**Day 9 January 15, 2015**

**Upper Body**

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

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

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

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

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