

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

**Day 1** Chest

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

**Day 2** Lower

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Stair Raise & Balance  
Squat  
Leg Press  
Leg Curl  
Step-Up  
Leg Extension  
Crunches

**Day 3** Arms

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