



Week 4	TEMPO: 2-1-2										
Monday	sets	reps	wt.	Tuesday	sets	reps	wt.	Wednesday	sets	reps	wt.
A1-Dips	5	8		A1-Horizontal Row	5	8		A1-Fwd DB Lunges	5	8	
A2-Reverse Crunches	3	30		A2-Reverse Hypers	3	30		A2-Front DB Raise	4	8	
B1-DB Bench Press	5	8		B1-1 Arm DB Row	5	8		B1-RDL w/DB	5	8	
B2-Med Ball Twist	3	30		B2-T-Band Twist	3	30		B2-Lateral DB Raise	4	8	
C1-Incline DB Bench	5	8		C1-1 Arm Upright Row	5	8		C1-Overhead DB Squat	5	8	
C2-Crunches	3	30		C2-Back Extension	3	30		C2-Rear DB Raise	4	8	
D-DB Flys	5	8		D-1 Arm High Cable Pull	5	8		D-1 Leg Stand Calf Raise	5	8	



<b>Thursday</b>	<b>sets</b>	<b>reps</b>	<b>wt.</b>	<b>Friday</b>	<b>sets</b>	<b>reps</b>	<b>wt.</b>
A1-Close Grip Pushups	5	8		A1-Chinups	5	8	
A2-Leg Throwdowns	3	30		A2-	3	30	
B1-DB Kickbacks	5	8		B1-Alt DB Curls	5	8	
B2-Diagonal Woodchops	3	30		B2-	3	30	
C1-Overhead DB Press	5	8		C1-Alt. DB Hammers	5	8	
C2-Situps	3	30		C2-	3	30	
D-1 Arm Cable Pushdown	5	8		D-1 Arm Concentration	5	8	