

Day 1						
Lift	Reps	Set 1	Set 2	Set 3	Set 4	
Flat Bench DB Press	6					
Lat Pulldown	6					
Military Press	6					
Preacher Curls	6					
Lying Tricep Ext.	6					
Leg Press	8					
Leg Curl	6					
Leg Extension	8					
Straight-Leg Deadlift	6					
Calf Raises	8					
Incline Bench Press	6					
Decline Ab Crunches	10					
Lying Leg Raises	10					
Day 2						
Lift	Reps	Set 1	Set 2	Set 3	Set 4	
Lying DB Flyes	6					
Seated Cable Rows	6					
DB Side/Lateral Raises	6					
Cable Curls	6					
Squat	6					
Leg Curl	6					
Leg Extension	8					
Stationary Lunges	8					
DB Front Raises	6					
Tricep Pushdown	8					
Decline Bench Press	6					
Ab Crunches	10					
Ab Scissors	15					