

WEEK 3							
Monday	sets	reps	wt.	Tuesday	sets	reps	wt.
Active Recovery						5	
Leg Press	4	12		Flat Bench Press		3	
Swiss Ball Pushups	3	10				3	
Back Extension	4	12				1	
1 Arm DB Row	3	10				1	
Crunches	4	12			Dead Lifts(Clean Grip)	5	5
Cardio-Choice	20 min./Low intensity			Hanging Leg Raise	5	15	
				Box Jumps	5	10	
				Horizontal Rope Row	5	10	
				Swiss Ball Knockout	5	15 hits	
Wednesday	sets	reps	wt.	Thursday	sets	reps	wt.
Squats	5	7		Hang Shrugs	4	7	
Flat Bench(w/chains)	5	max	235/215	Swiss Rev. Crunches	4	15	
Good Morning	5	5		Barbell Lunges	4	7	
MB Throwdowns	5	10		DB Biceps Curls	4	7	
Wide Grip Curls	5	5		Situps	4	15	
High Cable Twist Pull	5	5		Cable Triceps Ext	4	7	
WEEK 4							
Tuesday	sets	reps	wt.	Wednesday	sets	reps	wt.
Forward Lunges	6	5		Flat Bench Press	6	max	235/215
Plate Raises	4	10		V-Sit Twist	3	20	
Stiff Leg Dead Lift	6	5		Incline DB Press	4	8	
MB Twist	4	10		Back Extension	3	20	
Squat	6	5		Flat DB Flys	4	8	
Reverse Flys	4	10		Swiss Ball Crunches	3	20	
Calf Raise	6	5		Chest Dips	4	8	
Upright Row	4	10					
Thursday	sets	reps	wt.	Friday	sets	reps	wt.
DB Stairs	5	10 u/d		Flat Bench Press		7	
Box Jumps	5	10				7	
Pullups/Chinups	max.	50				5	
Cleans	5	10				5	
1 Arm High Cable Row	5	10				3	
Split Jumps	5	10				3	
				Alt. DB Biceps Curls	5	5	
				MB Situp Throw	5	15	
				DB Hammer Curls	5	5	
				Reverse Crunches	5	15	