

WEEK: / - /

“Go Big or Go Home.”

MONDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	MONDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	TUESDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep
Squat				Barbell Incline Press				Crunches			
Hack Squat				Triceps Kickback				Incline Crunches			
Dumbbell Lunge				Dumbbell Triceps Press				Twisting Crunches			
Good Morning				Seated Triceps Extension				Sit-ups			
Bench Press				Triceps Pushdown				Oblique Extensions			
Dumbbell Press				Parallel Bar Dips				Lying Leg Raises			
Dumbbell Incline Press								Leg Raises			
Dumbbell Fly				Warm Up/ Cool Down				Dumbbell Side Bends			
WEDNESDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	WEDNESDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep				
Lateral Raise				Upright Rows				Elliptical Trainer	Interval	Aerobic	
Forward Raise				Pullups / Chinups							
Bent Over Lateral Raise				Dumbbell Lat Raises				THURSDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep
Dumbbell Shoulder Press				Barbell Pullover				Crunches			
Standing Shoulder Press				Stiff Leg Deadlift				Incline Crunches			
Lat Pulldowns				Back Hyperextensions				Twisting Crunches			
T-Bar Rows				Bent Over Barbell Row				Sit-ups			
Seated Rows				Warm Up/ Cool Down				Oblique Extensions			
								Lying Leg Raises			
FRIDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep	FRIDAY		SET 1,3 Lbs   Rep	SET 2,4 Lbs   Rep				
Dumbbell Bicep Curl				Dumbbell Shrugs				Leg Raises			
Preacher Curl				Seated Shrugs				Dumbbell Side Bends			
Barbell Curl				Upright Rows							
Reverse Curl								Elliptical Trainer	Interval	Aerobic	
Wrist Curl											
Reverse Wrist Curl								WEEKEND			
Seated Calf Raise								Elliptical Trainer	Interval	Aerobic	
Barbell Calf Raise				Warm Up/ Cool Down							