

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.	8				
Tricep Pushdown	8				
Day 2					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Bent-Over BB Rows	6				
Seated Cable Row	8				
Wide-Grip Pull-Ups	8				
Preacher Curls	8				
Alternating DB Curls	6				
Day 3					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Cardio	15-20 min				
Decline Sit-Ups	12				
Hanging Leg Raises	10				
Back Lift/Extension	10				
Day 4					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Front Squat	6				
Straight-Leg Deadlift	6				
Leg Extension	8				
Leg Curls	8				
Seated Calf Raises	10				
Standing Calf Raises	10				
Day 5					
Lift	Reps	Set 1	Set 2	Set 3	Set 4
Smith Military Press	6				
Side/Lateral DB Raises	8				
Wide-Grip Bench Press	8				
Incline DB Press	8				
Dips (unweighted)	12				