

1			2			3			4			5		
Name	Sets	Reps	Name	Sets	Reps	Name	Sets	Reps	Name	Sets	Reps	Name	Sets	Reps
Calf Press	4	8-12	Dumbbell Bench Press	4	8-12	Back Raise	4	8-12	Dumbbell Calf Raise	4	8-12	Dumbbell Alternating Shoulder Press	4	8-12
Barbell Squat	4	8-12	Wide-Grip Push-Up	4	8-12	Close-Grip Lat Pulldown	4	8-12	Lateral Step-Up	4	8-12	Cable External Rotation	4	8-12
Seated Leg Curl	4	8-12	Dumbbell Fly	4	8-12	Bent-Over Barbell Row	4	8-12	Lying Leg Curl	4	8-12	Tricep Pushdown	4	8-12
Calf Raise - Standing	4	8-12	Twisting Dumbbell Bench Press	4	8-12	Quadruped Alternating Superman	4	8-12	Calf Press	4	8-12	Dumbbell Kickback	4	8-12
Side-Plank (hip lift)	4	8-12	V-Bar Tricep Pushdown	4	8-12	Seated Dumbbell Curl	4	8-12	Alternating Heel Touch	4	8-12	Machine Curl	4	8-12
Alternating Heel Touch	4	8-12	Overhead Single Twisting Dumbbell			Single-Arm Dumbbell Superman	4	8-12	Front Plank (from knees)	4	8-12	Single-Arm Dumbbell Rear Delt Raise	4	8-12
Calf Press	4	8-12	Bench Press	4	8-12	Close-Grip Lat Pulldown	4	8-12	Dumbbell Calf Raise	4	8-12	Cable External Rotation	4	8-12
Lunge	4	8-12	Kneeling Push-Up	4	8-12	Bent-Over Barbell Row	4	8-12	Forward Lunge	4	8-12	Dumbbell Kickback	4	8-12
Lying Leg Curl	4	8-12	Machine Bench Press	4	8-12	Row	4	8-12	Hip Lift	4	8-12	Overhead Dumbbell Triceps Extension	4	8-12
Calf Raise - Standing	4	8-12	Wide-Grip Push-Up	4	8-12	Superman Hold	4	8-12	Calf Raise - Standing	4	8-12	Alternating Dumbbell Curl	4	8-12
Reverse Crunch	4	8-12	Lying Single-Arm Dumbbell Triceps			Single-Arm Dumbbell Curl w/ Incline Bench	4	8-12	Side-Plank (hip lift)	4	8-12	Hammer Curl	4	8-12
Front Plank (from knees)	4	8-12	Assisted Dips	4	8-12	Seated Alternating Quadruped			Alternating Heel Touch	4	8-12	Lying Dumbbell Rear Delt Raise	4	8-12
Calf Raise - Standing	4	8-12	Twisting Dumbbell Bench Press	4	8-12	Alternating Superman	4	8-12	Calf Press	4	8-12	Cable External Rotation	4	8-12
Lateral Squat	4	8-12	Pec Deck Fly	4	8-12	Bent-Over Hammer Dumbbell Row	4	8-12	Step-Up	4	8-12	Towel Triceps Pushdown	4	8-12
Leg Curl	4	8-12	Dumbbell Bench Press	4	8-12	Single-Arm Dumbbell Row	4	8-12	Seated Leg Curl	4	8-12	Tricep Pushdown	4	8-12
Calf Press	4	8-12	Dumbbell Push-Up	4	8-12	Row	4	8-12	Dumbbell Calf Raise	4	8-12	Alternating Hammer Curl	4	8-12
Heel Touch	4	8-12	Machine Dips	4	8-12	Superman	4	8-12	Sit-Up	4	8-12	Machine Curl	4	8-12
Alternating Heel Touch	4	8-12	Towel Triceps			Alternating Hammer Curl	4	8-12	V-Up	4	8-12	Dumbbell Front Raise	4	8-12
Calf Press	4	8-12	Dumbbell Fly	4	8-12	Hammer Curl	4	8-12	Calf Press	4	8-12	Cable External Rotation	4	8-12
Reverse Lunge	4	8-12	Dumbbell Bench Press	4	8-12	Alternating Superman	4	8-12	Barbell Squat	4	8-12	Machine Dips	4	8-12
Hip Lift	4	8-12	Pec Deck	4	8-12	Bent-Over Hammer Dumbbell Row	4	8-12	Seated Leg Curl	4	8-12	Single-Arm Towel Triceps Pushdown	4	8-12
Calf Raise - Standing	4	8-12	Machine Bench Press	4	8-12	Lat Pulldown	4	8-12	Calf Raise - Standing	4	8-12	Dumbbell Curl	4	8-12
Side-Plank (hip lift)	4	8-12	Tricep Pushdown	4	8-12	Quadruped Alternating Superman	4	8-12	V-Up	4	8-12	Seated Alternating		
Cross Crunch	4	8-12	Tricep Pushdown	4	8-12	Kneeling Cable Curl	4	8-12	Bent-Knee Crunch	4	8-12			
						Single-Arm Dumbbell								