

	Date:								
<b>Day One</b>	Weight used:								
Extra wide sumo squat									
Calve raises									
Step-back lunge									
Tuck crunch									
Normal squat									
Calve raises (again)									
Weighted walking lunges									
Leg holds									
<b>Day Two</b>									
Dumbbell bench press									
Pushups									
Overhead tricep extension									
Incline Butterflies									
Planks									
Toe touches									
Overhead tri extension (again)									
Dumbbell press burnout									
<b>Day Three</b>									
Arnold press									
Alternating side/front delt raises									
Reverse butterflies for rear delts									
Dumbbell shrug									
Shoulder press dumbbell									
Supermans									
Mt. Climbers									
Dumbbell shrug (again)									
<b>Day Four</b>									
Bent Over Row on platform									
Hammer curl									
Bent-over row standing									
Pullup									
Dumbbell pullover									
Normal bicep curl									
Tic-tocs									
Crunches									