

/ / Back and Chest

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

One-arm Row (cable machine)		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Lat Pulldown		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Barbell Shrug		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Plank		
lb.	reps	sets
Sets		
Time Interval		
Notes		

Side Bend		
lb.	reps	sets
Sets		
Time Interval		
Notes		