

/ / Free Weights

YTI		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Upper Arm + Shoulder Circuit		sets
Bicep Curl	lb.	reps
Shoulder Press	lb.	reps
Tricep Kickback	lb.	reps
Time Interval(s):		
Sets Complete:		
Notes		

Barbell Shrug		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Core Circuit		sets
Cat/Cow	lb.	reps
Sit-Up	lb.	reps
Oblique Crunch	lb.	reps
Time Interval(s):		
Sets Complete:		
Notes		