**Day 12 January 22, 2015**

**Upper Body**

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| Chest Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Dumbbell Press | 12 |  |  |
| Dumbbell Press | 10 |  |  |
| Dumbbell Press | 8 |  |  |
| Dumbbell Press | 6 |  |  |
| Dumbbell Press | 12 |  |  |
| Push-ups | 12 |  |  |

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| Shoulders Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Seated Dumbbell Press | 12 |  |  |
| Seated Dumbbell Press | 10 |  |  |
| Seated Dumbbell Press | 8 |  |  |
| Seated Dumbbell Press | 6 |  |  |
| Seated Dumbbell Press | 12 |  |  |
| Side Raises | 12 |  |  |

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| Back Exercises | # of Reps | Weight/Level | Notes for Next Time |
| 1-arm Dumbbell Rows | 12 |  |  |
| 1-arm Dumbbell Rows | 10 |  |  |
| 1-arm Dumbbell Rows | 8 |  |  |
| 1-arm Dumbbell Rows | 6 |  |  |
| 1-arm Dumbbell Rows | 12 |  |  |
| Reverse grip Pulldowns | 12 |  |  |

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| Triceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Mule Kicks | 12 |  |  |
| Mule Kicks | 10 |  |  |
| Mule Kicks | 8 |  |  |
| Mule Kicks | 6 |  |  |
| Mule Kicks | 12 |  |  |
| Bench Dips | 12 |  |  |

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| Biceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Incline Dumbbell Curls | 12 |  |  |
| Incline Dumbbell Curls | 10 |  |  |
| Incline Dumbbell Curls | 8 |  |  |
| Incline Dumbbell Curls | 6 |  |  |
| Incline Dumbbell Curls | 12 |  |  |
| Hammer Curls | 12 |  |  |