

<a href="#">SOURCE</a>							
DAYS (BODY)	MONDAY (CHEST & ABS)	TUESDAY (BACK)	WEDNESDAY (SHOULDERS)	THURSDAY (ARMS)	FRIDAY (LEGS)	SATURDAY	SUNDAY
WORKOUT (REP/WEIGHT)	INCLINE BARBELL BENCH PRESS (3X10)	NEUTRAL GRIP PULLUPS (3XFAIL)	UPRIGHT ROW (3X10)	EZ BAR PREACHER CURL (3X10)	SQUAT (3X8)	HIT RUN	REST
	DUMBBELL FLY (3X10)	BENT OVER BARBELL ROW (3X10)	SEATED LATERAL RISES (3X10)	CLOSE GRIP BENCH PRESS (3X10)	LEG PRESS (3X15)		
	WEIGHTED DIP (3X10)	REVERSE GRIP PULLDOWN (3X8)	SEATED SMITH MACHINE SHOULDER PRESS (3X10)	HAMMER CURL (3X12)	SINGLE LEG EXTENSION (3X15)		
	PEC DECK (3X12)	STRAIGHT ARM PULLDOWN (3X8)	FRONT PLATE RAISE (3X12)	OVERHEAD GRIP EXTENSION (3X12)	STIFF-LEGGED EXTENSION (3X15)		
	CABLE CROSSOVER (3X12)	WIDE GRIP SEATED ROW (3X12)	HIGH ROPE FACE PULL (3X12)	STANDING CABLE CURL (3X15)	SEATED LEG CURL (3X15)		
	PUSH-UP (3X12)	RACK DEADLIFT (3X15)		REVERSE GRIP PUSHDOWN (3X15)	LYING LEG CURL (3X15)		
	HANGING LEG RAISE (3X12)				STANDING CALF RAISES (3X20)		
	DECLINE SITUP (3X15)				SEATED CALF RAISES (3X20)		
	SIDE BENDS (3X15)						
	PLANK (3X60 SECONDS)						
	ROPE CRUNCH (3X15)						
	DATE	WEIGHT					
BEGIN							
ENTRY (WEEKLY)							
END							