cus		Push	Pull	Legs	Rest	Rest	Upper	Lower
,		Mon	Tues	Wed	Thurs	Firday	Sat	Sun
		Bench (Dumbell or Barbell)	Barbell rows	Squat			Bench (Dumbell or Barbell)	Squat
		Incline Dumbbell Press (3 setting)	Pull ups	Deadlift			Incline Dumbbell Press (3 setting)	Deadlift
		Cable flys (High, Mid, Low)	Straight arm lat pulldown	Leg Press			Cable flys (High, Mid, Low)	Leg Press
		Over head press	Shrugs	Legs Ext			Dumbbell Raise (Lateral)	Legs Ext
		Dumbbell Raise (Lateral)	Bent over flys	Leg Curl			Dumbbell Raise (Frontal)	Leg Curl
		Dumbbell Raise (Frontal)	Barbell Curls	Calve raise A			Dips	Calve raise A
		Dips	Hammer Curls	Calve raise B			Barbell rows	Calve raise B
		Tri Extension	Convent Curls				Pull ups	
		Tri Pushdown					Bent over flys	
		Push Ups to Fail					Barbell Curls	
			D. II		n .			1
		Push	Pull	Legs	Push	Rest	Pull	Legs
		Push	Tues	Legs Wed	Thurs	Firday	Sat	Sun
		Mon	Tues	Wed	Thurs		Sat	Sun
		Mon  Bench (Dumbell or Barbell)	Tues Barbell rows	Wed Squat	Thurs  Bench (Dumbell or Barbell)		Sat  Barbell rows	Sun Squat
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low)	Tues  Barbell rows Pull ups	Wed Squat Deadlift Leg Press	Thurs  Bench (Dumbell or Barbell)  Incline Dumbbell Press (3 setting)  Cable flys (High, Mid, Low)		Sat  Barbell rows Pull ups	Sun Squat Deadlift Leg Press
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press	Tues Barbell rows Pull ups Straight arm lat pulldown Shrugs	Wed Squat Deadlift Leg Press Legs Ext	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs	Sun Squat Deadlift Leg Press Legs Ext
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral)	Tues Barbell rows Pull ups Straight arm lat pulldown	Wed Squat Deadlift Leg Press Legs Ext Leg Curl	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral)		Sat  Barbell rows Pull ups Straight arm lat pulldown	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal)	Tues Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys	Wed Squat Deadlift Leg Press Legs Ext	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal)		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys	Sun Squat Deadlift Leg Press Legs Ext
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal)		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
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		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
tes:		Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
tes:	Shoot for 4 sets	Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
tes:	Shoot for 4 sets	Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A
es:	Shoot for 4 sets reps 20, 15, 12, 8 increase weight as	Mon  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown	Tues  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Wed Squat Deadlift Leg Press Legs Ext Leg Curl Calve raise A	Thurs  Bench (Dumbell or Barbell) Incline Dumbbell Press (3 setting) Cable flys (High, Mid, Low) Over head press Dumbbell Raise (Lateral) Dumbbell Raise (Frontal) Dips Tri Extension Tri Pushdown		Sat  Barbell rows Pull ups Straight arm lat pulldown Shrugs Bent over flys Barbell Curls Hammer Curls Convent Curls	Sun  Squat  Deadlift  Leg Press  Legs Ext  Leg Curl  Calve raise A