

5/12/2015

**Monday**

Set 1      Set 2      Set 3      Set 4      Set 5

Bench Press  
Pull-Up  
Incline Push Up  
Barbell Curl  
DB Shoulder Side Raise  
Plate Raise  
Dips  
DB Overhead Press

**Tuesday**

Set 1      Set 2      Set 3      Set 4      Set 5

DB Step Up  
Squats  
Deadlift  
Calf Raises (weighted)  
Side Lunge  
Hack Squat  
Leg Extension

**Thursday**

DB Bench Press  
Upright Row  
TRX curl  
Tricep Pushdown  
Barbell Row  
Plate Hold  
Push Ups  
Barbell Incline Bench Press

**Friday**

Barbell Lunge  
Single Leg DB Squat  
Medicine Ball Squat  
Calf Raise (no weight)  
Leg Curl  
TRX Single Leg Squat  
TKE

Make sure that you are performing each exercise for 30 seconds and then move on to the next exercise. You will not be using heavy weight most likely but make sure you

are using weight that makes your truly work. When it comes to the pull ups you can use the assisted machine.