

		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
DB Bench Press													
DB Incline Press													
BB Decline Press													
Pec Deck													
DB Shoulder Press													
Upright Row													
Lat Pull Down													
Seated Row													
Straight Arm Pulldown													
Assisted Pull Ups													
BB Bent over row													
Smith or TRX row (Body Weight)													
Leg Press													
Hack Squat													
DB Lunges													
Leg Curls													
Leg Extension													
Calf Raise													
Sets / Reps		20x4				15x4				10-12x4			

NOTES:



