

Day One	Exercise	Sets	Reps	Weight
Shoulders	Seated Dumbbell Raises +	4	12	
	Triceps	Standing Cable Front Raises +	4	12
Biceps	Incline Bench Dumbbell Rear Raises	4	12	
Cardio 15 minutes	Rope Pushdowns +	4	15	
	One Arm Cable Kickbacks	4	15	
	One Arm Dumbbell Concentration Curl +	4	8	
	Bodymaster Bicep	4	8	
	Total Sets	28		

Day Two	Exercise	Sets	Reps	Weight
Quads	Smith Squat +	4	15	
Calves	Leg Extensions	4	15	
Abs	Lunges +	4	-	
Cardio 15 minutes	Leg Press Calf Raise	4	15	
	Abs - Two Exercises	4	15	
		4	15	
	Total Sets	24		

Day Three	Exercise	Sets	Reps	Weight
Off				
(Walk)				
	Total Sets	0		

Day Four	Exercise	Sets	Reps	Weight
Back	Wide Grip Pulldowns (w/straps) +	3	12	
Chest	Low Incline Dumbbell Press	3	10	
Cardio 15 minutes	One Arm Dumbbell Rows +	3	12	
	Low Incline Dumbbell Flyes	3	12	
	Deadlifts (w/straps) +	3	12	
	Pec Deck	3	12	
	Total Sets	18		

Day Five	Exercise	Sets	Reps	Weight
Hamstrings	Bent Leg Barbell Raises +	4	10	
Calves	Leg Curl Machine	4	10	
Abs	Lunges +	4	-	
Cardio 15 minutes	Seated Calf Raise	4	10	
	Abs - Two Exercises	4	15	
		4	15	
	Total Sets	24		

Day Six	Exercise	Sets	Reps	Weight
Off				
(Walk)				
	Total Sets	0		

Day Seven	Exercise	Sets	Reps	Weight
Off				
(Walk)				
Abs @ Home	Total Sets	0		