

Muscle	Exercise	First Set		Second Set		Third Set		Fourth Set	
Chest	Bench Press	12	95	10	115	8	125	6	145
	Inclined DB Press	12	35	10	37.5	8	40	6	45
	Declined BD Press	12	42.5	10	45	8	47.5	6	50
	Machine Fly	12	105	10	110	8	115	6	120
Triceps	Triceps Pushdown	8	50	8	60	8	70		
	Triceps Pulley	8	20	8	30	8	40		
	Triceps Behind Neck	8	20	8	25	8	30		
Back	Lat Pulldown	8	100	8	110	8	120	8	130
	Machine Row	8	100	8	110	8	120	8	130
	Deadlift	8	155	8	185	8	205	8	225
	Single Arm DB Row	8	40	8	42.5	8	45	8	50
Biceps	Barbell Curl	8	50	8	55	8	65		
	Hammer Curl	8	17.5	8	20	8	22.5		
	Concentration Curls	8	35	8	45	8	50		
Shoulders	DB Shoulder Press	8	35	8	40	8	45		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	17.5	8	20	8	22.5		
Chest	Bench Press	12	95	10	115	8	125	6	145
	Inclined DB Press	12	35	10	37.5	8	40	6	45
	Declined BD Press	12	42.5	10	45	8	47.5	6	50
	Machine Fly	12	105	10	110	8	115	6	120
Abs	Pulley Crunch	12	100	12	110	12	120	12	130
	Leg Raise	12	20	12	20	12	20	12	20
	Russian Twist	12	20	12	20	12	20	12	20
Legs	Squat	10	135	10	155	10	185	10	205
	Lunges	10	135	10	155	10	185	10	205
	Leg Press	10	230	10	270	10	320	10	410
	Romanian Deadlifts	10	135	10	155	10	185	10	225
	Leg Extension	10	80	10	90	10	100	10	110
	Leg Curl	10	80	10	90	10	100	10	110

Muscle	Exercise	First Set		Second Set		Third Set		Fourth Set		
Chest	Bench Press	12	95	10	115	8	125	6	145	
	Inclined DB Press	12	35	10	37.5	8	40	6	45	
	Declined BD Press	12	42.5	10	45	8	47.5	6	50	
	Machine Fly	12	105	10	110	8	115	6	120	
Triceps	Triceps Pushdown	8	50	8	60	8	70			
	Triceps Pulley	8	20	8	30	8	40			
	Triceps Behind Neck	8	20	8	25	8	30			
Week 1										
Week 1	Bench Press	12	95	10	115	8	125	6	135	*got 7 reps in
	Inclined DB Press	12	37.5	10	40	8	42.5	6	45	
	Declined BD Press	12	42.5	10	45	8	47.5	6	50	*got 7 reps in
	Machine Fly	12	110	10	115	8	120	6	125	
	Triceps Pushdown	8	40	8	50	8	60			
	Triceps Pulley	8	20	8	30	8	40			
	Triceps Behind Neck	8	22.5	8	25	8	27.5			
Week 2										
Week 2	Bench Press	12	95	10	115	8	125	6	145	*got all 6 reps in
	Inclined DB Press	12	40	10	42.5	8	45	6	50	
	Declined BD Press	12	45	10	47.5	8	50	6	52.5	*got 8 reps in
	Machine Fly	12	115	10	120	8	130	6	140	
	Triceps Pushdown	8	50	8	60	8	70			
	Triceps Pulley	8	20	8	30	8	30			
	Triceps Behind Neck	8		8		8				
Week 3										
Week 3	Bench Press	12	95	10	115	8	135	6	145	
	Inclined DB Press	12	40	10	42.5	8	45	6	50	
	Declined BD Press	12	45	10	47.5	8	50	6	52.5	
	Machine Fly	12	120	10	125	8	130	6	140	
	Triceps Pushdown	8	40	8	60	8	70			
	Triceps Pulley	8	20	8	30	8	40			
	Triceps Behind Neck	8	22.5	8	25	8	27.5			
Week 4										
Week 4	Bench Press	12	95	10	115	8	135	6	X	SICK DAY
	Inclined DB Press	12	40	10	42.5	8	45	6	47.5	
	Declined BD Press	12	40	10	42.5	8	45	6	47.5	
	Machine Fly	12	115	10	120	8	125	6	130	
	Triceps Pushdown	8	30	8	40	8	50			
	Triceps Pulley	8	20	8	30	8	40			
	Triceps Behind Neck	8		8		8				
Week 5										
Week 5	Bench Press	12		10		8		6		
	Inclined DB Press	12		10		8		6		
	Declined BD Press	12		10		8		6		
	Machine Fly	12		10		8		6		
	Triceps Pushdown	8		8		8				
	Triceps Pulley	8		8		8				
Triceps Behind Neck	8		8		8					

