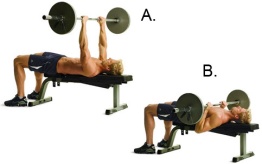
**March 25, 2015**

**Upper Body**

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



|  |  |  |  |
| --- | --- | --- | --- |
| Shoulders Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Kneeling Side Raise | 12 |  |  |
| Kneeling Side Raise | 10 |  |  |
| Kneeling Side Raise | 8 |  | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRTjYb_uo3q90PH8R-DzHBI8hlCQREP4H2mqk8VquRL7xXNw9Ro6g |
| Kneeling Side Raise | 6 |  |  |
| Kneeling Side Raise | 12 |  |  |
| Seated Press | 12 |  |  |



|  |  |  |  |
| --- | --- | --- | --- |
| Back Exercises | # of Reps | Weight/Level | Notes for Next Time |
| Rear Delt Fly | 12 |  | Use the leg extension machine. Sit with your |
| Rear Delt Fly | 10 |  | chest against the back of the chair. |
| Rear Delt Fly | 8 |  | https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRh_BdmZldpUHd0rb7Q1xlcGMvrS2Ab_fxsPjDOQI7BlrH5lNqk |
| Rear Delt Fly | 6 |  |  |
| Rear Delt Fly | 12 |  |  |
| Wide-Grip Pulldowns | 12 |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 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 |  |  |