

ROTATION #1

ROTATION #2

		EXERCISE	REPS/SETS			WEIGHT		
DAY 1 Biceps / Triceps			Date:					
			Weight:					
		1a Barbell Curls	10	8	6			
		1b Tricep Pushdown	10	8	6			
		1c Alternating Hammer Curls	10	8	6			
		2a Preacher Curls	10	10				
		2b Dips	15	15				
	2c Chinups	10	10					

		EXERCISE	REPS/SETS			WEIGHT		
DAY 2 Thighs / Calves			Date:					
			Weight:					
		1a Barbell Squats	10	8	6			
		1b Hamstring Curls	10	8	6			
		2a Heavy Calf Raises	12	12	12			
	2b Good Mornings	10	10					
	2c Dumbbell Lunges	10	10					

DAY 3 - Rest

		EXERCISE	REPS/SETS			WEIGHT		
DAY 3 Chest / Shoulders			Date:					
			Weight:					
		1a Flat Bench Press	10	8	6			
		1b Dumbbell Military Press	10	8	6			
		1c Dumbbell Chest Flies	10	8	6			
	2a Alternating DB Bench Press	10	10					
	2b Side Dumbbell Lateral Raises	10	10					

		EXERCISE	REPS/SETS			WEIGHT		
DAY 4 Back / Traps / Lats			Date:					
			Weight:					
		1a Pull-ups	10	8	6			
		1b Low Row	10	8	6			
		1c Bent Over Row	10	8	6			
		2a Deadlift	10	8				
	2b Heavy Shrugs	10	10					
	2c Barbell pullovers	10	10					

		EXERCISE	REPS/SETS			WEIGHT		
DAY 1 Chest / Triceps			Date:					
			Weight:					
		Flat Bench Press	10	8	6			
		Dumbbell Chest Flies	10	8	6			
		Alternating Dumbbell Bench Press	10	8	6			
		Tricep Pushdown	10	8	6			
	Dips	10	10					
	Chinups	8	8					

		EXERCISE	REPS/SETS			WEIGHT		
DAY 2 Thighs / Calves			Date:					
			Weight:					
		Barbell Squats	10	8	6			
		Hamstring Curls	10	8	6			
		Heavy Calf Raises	12	12	12			
	Good Mornings	10	10					
	Dumbbell Lunges	10	10					

DAY 3 - Rest

		EXERCISE	REPS/SETS			WEIGHT		
DAY 3 Back / Bicep			Date:					
			Weight:					
		Pull-Ups	12	10	8			
		Bent Over Row	12	10	8			
		Deadlifts	10	8	6			
		Barbell Curls	10	10				
	Barbell Pullovers	12	10					
	Alternating Dumbbell Curls	10	10					

		EXERCISE	REPS/SETS			WEIGHT		
DAY 4 Shoulders / Traps			Date:					
			Weight:					
		Barbell Military Presses	10	8	6			
		Dumbbell Lateral Raises	10	8	6			
		Dumbbell Front Raises	10	8	6			
	Lat Pulldown	10	10					
	Heavy Shrugs	10	10					