

Day 1						
Lift	Reps	Set 1	Set 2	Set 3	Set 4	
Incline Dumbbell Press	6					
Decline Bench Press	8					
Flat Bench DB Press	8					
Weighted Dips	6					
Overhead Tricep Ext.	8					
Tricep Rope Pushdown	8					
Day 2						
Lift	Reps	Set 1	Set 2	Set 3	Set 4	
Front Squat	6					
Leg Press	8					
Deadlift	6					
Leg Extension	8					
Leg Curl	6					
Standing Calf Raises	8					
Day 3						
Lift	Reps	Set 1	Set 2	Set 3	Set 4	
Military Press	8					
DB Side/Lateral Raises	8					
Bent-Over BB Rows	8					
Lat Pulldown	8					
Preacher Curls	8					
Cable Curls	10					
Barbell Shrugs	8					