

NAME: _____

WEEK #: 1PLAN: MUSCLE Development

CHEST & SHOULDERS	EXERCISE & SETS		1	2	3	4
	BENCH PRESS (4)	Weight Reps				
	INCLINE PRESS (4)	Weight Reps				
	DUMBBELL PRESS - FLAT (3)	Weight Reps				
	DUMBBELL INCLINE PRESS (3)	Weight Reps				
	CABLE FLIES (3)	Weight Reps				
	DUMBBELL SHOULDER PRESS (4)	Weight Reps				
	SIDE & FRONT LATERAL - SHOULDER RAISES (3)	Weight Reps				
	UPRIGHT ROW (3)	Weight Reps				
	CABLE REAR DELT FLY & OVERHEAD CABLE "JACK" (3)	Weight Reps				



BACK & BICEPS	EXERCISE & SETS		1	2	3	4
	WIDE GRIP PULL-UPS (4)	Weight Reps				
	CLOSE GRIP CHIN-UPS (4)	Weight Reps				
	BARBELL BENT-OVER ROW (4)	Weight Reps				
	LAT PULLDOWN MACHINE (4)	Weight Reps				
	OVERHEAD LAT PULL DUMBBELL OR EZ-BAR (4)	Weight Reps				
	HAMMER CURL (4)	Weight Reps				
	EZ-BAR BICEP CURL (4)	Weight Reps				
	SEATED ALT. DUMBBELL CURL (3)	Weight Reps				
	CABLE CURL SINGLE ARM BURNOUT (3)	Weight Reps				

LEGS & TRICEPS	EXERCISE & SETS		1	2	3	4
	SQUATS (4)	Weight Reps				
	LEG EXTENSIONS (4)	Weight Reps				
	DUMBBELL LUNGES (3)	Weight Reps				
	LEG PRESS (3)	Weight Reps				
	LEG CURL (3)	Weight Reps				
	EZ-BAR TRICEP EXTENSION (4)	Weight Reps				
	CABLE TRICEP PRESS-DOWN (4)	Weight Reps				
	SINGLE-ARM OVERHEAD DUMBBELL TRICEP EXT. (4)	Weight Reps				
	TRICEP CRAB PUSHUP (3)	Weight Reps				