

CHEST/SHOULDERS TRICPES		/ /	/ /	/ /	/ /
JUMPROPE (WARMUP)		X	X	X	X
PUSHUPS (WARMUP)		X	X	X	X
S/S	DUMBBELL PRESS	/	/	/	/
	UPRIGHT ROWS	/	/	/	/
DIPS		/	/	/	/
S/S	MILITARY PRESS	/	/	/	/
	KICKBACKS	/	/	/	/
CABLE OVERHEAD TRICEP EXTENSION		/	/	/	/
S/S	CABLE FLYES	/	/	/	/
	SIDE RAISES	/	/	/	/
CABLE TRICEP PRESSDOWN		/	/	/	/
BICYCLE CRUNCHES		/	/	/	/

LEG DAY		/ /	/ /	/ /	/ /
TREADMILL (WARMUP)		X	X	X	X
FREE SQUATS (WARMUP)		X	X	X	X
SQUATS		/	/	/	/
S/S	LEG EXTENSION	/	/	/	/
	LEG CURL	/	/	/	/
LUNGES		/	/	/	/

S/S	LOWER BACK EXTENSION												
	CALF RAISES												
THE WHEEL													

BACK/BICEPS			/ /		/ /		/ /		/ /				
JUMPROPE (WARMUP)													
LIGHT CABLE PULLDOWN (WARMUP)													
PULLUPS													
S/S	SINGLE ARM ROW MACHINE												
	STANDING FLAT BAR CURL												
V-HANDLE CABLE PULLDOWN													
S/S	BENT OVER REVERSE FLYES												
	CONCENTRATION CURLS												
STANDING DOUBLE GUN CABLE CURL													
BICYCLE CRUNCHES													

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	CHEST/TRICEPS SHOULDERS	BACK/BICEPS	LEG DAY	REST	CHEST/TRICEPS SHOULDERS	BACK/BICEPS
LEG DAY	REST	CHEST/SHOULDERS/TRICEPS	BACK/BICEPS	LEG DAY	REST	CHEST/TRICEPS SHOULDERS
BACK/BICEPS	LEG DAY	REST	CHEST/TRICEPS SHOULDERS	BACK/BICEPS	LEG DAY	REST