

DEDICATION

Training Program

Monday

Body Part	Exercise	Sets	Reps
Chest	Bench Press	4	15
	Incline Bench Press	4	15
	Flat Flys	4	12
	Cable Flys	4	15

Traps	Shrugs	4	20
-------	--------	---	----

Abs	Ball Crunches	4	20
-----	---------------	---	----

Calves	Seated Calve Raises	4	15
--------	---------------------	---	----

Tuesday

Body Part	Exercise	Sets	Reps
Back	Lateral Pulled Downs Front	4	15
	Lateral Pulled Downs Reverse	4	15
	Seated Rows	4	12
	T-Bar Rows	4	10
	Hyper Extensions	4	15

Abs	Crunches	4	20
-----	----------	---	----

Calves	Machine Extensions	4	15
--------	--------------------	---	----

Wednesday

Body Part	Exercise	Sets	Reps
Legs	Squats	4	15
	Leg Press	4	15
	Leg Extensions	4	20
	Lunges	4	10
	Hamstring Curles	4	15

Abs	Ball Crunches	4	20
-----	---------------	---	----

Calves	Seated Calve Raises	4	15
--------	---------------------	---	----

Thursday

Body Part	Exercise	Sets	Reps
Shoulders	Side Raises	6	15
	Seated Military Press	4	15
	Bent Over Seated Rows	4	20

Traps	Shrugs	4	20
-------	--------	---	----

Abs	Crunches	4	20
-----	----------	---	----

Calves	Machine Extensions	4	15
--------	--------------------	---	----

Friday

Body Part	Exercise	Sets	Reps
Triceps	Rope Pull Downs	4	20
	EZ Push Downs	4	20
	U Bar Push Downs	4	20
	Machine Dips	4	20
Biceps	Barbell Curls	4	15
	One Arm Curls	4	10
	Machine Preacher Bench Curls	4	15
	Cable Curls	4	15

Abs	Ball Crunches	4	20
-----	---------------	---	----

Calves	Seated Calve Raises	4	15
--------	---------------------	---	----