

/ / Back and Chest

Iso-lateral Bench Press		
lb.	reps	sets
Sets		
Time Interval		
Notes		

One-Arm Row		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Lat Pulldown		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Cat/Cow		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Superman		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Plank		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Side Plank		
lb.	reps	sets
Sets		
Time Interval		
Notes		