

Push:

- Bench Press: 75 lbs
- Incline Bench: 75 lbs
- Standing Cable Fly / Peck Deck Machine: 20 lbs / 70 lbs
- Standing Shoulder Press / Machine: 45 lbs / 58 lbs
- Lateral Raise: 10 lbs
- Tricep Pushdown: 60 lbs
- SA Tricep Kickback: 0 lbs
- DB Shrugs: 0 lbs

Other Exercises:

- Tricep Reverse Curls: 30 lbs