

Day 1					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Flat Dumbbell Press	6 - 8				
Incline Bench Press	8				
Decline DB Flyes	8				
Cable Crossover	8				
Seated Tricep Ext.	6				
Tricep Pushdown	8				
Day 2					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
DB Shoulder Press	8				
Front Shoulder Raises	8				
Lateral Raises	8				
Seated Alt. DB Curls	8				
EZ-Bar Curls	6				
Cable Curls	8				
Day 3					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Bent-Over BB Rows	6 - 8				
Lat Pulldown	8				
Seated Cable Row	8				
Reverse Cable Crossover	8				
Barbell Shrugs	10				
Dumbbell Shrugs	10				
Day 4					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Squat	6				
Leg Press	8				
Straight-Leg Deadlift	8				
Leg Extension	8				
Standing Calf Raises	8				