

		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													
Seated Chest Press													
MAX PUSH UPS													
Lat Pull Down													
Seated Row													
Straight Arm Pulldown													
Assisted Pull Ups													
BB Bent over row													
Body Weight Pull Ups ^*													
Leg Press													
Hack Squat													
DB Lunges													
Leg Curls													
Leg Extension													
Calf Raise													
DB Shoulder Press													
Upright Row													
Front Raises													
Seated Lateral Raise													
Bicep Curl													
Tricep Extension													
Sets / Reps		20x4				15x4			10-12x4				

NOTES:

^ Use resistant bands if you need or on a smith machine

* Don't focus on the reps for this one but rather maxing out as many as you can do

