WORKOUT 1	%			%			%			%		
	Date:			Date:			Date:			Date:		
EXERCISE	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.
Bench												
Front Arm Raises												
DB Flies												
Leg Extension												
Tricep Extension												
DB Bicep Curl												
Lat. Pulldown												
Leg Curl												
Tricep Dips - end.												
Calf Raises - end.												
Step-ups - end.												
Wrist Curls - end.												

WORKOUT 2	%			%			%			%		
	Date:			Date:			Date:			Date:		
EXERCISE	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.
Bench												
Side Arm Raises												
Incline Bench												
Squats (machine)												
Tricep Curl												
Bicep Curl w/bar												
DB Row												
Pull ups (M)												
Lunges (10lb)end.												
Wrist Curls - end.												
Wallsit - end.												
Side Bends - end.												

WORKOUT 3	%			%			%			%		
	Date:			Date:			Date:			Date:		
EXERCISE	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.
Bench												
Military Press												
DB Flies												
Seated Leg Press												
Tricep Pushdown												
DB Bicep Curl												
Seated Row												
Leg Curl												
Tricep Dips - end.												
Calf Raises - end.												
Step-ups - end.												
Wrist Curls - end.												

WORKOUT 4	%			%			%			%		
	Date:			Date:			Date:			Date:		
EXERCISE	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.	Sets	Reps	Wt.
Bench												
Upright Row												
Incline Bench												
Lying Leg Press												
Tricep Extension												
Bicep Curl w/bar												
DB Row												
Pull ups (M)												
Lunges (10lb) end.												
Calf Raises - end.												
Wallsit - end.												
Side Bends - end.												