EXERCISE	WT	REPS
UPPER BODY		
A7. Curl:		
Reverse Curl:		
A5. Lat Pulldown:		
Chinups:		
A6. Triceps Extn:		
Supine Tricps:		
Militry Press:		
Press bh Neck:		
A1. Bench Press:		
Incline Press:		
Decline Press:		
Parallel Dip:		
Seated Rowing:		
A2. Upright Row:		
A3. Bent-over Row:		
Shouldr Shrug:		

EXERCISE	WT	REPS
Pullover:		
A8. Bentover Lat:		
(Reverse Fly)		
Lateral Raise:		
Forward Raise:		
Cable Cross:		
(Fly)		
Power Clean:		
Dead Clean:		
LOWER BACK & LEG		
B2. Leg Abduction:		
B6. Leg Adduction:		
Stiffleg Dead:		
Good Morning:		
B5. Back Hyperext:		
Dead Lift:		
Squat:		
Front Squat:		
B1. Hack Squat:		
Leg Press:		
Leg Extension:		

EXERCISE	WT	REPS
Leg Curl:		
Toe Raise:		
(Seat/		
B3. Stand)		
Ankle Flexion:		
ABDOMINAL & OTHER		
Hip Extension:		
Leg Raise:		
(Supine/		
Vert		
A0. Situp:		
B0.		
A4. Crunch:		
B4.		
Side Bend:		
Side Crunch:		
Twist:		
Bentover Twst:		
B7. Wrist Extensn:		
B7. Wrist Curl:		
B8. Neck Extensn:		
B8. Neck Flexion:		

John Rupley
Date:_____