Muscle	Exercise	Weight	Sets/ Reps	Date	Date	Date	Date	Date	Date	Date	Date
DAY A											
Chest:	Chest Press		3/12								
	Chest Flyes (hug tree)		3/12								
Shoulders:	Overhead Raise		3/12								
	Lateral Raise		3/12								
	Front Raise		3/12								
Tris:	Tricep Pushup		3/12								
	Tricep Dips		3/12								
DAY B											
Legs:	Squats		3/12								
	Walking Lunges										
	Calf Raises		3/12								
Back:	Kneeling Single-Arm Back Row		3/12								
Bis:	Bicep Curl		3/12								
	Bicep Hammer Curl		3/12								
Every day											
Abs:	Stacks on floor (1min. 3 sets)										
	Oblique Stacks (each side 1 min 3 sets each side)										
	30 second routine		2 sets								
	Sit-ups (crunch)										
	Leg Lifts										
	Ab Rock										
	Bicycle										
	Full Body Crunch										
	Left Oblique Crunch										
	Right Oblique Crunch										