

Blair's workout		Week One	Week Two	Phase Two	Week Three	Week Four
Biceps Day 1	Weight	196.3	197.1			
Dumbbell Curls 3x15		25	25	Lying Curls	90	90
Three Drop Sets		65	70/60/50	Bar Holds	45	45
Cable Curls 4x10		50	40	Hammer Curls	30	30
Conc. Curls 3x10		15	15	Concentration	15	15
Chest Day 2						
Bench (8,5,4,3,2)		185/4	185/2	Bench (8,5,4,3,2)	205	215
Peck Deck 5x5		90	40	Peck Deck 5x5	40	40
Incline Dumbbell 4x6		70	100	Incline Press 4x6	115	115
Shoulder Press 4x6		70	45's	Shoulder Press 4x6	45's	45's
Legs/ Day 3 Opt.						
Squats (8,5,4,3,2)	no		235	Squats	no	240
WLO/HT (20-25)	no		30	WLO/HT	no	30
HLR/DLL (20-25)	no		25	HLR/DLL	no	25
WC/SBC	no		30	WC/SBC	no	30
Triceps Day 4						
Laying Dumbbell Press (4/6)		45	55	Laying Dumbbell Press 4x6	55	55
Extensions Drop Set	90/80/70	same		Extensions Drop Set	90/80/70	same
CKB 3/8-10 3/8		35	50	Cable Kick Backs 3x10	50	50
Day 5						
Lat Pulls			100	Lat Pulls 3x10	100	no
Front Raise (3x10)			10	Front Raise 3x10	15	no
Side Raise 3/10			10	Side Raise 3x10	15	no
High Row 3/10				High Rows 3x10	no	no
Row 3/10				Row 3x10	90	no