

Sheet1

Lift	Reps	Time(s)
DB Bicep Curl	12/12/15	
Cable Tricep Ext (Overhead, facing away)	12/12/15	
DB Wrist Curl	15/12/10	
Assisted BW Dip	15/15/15	
BB Bench Press	10/12/12	
Selectorized Hyperextension	12/12/15	
Hammer Curl, Standing	12/12/15	
Machine Reverse Fly	12/12/15	
Selectorized Shoulder Press	12/12/15	
DB Shrug	15/15/15	