**March 19, 2015**

**Upper Body**

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| Chest Exercises | # of Reps | Weight/Level | http://www.med-health.net/images/10415710/image004.jpgNotes for Next Time |
| Dumbbell Flies | 12 |  |  |
| Dumbbell Flies | 10 |  |  |
| Dumbbell Flies | 8 |  |  |
| Dumbbell Flies | 6 |  |  |
| Dumbbell Flies | 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 |  | http://build-muscle-101.com/wp-content/uploads/2014/12/BentOverLateralRaise.jpg |
| Seated Dumbbell Press | 6 |  |  |
| Seated Dumbbell Press | 12 |  |  |
| Bent-Over Raises | 12 |  |  |



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| Back Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Wide-Grip Pulldowns | 12 |  |  |
|  Wide-Grip Pulldowns | 10 |  |  |
| Wide-Grip Pulldowns | 8 |  |  |
| Wide-Grip Pulldowns | 6 |  | http://www.womenshealthmag.com/files/images/1006-2pc-workout-dbell-row.jpg |
| Wide-Grip Pulldowns | 12 |  |  |
| Lawn Mower Rows | 12 |  |  |

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| Triceps Exercises | # of Reps | Weight/Level | http://www.bodybuilding.com/fun/images/2012/lying-triceps-extension.jpgNotes for Next Time |
| Lying Dumbbell Ext. | 12  |  |  |
| Lying Dumbbell Ext. | 10  |  |  |
| Lying Dumbbell Ext. | 8  |  | http://www.womenshealthmag.com/files/images/0611_dip.jpg |
| Lying Dumbbell Ext. | 6  |  |  |
| Lying Dumbbell Ext. | 12  |  |  |
| Bench Dips | 12 |  |  |

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| Biceps Exercises | # of Reps | Weight/Level | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS-cVXTBZKyV4WX58NmbH-koJzpHdqXHiHFkbtaUU7kawutII75KQNotes for Next Time |
| Seated Dumbbell Curls | 12 |  | Sit on the ball to work your core |
|  Seated Dumbbell Curls | 10 |  |  |
|  Seated Dumbbell Curls | 8 |  |  |
| Seated Dumbbell Curls | 6 |  | https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcQfz6nQQgVD_LHWW2YUxn8MVa6VewKB5qHTsVF9cadsWxT__bE4mg |
| Seated Dumbbell Curls | 12 |  |  |
|  Hammer Curls | 12 |  |  |