


Name: _____

Push/Pull _____

Split Body _____ Opposing Total Body _____

Day 1	Incline Dumbell Press		Sets	3	
		Reps	15-18		
		Wt/Tm	10-15lbs		
	Wall Push Ups	Sets	3		
		Reps	20		
		Wt/Tm	body		
	Chest Press	Sets	3		
		Reps	15-18		
		Wt/Tm	10-30lbs		
	Lat Pull Down	Sets	3		
		Reps	15-18		
		Wt/Tm	25-30lbs		
	Seated Row	Sets	3		
		Reps	15-18		
		Wt/Tm	25-35lbs		
	TRX Low Row	Sets	3		
		Reps	20		
		Wt/Tm	body		

Day 2	Seated Dumbell Shoulder Press	Sets	3	
		Reps	18	
		Wt/Tm	10-15lbs	
	Dumbell Lat Raise Side to Front	Sets	3	
		Reps	10 & 10	
		Wt/Tm	5-10lbs	
	Seated Dumbell Shoulder Shruggs	Sets	3	
		Reps	18	
		Wt/Tm	15-20lbs	
	Single Arm Dumbell Kick Back	Sets	3	
		Reps	18	
		Wt/Tm	5-10lbs	
	Cable Press Down (rope open)	Sets	3	
		Reps	15-18	
		Wt/Tm	10-20lbs	
	Dip Off Bench (body weight)	Sets	3	
		Reps	12-15	
		Wt/Tm	body	

Day 3

Body Squats	Sets	3	
	Reps	25	
	Wt/Tm	body	
Leg Press	Sets	3	
	Reps	18	
	Wt/Tm	30-50lbs	
Leg Extensions	Sets	3	
	Reps	18	
	Wt/Tm	30-50lbs	
Leg Curl Machine	Sets	3	
	Reps	18	
	Wt/Tm	20-35lbs	
Calf Raises	Sets	3	
	Reps	20-25	
	Wt/Tm	body	
Stationary Lunges	Sets	3	
	Reps	10 ea.	
	Wt/Tm	15-20lbs	
Single Arm Bicep Curl (Cable)	Sets	3	
	Reps	15	
	Wt/Tm	10lbs	
Standing Barbell EZ Curl	Sets	3	
	Reps	10-12	
	Wt/Tm	10-15lbs	
Dumbbell Hammer Curl	Sets	3	
	Reps	12	
	Wt/Tm	5-10lbs	

