

Day One - Sunday	Exercise	Sets	Reps	Weight	
<i>Chest & Back</i>	Decline Dumbbell +	3	10		
	Deadlifts (conventional w/straps)	3	12		
	Incline Dumbbell Press +	3	10		
	Pullups (Assisted and/or Free Weight)	3	12		
	BodyMaster Chest Press +	3	10		
	Hammer Strength Wide Grip Pulldowns	3	12		
	Flat Cable Flyes +	3	15		
	One Arm Pulley Rows	3	12		
	Total Sets	24			
Day Two - Monday	Exercise	Sets	Reps	Weight	
<i>Quads</i>	Hack Squat or V-Squat or Ground Base Squat +	5	15		
	One Leg Press (Feet Low) +	5	15		
	One Leg Extensions	5	15		
	Walking Dumbbell Lunges or Barbell Lunges or Hammer Strength Ground Base Lunges	4	-		
<i>Calves</i>	Leg Press Calf Raise "75 reps" (3-4 min. set)	1			
	Total Sets	20			
Day Three - Tuesday	Exercise	Sets	Reps	Weight	
<i>Shoulders</i>	Standing Barbell Press (behind and front) +	4	12		
	Seated Dumbbell Laterals	4	12		
	Incline Rear Dumbbell Raise +	4	12		
	Standing Barbell Shrugs (w/straps)	4	12		
	Cable One Arm Fronts Raises	3	12		
	<i>Abs</i>	Hanging Leg Raises +	3	15	
		Life Fitness Crunches	4	15	
	Total Sets	26			
Day Four - Thursday	Exercise	Sets	Reps	Weight	
<i>Triceps</i>	Standing One Arm Kickbacks (w/pause) +	3	15		
	Dips	3	15		
	Close Grip Smith +	3	15		
	Rope or V-Bar Pushdowns	3	15		
<i>Biceps / Forearms</i>	Seated Alternate Dumbbell Curls +	3	8		
	90 Degree EZ Curls	3	8		
	Machine Curls +	3	8		
	Barbell Wrist Curls	3	8		
	Total Sets	24			
Day Five - Friday	Exercise	Sets	Reps	Weight	
<i>Hamstrings</i>	Barbell Hack Squat (Barbell Behind Body) +	5	10		
	Romanian Deadlifts +	5	10		
	One Leg Curl Machine	5	10		
<i>Calves</i>	Seated Calf "75 reps" (3-4 minute giant set)	1			
<i>Chest</i>	Hammer Strength Decline*	4	8 to 15		
<i>Abs</i>	Abcoaster +	3	15		
	BodyMaster Abdominal Crunch	3	15		
	* Drop Set Last Set				
	Total Sets	26			