

# / / Free Weights

YTI		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Bicep Curl		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Shoulder Press		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Tricep Kickback		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Barbell Shrug		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Cat/Cow		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Sit Up		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Oblique Crunch		
lb.	reps	sets
Sets		
Time Interval		
Notes		