Muscle	Exercise	First Set		Second Set		Third Set		Fourth Set	
Back	Lat Pulldown	8	100	8	110	8	120	8	130
	Machine Row	8	100	8	110	8	120	8	130
	Deadlift	8	155	8	185	8	205	8	225
	Single Arm DB Row	8	40	8	42.5	8	45	8	50
Biceps	Barbell Curl	8	50	8	55	8	65		
	Hammer Curl	8	17.5	8	20	8	22.5		
	Concentration Curls	8	35	8	45	8	50		
Week 1	Lat Pulldown	8	100	8	120	8	130	8	140
	Machine Row	8	100	8	110	8	120	8	130
	Deadlift	8	135	8	165	8	195	8	235
	Single Arm DB Row	8	42.5	8	45	8	47.5	8	50
	Barbell Curl	8	50	8	55	8	60		
	Hammer Curl	8	20	8	22.5	8	25		
	Concentration Curls	8		8		8			
Week 2	Lat Pulldown	8	110	8	120	8	130	8	140
	Machine Row	8	110	8	120	8	130	8	140
	Deadlift	8	135	8	175	8	205	8	255
	Single Arm DB Row	8	42.5	8	45	8	47.5	8	50
	Barbell Curl	8		8		8			
	Hammer Curl	8		8		8			
	Concentration Curls	8		8		8			
Week 3	Lat Pulldown	8	100	8	110	8	120	8	130
	Machine Row	8		8		8		8	
	Deadlift	8		8		8		8	
	Single Arm DB Row	8		8		8		8	
	Barbell Curl	8		8		8			
	Hammer Curl	8		8		8			
	Concentration Curls	8		8		8			
Week 4	Lat Pulldown	8		8		8		8	
	Machine Row	8		8		8		8	
	Deadlift	8		8		8		8	
	Single Arm DB Row	8		8		8		8	
	Barbell Curl	8		8		8			
	Hammer Curl	8		8		8			
	Concentration Curls	8		8		8			
Week 5	Lat Pulldown	8		8		8		8	
	Machine Row	8		8		8		8	
	Deadlift	8		8		8		8	
	Single Arm DB Row	8		8		8		8	
	Barbell Curl	8		8		8			
	Hammer Curl	8		8		8			
	Concentration Curls	8		8		8			

