

Week:		Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps
Day 1	Leg	Squat	/	/	/	Lunge	/	/	/	Leg Ext.	/	/	/	Leg Press	/	/	/
Day 2	Back/Chest	Bench	/	/	/	Back Ext.	/	/	/	Incline Bench	/	/	/	Dead Lifts	/	/	/
Day 3	Arm/Shoulders	Curls	/	/	/	Lat Pull Down	/	/	/	Up Rows	/	/	/	Seated Row	/	/	/
Day 4	Leg	Squat	/	/	/	Lunge	/	/	/	Leg Ext.	/	/	/	Leg Press	/	/	/
Day 5 <i>Optional</i>	Back/Chest	Bench	/	/	/	Back Ext.	/	/	/	Incline Bench	/	/	/	Dead Lifts	/	/	/
Day 6 <i>Optional</i>	Arm/Shoulders	Curls	/	/	/	Lat Pull Down	/	/	/	Up Rows	/	/	/	Seated Row	/	/	/
Week:		Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps	Exercise	Weight/Reps	Weight/Reps	Weight/Reps
Day 1	Leg	Squat	/	/	/	Lunge	/	/	/	Leg Ext.	/	/	/	Leg Press	/	/	/
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Day 3	Arm/Shoulders	Curls	/	/	/	Lat Pull Down	/	/	/	Up Rows	/	/	/	Seated Row	/	/	/
Day 4	Leg	Squat	/	/	/	Lunge	/	/	/	Leg Ext.	/	/	/	Leg Press	/	/	/
Day 5 <i>Optional</i>	Back/Chest	Bench	/	/	/	Back Ext.	/	/	/	Incline Bench	/	/	/	Dead Lifts	/	/	/
Day 6 <i>Optional</i>	Arm/Shoulders	Curls	/	/	/	Lat Pull Down	/	/	/	Up Rows	/	/	/	Seated Row	/	/	/