

WEEK OF:	WEIGHT	REPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shoulder Rows	10	50							
Side Crunches	5	50							
Curls	65	20							
Drop Weight - Curls	15	15							
Lat Pulls - Bench Free Weights	40	20							
Lat Pulls - BAR	45	20							
Overhead Lat Push - BAR	45	20							
Overhead Lat Push - Free Weight	20	25							
Butterflies - Free Weight	20	25							
Bench - Free Weights	30	25							
Sit Up Crunches	100								
Sit Up Side Crunches	50/50								
Leg Extension Drop & Hold	4 sets								
Lunges	25								
Elliptical Machine	50								
Stair Stepper	50								
Treadmill	10 Min								
Pull Up Bar		20							
Front Delt Raise	5	100							
Reverse Butterfly Raise	5	100							

PERSONAL NOTES FOR THE WEEK:

