We motivate and inspire our clients to reach new levels of persoal and professional excellence!

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NAME:

Weights are to be done 2-3 days per week. Choose 2 body parts.

Weight Training		Dates									
(L) **Quads / Glutes**											
❑ Leg Press	❑ Lunge										
❑ Squat	❑ Leg Extension										
(L) **Hamstrings**											
❑ Leg Curl	❑ Straight-leg Deadlift										
❑ Straight Leg Dip	❑										
(L) **Calves**											
❑ Calf Raise	❑ Single Leg Calf Raise										
❑ Calf Press	❑										
(U) **Chest**											
❑ Bench Press	❑ Chest Fly										
❑ Chest Press	❑										
(U) **Back**											
❑ Low Row	❑ Bent Over Fly										
❑ Lat. Pulldown	❑										
(U) **Shoulders**											
❑ Front Raise	❑ Shoulder Press										
❑ Lateral Raise	❑ Upright Row										
(U) **Triceps**											
❑ Lying Skull Crusher	❑ Pushdown										
❑ Seated Triceps Ext.	❑ Dips										
(U) **Biceps**											
❑ Concentration Curl	❑ Incline Curl										
❑ Hammer Curl	❑										
(L) **Lower Back**											
❑ Back Extension	❑ Planks										
❑ Good Mornings	❑										
(L) **Abs**											
❑ Crunch	❑ Leg / Hip Raise										
❑ Oblique Crunch	❑										