Monday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Cable Curls	15	12	12	10	8 & 16
Rope Push Downs	15	Set 5 ₁₂	perse ₁₂	\mathbf{Supe}_{10}	8 & 16
Db Lat. Raises	16	12	10	8 & 16 & 24	cot
Hammer Curls	12	Set 5 ₁₀	helse8	6 & 12 & 24	SEL
Overhead Tricep Ex	8-12	8-12	8-12	8-12	00+
Leaning Lat. Raises	8-12	8-12	8-12	8-12	SEL

Wednesday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Pull ups	15	12	12	10	8 & 16
Dips	15	12	per 56 ₁₂	3 d D 6 10	8 & 16
Chest Press	8-12	8-12	8-12	8-12	
Cable Row	8-12	8-12	8-12	8-12	
Chest Fly	12	10	8	6 & 12 & 24	
Kneeling Cable Pull	3up ₁₂	Set 5 ₁₀	<u> </u>	8 & 16 & 24	e c

Friday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Cable Curls	15	12	12	10	8 & 16
Rope Push Downs	15	Set 5 ₁₂	per 5 6 ₁₂	10	8 & 16
Barbell Curls	8-12	8-12	8-12	8-12	004
Db Lat. Raises	8-12	8-12	8-12	8-12	SEL
One Arm Tricep Ex	8-12	8-12	8-12	8-12	cot
Leaning Lat. Raises	8-12	8-12	8-12	8-12	set

Saturday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Pull ups	15	12	12	10	8 & 16
Dips	15	Set 5 ₁₂	Del 36 ₁₂	10	8 & 16
Chest Press	8-12	8-12	8-12	8-12	
Barbell Row	8-12	8-12	8-12	8-12	·
Chest Fly	12	10	8	6 & 12 & 24	
Kneeling Cable Pull	12	10	8	8 & 16 & 24	