

EXERCISE	1/7/6 - 1/13/6	1/14/6 - 1/20/6	1/21/6 - 1/27/6	1/28/6 - 2/3/6	2/4/6 - 2/10/6	2/11/6 - 2/17/6	2/18/6 - 2/24/6	2/25/6 - 3/3/6			
incline bench (bb)	115		115	missed							
decline bench (bb)	115			out							
decline bench (db)			47	of	52						
bench press (db)		52		town		57					
dips	body weight										
incline bench (db)	42	42	47	52	54.5	57					
incline flye	20		25		30						
arnold press	30	32.5	35	37.5	37.5						
weighted decline situp	25	25*		25*	25*	25*					
cable crunch	95		115								
seated row (tb)			120	missed	125						
close lat pull down	95	95	120	out	125						
db row	42	47		of							
barbell row	135	95		town							
front lat pull down	95	115	120		125						
seated row close grip			100		105						
pullups											
t-bar row			100		105						
tri pushdown (bar)	65	72.5	75		77.5						
overhead tri x	75	70	75	80	82.5						
lying tri x	60	50	65		67.5						
kickbacks		15				20					
rope pressdown	50	50	45		55						
incline curl	25		27.5	30	32.5						
concentration curl											
db curl	25	27.5	30	32.5	35						
hammer curl		25									
preacher curl	45	50	55	57.5	60						
ez curl	50		52.5	55	60						
leg extensions	100		120		130						
squats	135	185 (sm)	195	200	205###						
swiss ball smith squat					205						
lunges	50		60		65						
vertical leg press	225			250	270						
seated leg press		240	245								
calf raise		270		280							

when failing a set at a lighter weight the lower weight is recorded as that weeks average

adjusting weight plate higher up body each session\*

### switched to swiss ball smith squats

