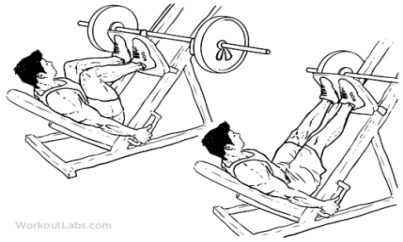
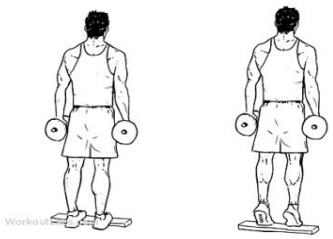
Tuesday

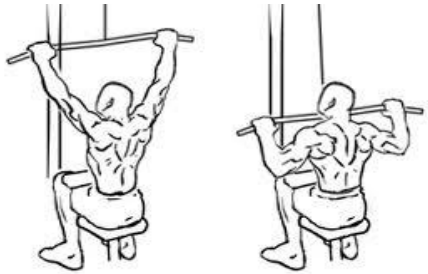
Morning **Legs & Back**

Exercise	**Sets**	**Reps**	**Rest**	**Notes**	**Data**		Weight 1	Weight 2	Weight 3
Front Squats	4	8 to 12		0					
Split Squats	4	8 to 12	45 secs		Superset				
Leg Press	4	8 to 12		0					

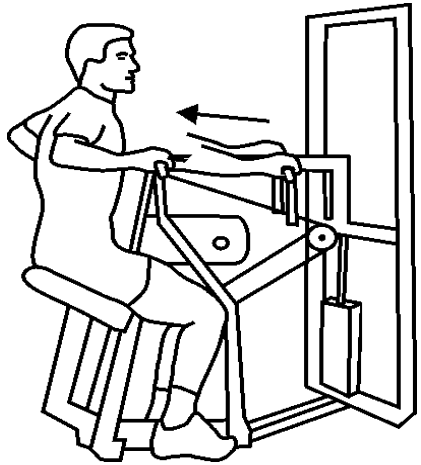
Calf Raises	4 8 to 12	45	Superset	
Barbell Deadlift	4 8 to 12	0		
Alternating Leg Curls	4 8 to 12	45	Superset	

Pullups	4	8 to 12	0	

Dumbbell Rows	4	8 to 12	45	Superset

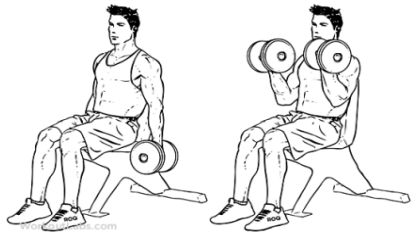


Lat Pull Downs	4	8 to 12	0	

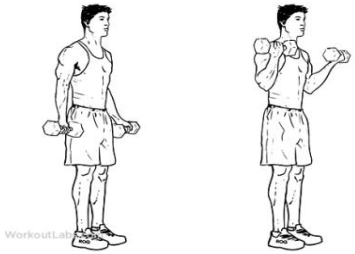


Seated Pully Rows	4	8 to 12	45	Superset

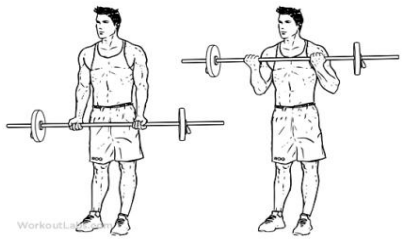
Afternoon Sets
Cardio for 30min



Seated Bicep Curl 12,10,8,6



Dumbbell Bicep Curl 12,10,8,6



Barbell Bicep Curls 12,10,8,6

EZ Bar Curl 12,10,8,6

Preacher Curl 12,10,8,6

Machine Bicep Curl 12,10,8,6

Weight 4