

<b><u>Upper Body</u></b>	DATE	DATE	DATE	DATE	DATE	DATE	DATE
Bench							
Incline Bench							
<b>Auxillary Lifts</b>							
<u>Circuit 1</u>							
Dumbbell Flies							
Alternating Curls							
Overhead Extensions							
Crunches (3x25)							
<u>Circuit 2</u>							
Concentration Curls							
Pulldowns							
Leg Lifts (Abs 3x25)							
<b><u>Lower Body</u></b>	DATE	DATE	DATE	DATE	DATE	DATE	DATE
Box Squat							
Dead Lift							
Power Clean							
<b>Auxillary Lifts</b>							
<u>Circuit 1</u>							
Leg Ext & Curls							
Military Press							
Saw the Log							
Crunches (3x25)							
<u>Circuit 2</u>							
Seated Rows							
Reverse Situps							
Lunges							