Day	Body Part	Exercise	Set 1 - 70%	Reps	Set 2 – 79%	Reps	Set 3 – 83%	Reps	Set 4 – 88%	Reps	New Max
Monday	Back	Behind Head Pull Down	105	12	115	8	120	6	130	4	
		Wide Grip Row	125	12	140	8	150	6	160	4	
		V-Grip Pull Downs	115	12	130	8	135	6	145	4	
		Seated Rows	140	12	155	8	165	6	175	4	
	Delts	Arnold Press	55	12	60	8	65	6	65	4	
Tuesday	Chest	Bench Press	170	12	190	8	205	6	215	4	
		Incline Barbell Press	160	12	175	8	185	6	200	4	
		Peck Deck Fly	155	12	175	8	185	6	195	4	
		Decline Bench Press	120	12	135	8	145	6	155	4	
	Delts	Delt Fly	100	12	115	8	120	6	130	4	
Wednesday	Legs	Barbell Lung	40	12	40	8	45	6	45	4	
		Leg Extension	160	12	180	8	190	6	200	4	
		Leg Curl	140	12	155	8	165	6	175	4	
		Squat	120	12	130	8	140	6	150	4	
	Calfs	Seated Calf Raises	125	12	140	8	150	6	165	4	
Thursday	Biceps	EZ Bar Preacher Curl	65	12	75	8	80	6	85	4	
		Seated Dual Hammer Curl	35	12	35	8	40	6	40	4	
		Standing EZ Bar Curl	60	12	70	8	70	6	75	4	
	Triceps	Weighted Dips	170	12	190	8	200	6	210	4	
		Straight Bar Press Down	80	12	85	8	90	6	95	4	
		Bent Over Tri Extensions	30	12	35	8	35	6	40	4	
Saturday	Chest	Bench Press	150	12	170	8	175	6	190	4	
		Decline Bench Press	110	12	125	8	130	6	140	4	
	Biceps	Dumbbell Curls	30	12	35	8	35	6	40	4	
	Delts	Shoulder Press	95	12	105	8	110	6	115	4	
		Upright Rows	40	12	45	8	45	6	50	4	
	Taps	Shrugs	200	12	220	8	235	6	250	4	