

****SAMPLE ONLY - YOUR INDIVIDUAL WEIGHTS MAY VARY****



EXERCISE	#15 or FW	Date:			Date:			Date:			Date:					
Leg Press		Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3			
	Weights:	45			45	70		45	70	135	45	90	155	45	90	155
	Repetitions:	10			10	10		10	10	10	10	10	9	10	10	10

Leg Curl	#6	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Seat:	Weights:	50			50	60		50	60	60	50	60	70	50	60	70
	Repetitions:	10			10	10		10	10	9	10	10	7	10	10	8

Chest Press	#1	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Seat:	Weights:	30			30	40		30	40	50	30	40	50	30	40	50
Arm:	Repetitions:	10			10	10		10	10	6	10	10	8	10	10	9

Seated Row	#4	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Seat:	Weights:	40			40	50		40	50	60	40	50	60	40	50	70
Chest:	Repetitions:	10			10	10		10	10	9	10	10	10	10	10	5

Rev-Fly	#2	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Seat:	Weights:	20			20	30		20	30	30	20	30	30	20	30	30
Arm:	Repetitions:	10			10	10		10	10	6	10	10	7	10	10	8

DB Biceps Curl	FW	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:	5			5	10		5	10	10	5	10	10	5	10	15
	Repetitions:	10			10	10		10	10	9	10	10	10	10	10	4

Tri Pushdown	Cable	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:	30			30	40		30	40	50	30	40	60	30	40	60
	Repetitions:	10			10	10		10	10	10	10	10	5	10	10	5

Stability Ball Crunch	Ball	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
	Weights:	0			0	0		0	0	0	0	0	0	0	0	0
	Repetitions:	10			10	10		10	10	10	15	15	15	20	20	20

Set #1 = Light Set #2 = Medium Set #3 = Difficult