

Monday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Cable Curls	15	12	12	10	8 & 16
Rope Push Downs	15	12	12	10	8 & 16
Db Lat. Raises	16	12	10	8 & 16 & 24	
Hammer Curls	12	10	8	6 & 12 & 24	
Overhead Tricep Ex	8-12	8-12	8-12	8-12	
Leaning Lat. Raises	8-12	8-12	8-12	8-12	

Wednesday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Pull ups	15	12	12	10	8 & 16
Dips	15	12	12	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	12	10	8	8 & 16 & 24	

Friday

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

Saturday

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Pull ups	15	12	12	10	8 & 16
Dips	15	12	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	