

CHEST	Sets	CHEST	Sets
Barbell Bench Press	4 sets	Dumbbell Flys	4 sets
Barbell Inclined Press	4 sets	Parallel Dips	4 sets
Pull Overs	4 sets	Decline Press	4 sets
BACK	Sets	BACK	Sets
Chin Ups	4 sets	Close Grip Chin Ups	4 sets
Total Gym Pull Backs	4 sets	Bent Over BB Rows	4 sets
THIGHS	Sets	THIGHS	Sets
Lunges	4 sets	Squats	4 sets
Leg Extensions	4 sets	Standing Leg Curls	4 sets
Bent Leg Dead Lift	4 sets	Straight Leg Deadlifts	4 sets
Laying Leg Curls	4 sets	Front Squats	4 sets
CALVES	Sets	CALVES	Sets
Laying Down Toe Raises	4 sets	Laying Down Toe Raises	4 sets
Standing Calf Raises	4 sets	Standing Calf Raises	4 sets
ABDOMINALS	Sets	ABDOMINALS	Sets
Bent Knee Lemon Squeezes	4 sets	Twisting Running Crunch	4 sets
Reverse Crunches	4 sets	Hanging Knee Lifts	4 sets
SHOULDERS	Sets	SHOULDERS	Sets
Behind neck BB Press	4 sets	Bent over BB Laterals	4 sets
Lateral Raises	4 sets	Dumbbell Shrugs	4 sets
UPPER ARMS	Sets	UPPER ARMS	Sets
Standing BB Curls	4 sets	Lying Tricep Ext	4 sets
Inclined BB Curls	4 sets	Close Grip Bench Press	4 sets
Concentration Curls	4 sets	One Arm Overhead Press	4 sets
FOREARMS	Sets	FOREARMS	Sets
BB Wrist Curls	4 sets	BB Wrist Curls	4 sets
Reverse Wrist Curls	4 sets	Reverse Wrist Curls	4 sets