INSTRUCTIONS

Get warmed up: 5min Walk Treadmill~Stretches~Light Weight Movement

Always start with light weights~Avoid injury~to loosen muscle groups and get blood flowing

Put your mind in the Muscle

Strict Form is always 1st

30 sec - 1min Breaks between sets

Explosive on the Positives

Control the Negatives

Last Set Give 110% till failure

Focus!!

Schedule

Sunday	BACK
Monday	CHEST & BICEPS
Tuesday	REST OR CARDIO
Wednesday	SHOULDERS & TRICEPS
Thursday	CARDIO
Friday	LEGS
Saturday	REST

Customize Your Workout Plan

BACK	A: Back	B. Back	C. Back
Hammer-Pulldowns	Under-Hand Cable Pulldowns	Wide-Grip Seated Cable Rows	Single-ARM Dumbbell Rows
Bent-Over Barbell Rows	Dumbbell Pull-overs	Seated Cable Row (Rope Handle)	Doubles Arm Dumbbell Rows (Bent-Over)
	Pullover-Machine	Seated Cable Row (Double D Handle)	Chest-Supported Dumbbell Row

Chest	A: Chest	B. Chest	C. Chest
Cable Flys	Standard Bench Press	Machine Incline Chest Press	Standard Chest Flys
Standard Chest Press	Decline Bench Press	Machine Decline Chest Press	Incline Chest Flys
	Incline Bench	Standard Machine Press	Decline Chest Flys

Biceps	A: Biceps	B. Biceps
Machine Bicep Curl	Spider Curls	Hammer Curls
	Concentration Curl	Standing Dumbbell Curls
	Seated Bicep Curls	EZ Curls

Front Delts	Rear Delts	Capps
Standing Dumbbell Shoulder Raises	Reverse Cable Crossover	Dumbell Raises
Front Raises	Cable Machine High Pull with Ropes	Bent-Over DB Lateral Raises
Seated DB Raises		Standing Lateral Raises
Seated Barbell Raises		Lateral Cable Raise

Outer Triceps	Inner Triceps
Cable Pulldowns	Close-Grip Bench
Tricep Kick Backs	Skull Crushers
Seated DB Raises	

Seated Barbell Raises

Goblet Squats

Legs	Hamstrings	Quads
Squats	Hamstring Curls	Leg Extension
Leg Press	Stiff-Legged Deadlifts	
Hack Squats		