

Sheet1

Lift	Reps	Time(s)
DB Bench Press	8/10/10	
Selectorized Row	8/10/10	
DB Front Raise	10/10/10	
BB Incline Bench Press	8/10/10	
Cable Lat Pulldown	8/10/10	
Assisted BW Chinup	10/10/10	
Selectorized Fly	8/10/10	
BB Shoulder Press	8/10/10	
Seated Cable Crunch	15/20/20	