

Name: _____



Push/Pull ___ Split Body ___ Opposing ___ Total Body ___ Complementary Muscle ___ Isolated Muscle X

Day 1	Bench Press Smith Machine	Sets	4						
		Reps	15						
		Wt/Tm	50lbs						
	Incline Bench Press Smith Machine	Sets	4						
		Reps	12-15						
		Wt/Tm	25-35lbs						
	Dumbbell Fly	Sets	4						
		Reps	18						
		Wt/Tm	15-25lbs						
	TRX Chest Press	Sets	4						
		Reps	25						
		Wt/Tm	body						
Dumbbell Chest Press	Sets	4							
	Reps	12-15							
	Wt/Tm	25-35lbs							
Cable Crossover	Sets	4							
	Reps	burn out							
	Wt/Tm	10-30lbs							

Day 2	Alt Dumbbell Bicep Curl (seated)	Sets	4						
		Reps	12-15						
		Wt/Tm	15-30lbs						
	EZ Curl (cable)	Sets	4						
		Reps	15						
		Wt/Tm	20-35lbs						
	TRX Arm Curl	Sets	4						
		Reps	18-20						
		Wt/Tm	body						
	Lying Dumbbell Tricep Extension	Sets	4						
		Reps	12-15						
		Wt/Tm	25-30lbs						
Cable Press Down (rope optional)	Sets	4							
	Reps	burn out							
	Wt/Tm	20-40lbs							
Dip Off Bench (body weight)	Sets	4							
	Reps	20							
	Wt/Tm	body							

Day 3	Body Squats	Sets	4						
		Reps	25						
		Wt/Tm	body						
	Leg Press	Sets	4						
		Reps	15-18						
		Wt/Tm	40-90lbs						
	Leg Extensions	Sets	4						
		Reps	12-15						
		Wt/Tm	30-50lbs						
	Leg Curl Machine	Sets	4						
		Reps	12-15						
		Wt/Tm	30-60lbs						
Calf Raises	Sets	4							
	Reps	20-25							
	Wt/Tm	body							
Walking Lunges 2 sets of 20	Sets	4							
	Reps	10 steps							
	Wt/Tm	20-35lbs							
TRX Squats on a Bosu Ball	Sets	4							
	Reps	25							
	Wt/Tm	body							
		Sets							
		Reps							
		Wt/Tm							
		Sets							
		Reps							
		Wt/Tm							

Day 4	Pull Ups	Sets	4						
		Reps	6-10						
		Wt/Tm	body						
	Lat Pull Down	Sets	4						
		Reps	15						
		Wt/Tm	30-45lbs						
	Seated Row	Sets	4						
		Reps	15						
		Wt/Tm	35-45lbs						
	Seated Dumbbell Shoulder Press	Sets	4						
		Reps	15						
		Wt/Tm	20-35lbs						
Standing Shoulder Shruggs (Smith Machine)	Sets	4							
	Reps	12-15							
	Wt/Tm	70-90lbs							
Dumbbell Lat Raise (side to front)	Sets	4							
	Reps	10 & 10							
	Wt/Tm	15-20lbs							