

Day 1	Day 2	Day 3
<p align="center"><b>(HEAVY - Low Reps)</b></p> <p><b>Triceps:</b> Overhead Dumbbell Extension ( 10-8-8 ) Bench Dips ( 10-10-10-10 ) Cable Pushdowns ( <b>V-Bar</b> ) ( 10-8-8 ) Dumbbell Kick Backs ( 10-10-8 )</p> <p><b>Biceps:</b> Standing Dumbbell Curls ( 10-8-8 ) Smith Machine Hanging Curls ( 10-10-10-10 ) One Arm Dumbbell Curls On Incline ( 10-8-8 ) Side Hammer Curls ( 10-10-8 )</p> <p><b>Forearms:</b> Machine ( 15 reps / 30 reps ) 3 Sets Machine Behind the Back ( 15 reps / 30 reps ) 3 Sets</p>	<p><b>Legs:</b> Wide Squat Hack Squat Machine Presses Standing Curls Lying Curls Leg Extensions</p> <p><b>Calves:</b> Free Weight Machine Seated Machine</p> <p><b>Abs:</b> Upside Down Crunches } <b>SUPERSET</b> Machine Crunches }  Hanging Knee Raises } <b>SUPERSET</b> Seated Leg Kicks }</p>	<p align="center"><b>OFF</b></p> <p align="center"><b>STRETCHING / CARDIO</b></p>

Day 4	Day 5	Day 6
<p><b>Chest:</b> Incline Barbell Press Incline Machine Press Dumbbell Bench Press Seated Machine Press E Z Bar Pull-Over's ( Wide Grip ) Cable Cross-over's</p> <p><b>Abs:</b> Upside Down Crunches } <b>SUPERSET</b> Machine Crunches }  Hanging Knee Raises } <b>SUPERSET</b> Seated Leg Kicks }</p>	<p><b>Back:</b> Pull-Ups ( Wide Grip ) Chin-Ups Reverse Fly's ( Hammer Machine ) Seated One Arm Alternating Rows ( Twisting Grip Machine ) Seated Rows ( Machine ) Bent Over Rows ( E Z Curl Bar - Reverse Grip ) Back Arches</p> <p><b>Traps:</b> Front Shrugs ( Smith Machine ) Rear Shrugs ( Smith Machine )</p>	<p><b>Shoulders:</b> Dumbbell Seated Presses Front Standing Press ( Machine ) Rear Standing Press ( Smith Machine ) Dumbbell Lateral Raises Dumbbell Front Raises Incline Reverse Fly's</p> <p><b>Abs:</b> Upside Down Crunches } <b>SUPERSET</b> Machine Crunches }  Hanging Knee Raises } <b>SUPERSET</b> Seated Leg Kicks }</p> <p align="center"><b>LIGHT - High Reps</b></p> <p><b>Arms:</b> Seated Over Head Cable Extensions } <b>SUPERSET</b> Seated Cable Curls }  Standing Cable Pushdowns } <b>SUPERSET</b> Standing Cable Curls }  Cable Kick Backs } <b>SUPERSET</b> Cable Groove }</p>

Day 7
<p align="center"><b>OFF</b></p> <p align="center"><b>STRETCHING / CARDIO</b></p>