

Lift	Sets	Reps	Weight			
			Set 1	Set 2	Set 3	Set 4
Bench Press	4	6				
Close-Grip Bench Press	3	6				
Incline DB Press	3	6				
Lying Tricep Extension	3	8				
Cable Crossover	3	10				
Cable Curls	3	6				
Alternating DB Curls	3	8				
Preacher Curls	3	8				
Squat	4	10				
Front Squat	3	8				
Leg Press	3	10				
Leg Extension	3	10				
Leg Curl	4	10				
Standing Calf Raises	4	10				