

		WEEK 1			WEEK 2			WEEK 3		
		SET 1	SET 2	SET 3	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
CHEST	Incline Chest Press	1a.			2a.					
	Supinated Chest Fly	1b.			3b.			2b.		
	Flat Chest Press	2a.			1a.					
	Half Pullover	2b.			1b.					
	Incline Neutral Press				2b.					
	Lower Chest Pushups				3a.					
	Flat Chest Press 1 1/4							1a.		
	Flat Neutral Press							1b.		
	Incline Chest Press 1 1/4							2a.		

LEGS	Goblet Squat	1a.			1a.			*1a.		
	Single Leg Deadlift	1b.			2a.			2b.		
	Bulgarian Split Squats	2a.			*2a.			*2a.		
	Sumo Hip Thrusts	2b.			*2b.			1b.		
	Reverse Stepping Lunges				1b.			*1b.		
	Calf Raises	*2b.			2b.			*2b.		
	Step Ups	*2a.						1a.		
	Wide Leg Deadlift	*1a.			*1b.			2a.		
	Side Lunges (R&L)	*1b.			*1a.					

BACK	Single Arm DB Row	1a.			1a.			2a.		
	Reverse Fly	1b.			2b.			1b.		
	Double DB Row	2a.			2a.			1a.		
	Wide Row	2b.			1b.			2b.		

SHOULDERS & ARMS	Shoulder Press	1a.						2a.		
	Biceps Swimmers	1b.								
	Lateral Raise	2a.						1a.		
	Single Side Crushers	2b.						2b.		
	Arnold Press				1a.					
	Hammer Curls				1b.					
	Front Raise				2a.					
	Triceps DB Presses				2b.					
	Biceps Curls 1 1/4				2b.			1b.		