**Day 1 January 5, 2015**

**Upper Body**

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

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

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| Back Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Lateral Pull-down | 12 |  |  |
| Lateral Pull | 10 |  |  |
| Lateral Pull | 8 |  |  |
| Lateral Pull | 6 |  |  |
| Lateral Pull | 12 |  |  |
| “Lawnmower” Starts | 12 |  |  |

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| Triceps Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Seated Overhead Press | 12 |  |  |
| Seated Overhead Press | 10 |  |  |
| Seated Overhead Press | 8 |  |  |
| Seated Overhead Press | 6 |  |  |
| Seated Overhead Press | 12 |  |  |
| Mule kicks | 12 |  |  |

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