

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

Day 4	Day 5	Day 6
<p>Chest: 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>Abs: Upside Down Crunches } SUPERSET Machine Crunches Hanging Knee Raises } SUPERSET Seated Leg Kicks</p>	<p>Back: 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>Traps: Front Shrugs (Smith Machine) Rear Shrugs (Smith Machine)</p>	<p>Shoulders: Dumbbell Seated Presses Front Standing Press (Machine) Rear Standing Press (Smith Machine) Dumbbell Lateral Raises Dumbbell Front Raises Incline Reverse Fly's</p> <p>Abs: Upside Down Crunches } SUPERSET Machine Crunches Hanging Knee Raises } SUPERSET Seated Leg Kicks</p> <p>LIGHT - High Reps</p> <p>Arms: Seated Over Head Cable Extensions } SUPERSET Seated Cable Curls Standing Cable Pushdowns } SUPERSET Standing Cable Curls Cable Kick Backs } SUPERSET Cable Groove</p>

Day 7
<p>OFF</p> <p>STRETCHING / CARDIO</p>