Muscle	Exercise	First Set		Second Set		Third Set		Fourth Set	
Shoulders	DB Shoulder Press	8	35	8	40	8	45		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	17.5	8	20	8	22.5		
Chest	Bench Press	12	95	10	115	8	125	6	145
	Inclined DB Press	12	35	10	37.5	8	40	6	45
	Declined BD Press	12	42.5	10	45	8	47.5	6	50
	Machine Fly	12	105	10	110	8	115	6	120
Abs	Pulley Crunch	12	100	12	110	12	120	12	130
	Leg Raise	12	20	12	20	12	20	12	20
	Russian Twist	12	20	12	20	12	20	12	20
Week 1									
02/11/2017	DB Shoulder Press	8	35	8	37.5	8	40		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	17.5	8	20	8	22.5		
	Bench Press	12	95	10	115	8	125	6	135
	Inclined DB Press	12	35	10	37.5	8	40	6	45
	Declined BD Press	12	42.5	10	45	8	47.5	6	50
	Machine Fly	12	110	10	120	8	130	6	140
	Pulley Crunch	12	100	12	110	12	120	12	
	Leg Raise	12		12		12		12	
	Russian Twist	12		12		12		12	
Week 2									
	DB Shoulder Press	8	40	8	45	8	47.5		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	17.5	8	20	8	22.5		
	Bench Press	12	95	10	115	8	125	6	145
	Inclined DB Press	12	42.5	10	45	8	47.5	6	50
	Declined BD Press	12	42.5	10	45	8	47.5	6	50
	Machine Fly	12	110	10	120	8	130	6	140
	Pulley Crunch	12	100	12		12		12	
	Leg Raise	12		12		12		12	
	Russian Twist	12		12		12		12	
Week 3									
	DB Shoulder Press	8	42.5	8	45	8	47.5		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	20	8	22.5	8	25		
	Bench Press	12	95	10	115	8	135	6	145
	Inclined DB Press	12	45	10	47.5	8	50	6	52.5
	Declined BD Press	12	45	10	47.5	8	50	6	52.5
	Machine Fly	12	115	10	125	8	135	6	145
	Pulley Crunch	12	80	12	90	12	110	12	120
	Leg Raise	12		12		12		12	
	Russian Twist	12		12		12		12	
Week 4									
	DB Shoulder Press	8	40	8	45	8	50		
	DB Lateral Raise	8	20	8	22.5	8	25		
	DB Frontal Raise	8	17.5	8	20	8	22.5		
	Bench Press	12	95	10	115	8	135	6	145
	Inclined DB Press	12	40	10	45	8	50	6	60
	Declined BD Press	12	40	10	45	8	50	6	60
	Machine Fly	12	50	10	60	8	60	6	60
	Pulley Crunch	12	100	12	110	12	120	12	130
	Leg Raise	12		12		12		12	
	Russian Twist	12		12		12		12	
Week 5									
	DB Shoulder Press	8		8		8			
	DB Lateral Raise	8		8		8			
	DB Frontal Raise	8		8		8			
	Bench Press	12		10		8		6	
	Inclined DB Press	12		10		8		6	
	Declined BD Press	12		10		8		6	
	Machine Fly	12		10		8		6	
	Pulley Crunch	12		12		12		12	
	Leg Raise	12		12		12		12	
	Russian Twist	12		12		12		12	

Muscle	Exercise	First Set		Second Set		Third Set		Fourth Set		
Legs	Squat	10	135	10	155	10	185	10	205	
	Lunges	10	135	10	155	10	185	10	205	
	Leg Press	10	230	10	270	10	320	10	410	
	Romanian Deadlifts	10	135	10	155	10	185	10	225	
	Leg Extension	10	80	10	90	10	100	10	110	
	Leg Curl	10	80	10	90	10	100	10	110	
										Calves: 90
Week 1	Squat	10	135	10	155	10	185	10	205	
	Lunges	10	135	10	155	10	185	10	215	
	Leg Press	10	230	10	270	10	320	10	410	
	Romanian Deadlifts	10	135	10	165	10	195	10	225	
	Leg Extension	10	90	10	100	10	110	10	120	
	Leg Curl	10	90	10	100	10	110	10	120	
										Calves: 100
Week 2	Squat	10	135	10	165	10	185	10	215	
	Lunges	10	135	10	165	10	185	10	225	
	Leg Press	10	230	10	270	10	320	10	410	
	Romanian Deadlifts	10	135	10	165	10	195	10	225	
	Leg Extension	10	100	10	110	10	120	10	130	
	Leg Curl	10	90	10	100	10	110	10	120	
										Calves: 110
Week 3	Squat	10	135	10	165	10	185	10	225	YESSSSS
	Lunges	10	135	10	165	10	185	10	225	
	Leg Press	10	230	10	270	10	360	10	410	
	Romanian Deadlifts	10	135	10	165	10	195	10	225	
	Leg Extension	10	110	10	120	10	130	10	140	
	Leg Curl	10	90	10	100	10	110	10	120	
Week 4	Squat	10		10		10		10		
	Lunges	10		10		10		10		
	Leg Press	10		10		10		10		
	Romanian Deadlifts	10		10		10		10		
	Leg Extension	10		10		10		10		
	Leg Curl	10		10		10		10		
Week 5	Squat	10		10		10		10		
	Lunges	10		10		10		10		
	Leg Press	10		10		10		10		
	Romanian Deadlifts	10		10		10		10		
	Leg Extension	10		10		10		10		
	Leg Curl	10		10		10		10		