



	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												
DB Shoulder Press												
Leg Press												
Hack Squat												
DB Lunges												
Leg Curls												
Leg Extension												
Calf Raise												
Sets / Reps	20x4				15x4				10-12x4			

NOTES:

