

**Split Session
Kelly Coffey Meyer
Workout 1**

Date: _____

Notes: _____

Exercise	1st Set	2nd Set
Rows Bench Press		
Reverse Fly Chest Fly		
Good Morning Push Ups		
Hammer Curls Kickbacks		
Slow Front Curls Overhead Extensions		
Seated Side Curls Dips		
Lateral Raises Weighted Side Bends		
Single Overhead Press Weighted Twisted Crunch		
Upright Rows Weighted Knee Crunch		