

Day # 1: WORKOUT #1
Day # 2: WORKOUT #2
Day # 3: WORKOUT #1
Day # 4: WORKOUT #2
Day # 5: WORKOUT #1
Day # 6: OFF DAY
Day # 7: OFF DAY

Workout #1

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
Bench Press - 6-10 Reps										
T-Bar Row - 6-10 Reps										
Squat - 8-12 Reps										
Leg Curl - 10-12 Reps										
Standing Calf Raises - 10 Reps										
Seated Calf Raises - 15 Reps										
Wrist Curls - 10 Reps										
Reverse BB Curl - 8 Reps										
Close-Grip Bench Presses - 6-10 Reps										
BB Curls - 6-10 Reps										
Seated BB Presses - 6-10 Reps										
DB Shoulder Shrugs - 10 Reps										
Machine Crunches - 30min. Reps										
Free Squats - 50 Reps										
Angled Twists - 15min. Reps										
Push Ups - 25 Reps										

Workout #2

EXERCISE	Set #1	Set #2	Set #3
Push Ups - 25 Reps			
Leg Press - 50 Reps			
Crunches - 50 Reps			
Side Crunches (for The Obliques) - 50 Reps			