	WARM-UP	SFTS/RFPS	WARM-UP	SFTS/RFPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SFTS/RFPS	WARM-UP	SETS/REPS	WARM-UP	SFTS/RFPS
CHEST	WARING	OL TO/KLI O	WAITIN OF	OL TORRET O	WARIN OF	OL TOTAL O	WAITIN OF	OL TOTAL O	WARIN OF	OL TO/ILLI O	WARIN OF	OL TO/ILLI O	WARIN OF	OL TO/ILLI O
INCLINE														
DECLINE														
FLAT									-					
PEC CROSSOVER														
INCLINE FLY														
DECLINE FLY								0==0/5==0		0==0/5==0				
	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS
BACK/SHOULDERS														
NECKPRESS														
UPRIGHT ROW														
FRONT/BACK LAT														
SIT PULL-IN														
SHOULDER ROW														
	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS
ARMS														
ARMS CURL														
ALTERNATE														
BENCH CURL														
CONCEN CURL														
CABLE CURL														
HAMMER CURL														
	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS
TRICEPT														0210/11210
DOUBLE TRI														
ALTERNATE TRI									-					
TRICEPT PUSHDOWN									-					
SINGLE CABLE PULL									-					
KICKBACK														
RICKBACK	WADA UD	OFTO (DEDO	WADALID.	0570/0500	WADA UD	0570/5550	WADMUD	0570/0500	WADMIID	0570/5550	WADM UD	0570/0500	WADM UD	0570/0500
	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS
<u>LEG</u>														
SQUAT														
HANK SQUAT														
MILTARY SQUAT														
LEG CURL														
REVERSE CURL														
TOE RAISE														
	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS	WARM-UP	SETS/REPS
ABS														
CABLE CRUNCH														
CABLE SIDES														
CRUNCH														
SIT-UP														
SIDES														