

Day 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Exercise</b>	<b>Sets X Reps</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Push Press	2 X 3				
Zercher Squat	4 X 5				
Barbell Row	4 X 5				
Overhead Tricep Extension	2 X 10-15				
Ab Rollouts	2 X 5-15				
DB Incline Press	2 X 10-15				

Day 2

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Exercise</b>	<b>Sets X Reps</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
KB Swing	2 X 5				
<b>_____</b>					
Deadlift	4 X 5				
<b>_____</b>					
Bench Press	4 X 5				
<b>_____</b>					
Hammer Curls	2 X 10-15				
KB Windmill	2 X 5				
Barbell Shrugs	2 X 10-15				