	8
Lat Pulldowns	4	8	Dumbbell Bench Press	4	8
T-Bar Row	4	8	Machine/Cable Flys	4	8
Pullups	4	8	Machine Pullovers	4	8
One Arm Cable Row	4	8		ı	1
			Triceps		
Traps, Forearms			Dumbbell Press	5	8
Shrugs	4	8	Weighted Dips	4	8
Wrist Curls	4	8	Straight Bar Pressdown	4	8
Reverse Wrist Curls	4	8			
	' '		Abs		
			Cable Crunches	4	20
			Cable Cluticities	-	20
			Reverse Crunches	4	20
Thursday: Thig	ghs + Calves			4	20
	ghs + Calves Sets	Reps	Reverse Crunches	4	20 bs
Thursday: Thiç Exercise Legs		Reps	Reverse Crunches  Friday: Shoulders + E	4 Biceps + Al	20 bs
Exercise Legs		Reps 8	Reverse Crunches  Friday: Shoulders + E  Exercise	4 Biceps + Al	20 bs
Exercise <u>Legs</u> Leg Press	Sets	7750-1-00	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders	4  Biceps + Al  Sets	20 DS Reps
Exercise Legs Leg Press Lying Leg Curls	Sets 5	8	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press	4 Biceps + Al Sets	20 bs Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions	Sets 5 4	8	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press	4  Siceps + Al  Sets  5 4	20 DS Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift	Sets 5 4 4	8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine	4  Sets  5 4 4	20 Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift HIp Ab and Ad Ductors	5 4 4 4 4	8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec	5 4 4 4 4	20 PS Reps
Exercise	5 4 4 4 4 4 4	8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise  Shoulders  Dumbbell Press  Arnold Press  Behind the Neck Smith Machine  Reverse Pec Dec	5 4 4 4 4	20 PS Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift Hlp Ab and Ad Ductors	5 4 4 4 4 4 4	8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise	5 4 4 4 4	20 PS Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift Hip Ab and Ad Ductors Squats	5 4 4 4 4 4 4	8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps	4   Sets   5   4   4   4	20 bs Reps 8 8 8 8 8
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift HIp Ab and Ad Ductors Squats	Sets  5 4 4 4 4 4 4	8 8 8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps Dumbbell Curls	4   Sets   5   4   4   4   4	20 bs Reps 8 8 8 8 8
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift HIp Ab and Ad Ductors Squats Calves Call Presses	Sets 5 4 4 4 4 4 4	8 8 8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps Dumbbell Curls Hammer Curls	5 4 4 4 4 5 4 4	20 bs Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift HIp Ab and Ad Ductors Squats Calves Call Presses	Sets 5 4 4 4 4 4 4	8 8 8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps Dumbbell Curls Hammer Curls	5 4 4 4 4 5 4 4	20 bs Reps
Exercise Legs Leg Press Lying Leg Curls Leg Extensions Romanian Deadlift HIp Ab and Ad Ductors Squats Calves Call Presses	Sets 5 4 4 4 4 4 4	8 8 8 8 8 8	Reverse Crunches  Friday: Shoulders + E  Exercise Shoulders Dumbbell Press Arnold Press Behind the Neck Smith Machine Reverse Pec Dec Lateral Raise  Biceps Dumbbell Curls Hammer Curls EZ Preacher Curls	5 4 4 4 4 5 4 4	20 bs Reps