
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Lat Pull Down												
DB Bench Press												
Seated Row												
Pec Deck												
Straight Arm Pulldown												
Leg Press												
Hack Squat												
Sets / Reps	20x4				15x4				10-12x4			

NOTES:

