

Workout Chart

		Week 1		Week 2		Week 3		Week 4	
Exercise - Plan A	#	Reps	Pounds	Reps	Pounds	Reps	Pounds	Reps	Pounds
Squat	1A	3 x 6		3 x 6		3 x 6		3 x 6	
Barbell Straight Arm Raise	1B	3 x 10		3 x 10		3 x 10		3 x 10	
Romanian Dead Lift	2A	4 x 8		4 x 8		4 x 8		4 x 8	
Split Leg Squats	2B	4 x 6/leg		4 x 6/leg		4 x 6/leg		4 x 6/leg	
Swiss Ball Jackknife	3A	3 x 8		3 x 8		3 x 8		3 x 8	
Bicycle Crunches	3B	3 x 50		3 x 50		3 x 50		3 x 50	
Swiss Ball Crunches	3C	3 x 10		3 x 10		3 x 10		3 x 10	

Exercise - Plan B	#	Reps	Pounds	Reps	Pounds	Reps	Pounds	Reps	Pounds
Bench Press	1A	3 x 8		3 x 8		3 x 8		3 x 8	
Dumbbell Row	1B	3 x 8		3 x 8		3 x 8		3 x 8	
Incline Dumbbell Press	2A	3 x 8		3 x 8		3 x 8		3 x 8	
Lat Pull Down	2B	3 x 8		3 x 8		3 x 8		3 x 8	
Shoulder Press	3A	3 x 8		3 x 8		3 x 8		3 x 8	
Tricep Kickbacks	3B	3 x 10		3 x 10		3 x 10		3 x 10	
Bicep Dumbbell Curl	3C	3 x 10		3 x 10		3 x 10		3 x 10	

Exercise - Plan C	#	Reps	Pounds	Reps	Pounds	Reps	Pounds	Reps	Pounds
Split Leg Squats	1A	4 x 6/leg		4 x 6/leg		4 x 6/leg		4 x 6/leg	
Calf Raises	1B	4 x 12		4 x 12		4 x 12		4 x 12	
Shrugs	2A	3 x 10		3 x 10		3 x 10		3 x 10	
Push-ups	3A	3 x 10		3 x 10		3 x 10		3 x 10	
Pull-ups (on machine)	3B	3 x 8		3 x 8		3 x 8		3 x 8	
Dips (on machine)	3C	3 x 8		3 x 8		3 x 8		3 x 8	
Side Heel Touch Sit-ups	4A	3 x 50		3 x 50		3 x 50		3 x 50	
Side to Side Twist Sit-ups	4B	3 x 15		3 x 15		3 x 15		3 x 15	