

Week 1 Day 1 - Chest/Abs	Week 2 Day 1 - Chest/Abs	Week 3 Day 1 - Chest/Abs
Chest Flat Bench B.B. Incline Bench D.B. Machine Flys Abs Ball Twist Leg Raises - Straight Lift V-Crunches	Chest Incline Bench B.B. Flat Bench D.B. Fly's - Incline Cable Abs Rope Crunch Twisting Knee Raises Crunches with Feet on Ball	Chest Machine Chest Press Flat Bench D.B. (Heavy) Standing Cable Eagle Fly's Abs Ball Sit-ups Ball Accordions Hanging Leg Raises
Day 2 - Biceps/Triceps	Day 2 - Biceps/Triceps	Day 2 - Biceps/Triceps
Biceps Standing Straight Bar Curls Preacher Curls - Cable Hammer Curls - Incline Bench Triceps Straight Bar Push Down Extensions - Cable Seated Dips Decline Skull Crushers - Curl Bar	Biceps Standing Curl Bar - Wide Grip Seated D.B. Curls - Pump Ups Standing Hammer Curls Triceps Narrow Grip Bench Cable Incline Extensions - Single Pulley V-Handle Upright Weighted Dips	Biceps Preacher Curls - Narrow Grip Standing D.B. Curls (Heavy) Standing Cable Curls (to ears or 1 arm) Triceps Skull Crushers - Straight Bar Rope Extensions - On Knees Overhead Press - Curl Bar
Day 3 - Legs	Day 3 - Legs	Day 3 - Legs
Quads Squats Machine Press (10 each leg+20 both legs half weight) Extensions Hams Leg Curls - Machine Calves Seated Calf Raises	Quads Squats Hack Squat D.B. Lunges Hams Leg Curls - Hammer Strength Calves Hack Squat - Calf Raises	Quads Squats Hip Sled B.B. Lunges Hams Straight Leg Dead Lift Calves Standing Calf Raises
Day 4 - Shoulders/Abs	Day 4 - Shoulders/Abs	Day 4 - Shoulders/Abs
Shoulders Smith Machine Military Rear Delt Flys - Incline Bench Side Lateral Raises - D.B. Front Delt Raises - Cable Abs Rocking Chair Heal Touches Machine Rope Crunches	Shoulders D.B. Military Single Arm Rear Delt Rows (or standing bent over rear d. rows.) Side Raises - Cable Front Raises - D.B. Abs Leg Throw Machine Crunches Air Bike - Elbow to Knee	Shoulders Machine Military Arnold D.B. Raises Rear Delt Fly's on end of bench or Cable rear delt fly's Side Raises - D.B. Seated Front Raises - D.B. Abs Jackknife Situps Reach for the Sky Toe Touches Leg Raises - Elbow Support Machine
Day 5 - Back/Traps	Day 5 - Back/Traps	Day 5 - Back/Traps
Back Wide Grip Pull Downs Bent Over Wide Grip BB Rows Pull-Ups Traps D.B. Shrugs	Back Machine Pull Downs T-Bar Rows Single Arm D.B. Rows Traps Free Wt. B.B. Shrugs	Back Partial dead lifts Narrow Grip Pull Downs Machine Rows Traps Smith Machine Shrugs