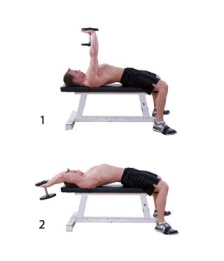
**Day 20 February 3, 2015**

**Upper Body**

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| --- | --- | --- | --- |
| Chest Exercises | # of Reps | Weight/Level | http://workoutlabs.com/wp-content/uploads/watermarked/Incline_Dumbbell_Press.pngNotes for Next Time |
| Incline Dumbbell Press | 12 |  |  |
| Incline Dumbbell Press | 10 |  |  |
| Incline Dumbbell Press | 8 |  |  |
| Incline Dumbbell Press | 6 |  |  |
| Incline Dumbbell Press | 12 |  |  |
| Push-ups | 12 |  |  |



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| --- | --- | --- | --- |
| Shoulders Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Bent-over Raises | 12 |  | http://lateralraises.com/images/Dumbbell-Lateral-Raise.jpg |
| Bent-over Raises | 10 |  |  |
| Bent-over Raises | 8 |  |  |
| Bent-over Raises | 6 |  |  |
| Bent-over Raises | 12 |  |  |
| Side Raises | 12 |  |  |



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| --- | --- | --- | --- |
| Back Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Dumbbell Pullovers | 12 |  |  |
| Dumbbell Pullovers | 10 |  |  |
| Dumbbell Pullovers | 8 |  |  |
| Dumbbell Pullovers | 6 |  | http://www.favao.com/files/favao.com/reverse-lat-closegrip.jpg |
| Dumbbell Pullovers | 12 |  |  |
| Reverse grip Pulldowns | 12 |  |  |

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| --- | --- | --- | --- |
| Triceps Exercises | # of Reps | Weight/Level | http://www.womenshealthmag.com/files/images/0611_dip.jpgNotes for Next Time |
| Bench Dips | ~~12~~  5 |  |  |
| Bench Dips | ~~10~~ 7 |  |  |
| Bench Dips | ~~8~~ 9 |  |  |
| Bench Dips | ~~6~~ 12 |  |  |
| Bench Dips | ~~12~~ 12 |  |  |
| Mule Kicks | 12 |  |  |

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