

Date: / /05

Daily Workout For  
: A.M. P.M

8-10 Reps, 3-4 Sets  
30-60 seconds between sets  
Warm-up for 5 minutes

### Freeweight Exercises

1	Leg Press	Reps	Seat:	Set	LBS.
2	Leg Curl	Reps	Seat:	Set	LBS.
3	Leg Extension ?	Reps	Seat:	Set	LBS.
4	Hack Squat	Reps	Seat:	Set	LBS.
5	Bent over Bar Rows or Dumbbell	Reps	Seat:	Set	LBS.
6	Seated Rows	Reps	Seat:	Set	LBS.
7	Chin-up	Reps	Seat:	Set	LBS.
8	Lat Pulldowns	Reps	Seat:	Set	LBS.
9	Incline Press	Reps	Seat:	Set	LBS.
10	Flat Press	Reps	Seat:	Set	LBS.
10	Peck Deck (every other week)	Reps	Seat:	Set	LBS.
11	Cable Crossovers (every other week)	Reps	Seat:	Set	LBS.
12	Push-ups	Reps	Seat:	Set	LBS.
13	Lateral Raises	Reps	Seat:	Set	LBS.
14	Front Raises	Reps	Seat:	Set	LBS.
15	Rear Raises	Reps	Seat:	Set	LBS.
16	Shrugs	Reps	Seat:	Set	LBS.

17	Overhead Press?	Reps	Seat:	Set	LBS.
18	Preacher Curls	Reps	Seat:	Set	LBS.
19	Standing Straight Bar Curls	Reps	Seat:	Set	LBS.
20	Incline Dumbbell Curls	Reps	Seat:	Set	LBS.
21	Concentration Curls	Reps	Seat:	Set	LBS.
22	Skull Crushers	Reps	Seat:	Set	LBS.
23	V-Bar Pushdowns	Reps	Seat:	Set	LBS.
24	Reverse Pushdowns	Reps	Seat:	Set	LBS.
25	Dumbbell Kickbacks	Reps	Seat:	Set	LBS.

Stretches:

Calf, Low Back, Chest

Low Back-twist

Quads, Hamstrings

Shoulder-Rotator Cuff

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next:

Next: