

Plan 3 Days On, One Day Rest
Goal Establish habit, establish routine
Start 11/15/2016
End Soft Target (2 months)

Day 1 Chest (9)

Dumbbell Bench Flys
Bench Press
Incline Press
Cable Crossover
Lateral Raise
Overhead Press
Lat Pulldown
Cable Crunch
Chinup

Day 2 Lower (7)

Step-Up Stair Raise & Balance
Squat Leg Press Deadlift
Leg Curl Lunge
Calf Raise
Crunches
Hip Adduction Hip Abduction
Cable Baseball Swing

Day 3 Arms (8)

Curls
Tricep Extensions
Wrist Curl
Bodyweight Dips
Narrow-Grip Bench Press
Back Extension
Reverse Flys
Shoulder Press