	Quads, Calves, Lats	Date:					Date:					Date:					Date:				
Monday	Squats																				
	12, 10, 8, 6																				
	45° leg press																				
	10, 8, 6, 4																				
	Sissy squats (superset ^)																				
	12 - 15																				
	Leg extension																				
	12, 10, 8, 6																				
	Seated calf raises																				
	15, 12, 10, 8																				
	Lat pulldowns																				
	15, 12, 10, 8																				
	DB pullovers																				
	15, 12, 10, 8																				
	Close-grip pulldowns																				
	15, 12, 10, 8																				
	Delts, Traps, Tris	**Date:**					**Date:**					**Date:**					**Date:**				
Tuesday	Seated BB military press																				
	12, 10, 8, 6																				
	Cable side raises																				
	15, 12, 10, 8																				
	DB side raises - incline bench																				
	15, 12, 10, 8																				
	Reverse flyes																				
	15, 12, 10, 8																				
	Shrugs																				
	12, 10, 8, 6																				
	Close grip bench																				
	12, 10, 8, 6																				
	Overhead cable extensions																				
	15, 12, 10, 8																				
	Kickbacks																				
	15, 12, 10, 8																				

	Hamstrings, lower back	Date:					Date:					Date:					Date:				
Thursday	Lying leg curl																				
	12, 10, 8, 6																				
	Seated leg curls																				
	12, 10, 8, 6																				
	Broomstick curls																				
	12 - 15																				
	Cable row																				
	10, 8, 6, 4																				
	15, 12, 10, 8																				
	Deadlift																				
	12, 10, 8, 6																				
	Hyper extensions																				
	12 - 15																				
	Chest, Biceps, Abs	**Date:**					**Date:**					**Date:**					**Date:**				
Friday	Incline DB press																				
	12, 10, 8, 6																				
	Flat DB press																				
	12, 10, 8, 6																				
	Incline DB flyes																				
	15, 12, 10, 8																				
	BB / EZ bar bicep curls																				
	12, 10, 8, 6																				
	Preacher DB curl																				
	12, 10, 8, 6																				
	Cable "double bicep" curl																				
	15, 12, 10, 8																				
	Leg raises																				
	12 - 15																				
	Crunches - machine																				
	12 - 15																				