

		<u>Day 1</u>	sets	reps
Chest:	Bench Presses	4	of	8-10
	Incline Presses	4	of	8-10
	Slight Incline Flyes	4	of	8-10
Shoulders:	Behind the neck Presses	4	of	8-10
	Side Delt Machine	4	of	8-10
	Rear Delt Machine	4	of	8-10
Triceps:	Lying Barbell Extensions	3	of	8-10
	Pushdowns	4	of	8-10
	One Arm Cable Extensions	3	of	8-10
Abs:	Vertical Leg Raises	4	to failure	
	Weighted Incline Tri Crunches left-straight-right (angled)	4	to failure	
Cardio:	your choice			30 - 45 min.

		<u>Day 3</u>	sets	reps
Legs:	Machine Hack Squats	4	of	8-10
	Leg Presses	4	of	8-10
	Leg Extensions	4	of	8-10
	Leg Curls	5	of	8-10
Calves:	Standing Raises	4	of	10-12
	Seated Raises	4	of	10-12
Abs:	Vertical Leg Raises	4	to failure	
	Weighted Incline Tri Crunches left-straight-right (angled)	4	to failure	
Cardio:	your choice			30 - 45 min.

		<u>Day 5</u>	sets	reps
Back:	V bar Cable Pull Downs	3	of	8-10
	Pull Downs	4	of	8-10
	Cable rows	3	of	8-10
	One Arm Cable Rows	3	of	8-10
Biceps:	Preacher Curls	3	of	8-10
	Seated Incline Dumbbell Curls	3	of	8-10
	Cable Concentration Curls	3	of	8-10
Forearms:	Wrist curls or reverse wrist curls	4	of	8-10
Abs:	Vertical Leg Raises	4	to failure	
	Weighted Incline Tri Crunches left-straight-right (angled)	4	to failure	
	Cardio:	your choice		

		<u>Day 2</u>	sets	reps
Back:	Pull Ups	3	of	8-10
	Pull Downs	4	of	8-10
	Cable Rows	3	of	8-10
Biceps:	One Arm Cable Rows	3	of	8-10
	Preacher Curls	3	of	8-10
	Seated Incline Dumbbell Curls	3	of	8-10
Forearms:	Cable Concentration Curls	3	of	8-10
	Reverse Curls	4	of	8-10
Cardio:	your choice			30 - 45 min.

		<u>Day 4</u>	sets	reps
Chest:	Bench Presses	4	of	8-10
	Incline Presses	4	of	8-10
	Slight Incline Flyes	4	of	8-10
Shoulders:	Arnold Presses	4	of	8-10
	Front Raises	4	of	8-10
	Upright Rows	4	of	8-10
Triceps:	Lying Barbell Extensions	3	of	8-10
	Pushdowns	4	of	8-10
	Standing Dumbbell Extensions	3	of	8-10
Cardio:	your choice			30 - 45 min.

		<u>Day 6</u>	sets	reps
Legs:	Machine Squats	4	of	8-10
	Dumbbell Lunges	4	of	8-10
	Leg Extensions	4	of	8-10
	Leg Curls	5	of	8-10
Calves:	Standing Raises	4	of	10-12
	Seated Raises	4	of	10-12
Cardio:	your choice			30 - 45 min.

Day 7
Off for rest and recuperation.