

*Warm-Up: 10min. Incline walking before ALL lifts

Back/Biceps

Lat. Pulldown	4x15
Seated Hammer Strength Rows	4x15
*(Wide, Overhand, Narrow)	
Close Grip Pulldown	4x12
Seated Single Arm Cable Rows	4x10
*each arm	
Alternating Dumbbell Bicep Curls	4x10
*each arm	
Single Arm Dumbbell Preacher Curls	4x12
*each arm	
Incline Dumbbell Curls	4x8
*each arm	

Legs

Single Leg Extension	3x12
*each leg	
Weighted Step-Ups	3x10
*each leg	
Seated Hamstring Curls	4x15
Single Leg Hamstring Curls	3x8
*each leg	

Chest/Abs

Incline Dumbbell Press	4x12
*(last set is a drop-set)	
Flat Bench Dumbbell Press	4x10
Cable Flyes	4x15
*(1s. Hold in the middle)	
Pec-Dec	4x10
*(Last set is a drop-set)	

*Ab Circuit (Repeat entire circuit 5x)

20 Crunches
20 Leg Lifts
1 min. Plank
40 Russian Twists
40 Flutter Kicks

Shoulders/Triceps

Dumbbell Front Raise	4x10
*SuperSet Lateral Raise	4xFail
Seated Dumbbell Shoulder Press	4x8
Cable Face Pulls	4x15
Cable Rope Pushdowns	3x12
Close-Grip Bench Push-Ups	4xFail
Seated Dip Machine	4x15

Key:

-Drop-Set: When you are done with your last set, immediately grab weights that are 5lbs. lighter (if using dumbbells) or drop the weight one plate (if using a machine or cables) and do as many reps as you can, when you no longer can perform the exercise without maintaining form, drop the weight an additional 5lbs./1 plate, and repeat the reps to failure.

-Failure: performing an exercise to complete exhaustion, while maintaining perfect form. When your form breaks, you have failed.