

	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY									
	EXERCISES								EXERCISES	
BACK	Bent over Rows								Squat	LEGS
	Deadlift								Hack Squat	
	Good Morning								Squat To Bench	
	Incline Bench Cable Row								Leg Extensions	
	Bent Over Dumbbell Row								Hamstring Curls	
	Dumbbell Pullover								Calf raises	
	Incline Two Arm Dumbbell Row								Cable Hip Adduction	
									Cable Hip Abduction	
									Dumbbell Lunge	
									Incline Bench Dumbbell Lunge	
SHOULDERS	Military Press								Barbell Curl	ARMS
	Barbell Front Raise								Barbell Drag Curl	
	Rear Delt Barbell Row - Bent								Barbell Preacher Curl	
	One Arm Cable Front Raise								Incline Bench Hammer Curl	
	One Arm Cable Reverse Fly-Bent								Dumbbell Hammer Preacher Curl	
	Alternate Seated Arnold Press								Incline Dumbbell Curl	
	Bent Over Dumbbell Reverse Fly								Cable Tricep Extension w\rope	
	One Arm Cable Lateral Raise								Close Grip Chest Press	
									Cable Tricep Extension	
									Dumbbell Tricep Kickback	
									Skullcrusher	

CHEST	Bench Press								Sit Ups	ABS
	Dumbbell Bench Press								Lying Floor Knee Raise	
	Incline Bench Press								Leg Lifts	
	Dumbbell Incline Bench Press								Lying Floor Leg Raise	
	Decline Bench Press								Seated Leg Tucks	
	Dumbbell Decline Bench Press								Side Plank	
	Chest Press								Reach And Catch	
	Dumbbell Flys								Abdominal Air Bike	
									Abdominal Pendulum	
Traps	Barbell Upright Row									Cardio
	Standing Barbell Shrug									
	Cable Upright Row								Treadmill	
	Lat Pull Down									
	Seated Cable Shrug									
	Tate Press									