

<b>12/1/14-12/5/14</b>					
	Set 1- 5 reps	Set 2 -5 reps	Set 3- 5 reps	Set 4- 5 reps	Set 5- 5 reps
<b>Monday</b>	Set 1- 5 reps	Set 2 -5 reps	Set 3- 5 reps	Set 4- 5 reps	
Incline DB Bench Press					
DB Bench Press					
E-Z Bar Curl					
Barbell Curl					
DB Seated Curl					
Barbell Row					
<b>Tuesday</b>	Set 1-5 reps	Set2-5 reps	Set 3- 5 Reprs	Set 4- 5 Reprs	
Deadlift					
Squat					
Leg Extension					
DB Lunge					
Hack Squat					
Hamstring Curl					
<b>Thursday</b>	Set 1-5 reps	Set 2- 5 Reprs	Set 3- 5 Reprs	Set 4-5 Reprs	
Bench Press					
Incline DB Bench Press					
Lat Pulldown					
V-Bar Row					
Shoulder Press					
DB Hammer Curl					
Tricep Pushdown					
<b>Friday</b>					

Power Clean					
Hack Squat Single Leg					
BB Lunge					
DB Calf Raises					
BB RDL					