

Lift	Sets	Reps	Weight		
			Set 1	Set 2	Set 3
Bench Press	3	10			
Decline Sit-Ups	2	15			
Calf Raises	2	15			
Shoulder Press	2	15			
Back Raises	2	12			
Alternating DB Curls	2	15			
Leg Extension	2	12			
Seated Cable Rows	2	15			
Barbell Shrugs	2	12			
Leg Press	2	15			
Lat Pull-Downs	2	15			
Reverse Preacher Curls	2	15			
Leg Curl	2	12			
Tricep Cable Extension	2	12			