

	Suggested		Actual Reps	
Exercise	Weights	Reps	& Weights	Notes
Shoulders				
Front raise, pull back	Advanced 10 Intermediate 7 Beginner 5	16		
Single bent over lateral raise	Advanced 10 Intermediate 7 Beginner 5	16 per side		
Legs				
Knee Lunge	Advanced 15 Intermediate 10 Beginner 7	8 per side		
Shoulders				
Front raise, pull back	Advanced 10 Intermediate 7 Beginner 5	16		
Single bent over lateral raise	Advanced 10 Intermediate 7 Beginner 5	16 per side		
Biceps				
Power hammer squats	Advanced 15 Intermediate 10 Beginner 7	16		
Concentration curls	Advanced 15 Intermediate 10 Beginner 7	16 per side		
Biceps				
Power hammer squats	Advanced 15 Intermediate 10 Beginner 7	16		
Concentration curls	Advanced 15 Intermediate 10 Beginner 7	16 per side		
Back				
Overhead Dumbell pull downs	Advanced 12 Intermediate 7 Beginner 5	8 per side 2 sets		
Single pulse rows	Advanced 15 Intermediate 10 Beginner 7	16		

Legs				
Single leg & deadlift squat	Advanced 15 Intermediate 10 Beginner 7	8/8/8		
Back				
Overhead dumbell pull downs	Advanced 15 Intermediate 10 Beginner 7	8 per side 2 sets		
Single pulse rows	Advanced 15 Intermediate 10 Beginner 7	16		
Triceps				
Dip & reach		24		
90 degree rotation extentions	Advanced 12 Intermediate 7 Beginner 5	8/8		
Legs & lower abs Seated tucks & abductors		***************************************		
Triceps				
Dip & reach		24		
90 degree rotation extentions	Advanced 12 Intermediate 7 Beginner 5	8/8		
Chest				
Wide Bench Press	Advanced 15 Intermediate 10 Beginner 7	8		
Alternating Press	Advanced 15 Intermediate 10 Beginner 7	8		
Hamstrings & glutes				
Bridges				
Chest				
Wide Bench Press	Advanced 15 Intermediate 10 Beginner 7	. 8		
Alternating Press	Advanced 15 Intermediate 10 Beginner 7	8		



# Workout #2

Exercise	Suggested Weights	Reps	Actual Reps & Weights	Notes
Shoulders				
Scarecrow & upright row	Advanced 10 Intermediate 7 Beginner 5	8/8		
Dumbell press w/ Reverse Lunge	Advanced 10 Intermediate 7 Beginner 5	8 per side		
Legs				
Wide deadlift & squat up	Advanced 15 Intermediate 10 Beginner 7	8		
Shoulders				
Scarecrow & upright row	Advanced 10 Intermediate 7 Beginner 5	8/8		
Dumbell press w/ Reverse Lunge	Advanced 10 Intermediate 7 Beginner 5	8 per side		
Biceps				
Static curl	Advanced 15 Intermediate 10 Beginner 7	16		
Hammer	Advanced 15 Intermediate 10 Beginner 7	8 per side		
Weighted leg	Advanced 20 Intermediate 10 Beginner 7	8 per side		
Biceps				
Static curl	Advanced 15 Intermediate 10 Beginner 7	16		
Hammer	Advanced 15 Intermediate 10 Beginner 7	8 per side		
Back				
Single Row Rotation	Advanced 15 Intermediate 10 Beginner 7	16 per side		
Plie' with rows	Advanced 12 Intermediate 7 Beginner 5	16		

Back			
Single Row Rotation	Advanced 15 Intermediate 10 Beginner 7	16 per side	
Plie' with rows	Advanced 15 Intermediate 10 Beginner 7	16	
Triceps			
Cross extention & scull crush	Advanced 12 Intermediate 7 Beginner 5	8/8	
Seated pulse back	Advanced 12 Intermediate 7 Beginner 5	8 per side	
Triceps			
Cross extention & scull crush	Advanced 12 Intermediate 7 Beginner 5	8/8	
Seated pulse back	Advanced 12 Intermediate 7 Beginner 5	8	
Chest			
Angle Flies	Advanced 15 Intermediate 10 Beginner 7	16	
Dumbell rotations	Advanced 15 Intermediate 10 Beginner 7	16	
Hamstrings & glutes			
Bridges			
Chest			W 11 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Angle Flies	Advanced 15 Intermediate 10 Beginner 7	16	
Dumbell rotations	Advanced 15 Intermediate 10 Beginner 7	16	



# **Full Body Compilation**

		Suggested		Actual Reps	
Exercise		Weights	Reps	& Weights	Notes
Chest	2 Sets		Market Company		
Wide Bench		Advanced 15 Intermediate 10 Beginner 7	8		
Alternating pump press		Advanced 15 Intermediate 10 Beginner 7	8		
Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbell Rotation		Advanced 15 Intermediate 10 Beginner 7	8		
Legs	1 Set				
Knee lunge		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Single deadlift & squats		Advanced 15 Intermediate 10 Beginner 7	8 per side		
Back	2 Sets				
Overhead dumbell pull downs		Advanced 12 Intermediate 7 Beginner 5	8 per side		
Pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back		Advanced 15 Intermediate 10 Beginner 7	16		
Legs					
Wide deadlift & squat up		Advanced 15 Intermediate 10 Beginner 7	8		
Weighted knee		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Shoulders	2 Sets				
Front & side raises		Advanced 10 Intermediate 7 Beginner 5	16		

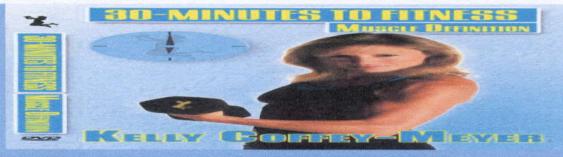
Single bent				T	<del></del>	
over lateral		Advanced 10 Intermediate 7	16 per side			
raise		Beginner 5	10 per side			
		Advanced 10				
Scarecrow,		Intermediate 7	8/8			
upright		Beginner 5				
		Advanced 10				
Reverse lunge		Intermediate 7	8 per side			
with press		Beginner 5				
	1 Short set					
Legs Seated Tuck &	1 Snort set					
adducters						
Single leg		<del> </del>		-		
bridges						
	1 Sets					
Biceps	1 Sets	Advanced 15				
Squat with		Intermediate 10	16			
Hammer		Beginner 7	10			
		Advanced 15		1		
Concentration		Intermediate 10	16 per side			
Curis		Beginner 7				
Back Insert	1 set					
		Advanced 15				
D		Intermediate 10	16 per side			
Rotation row		Beginner 7 Advanced 15				
		Intermediate 10	16 per side			
Plie' row		Beginner 7	10 per side			
Biceps	1 Set					
		Advanced 15				
Squat with		Intermediate 10	16			
Hammer		Beginner 7				
Concentration		Advanced 15 Intermediate 10				
Curls		Beginner 7	16 per side			
Bushaman		Advanced 15		-	-	
		Intermediate 10	16			
Curl & long curl		Beginner 7				
Hammer		Advanced 15				
Hammer across		Intermediate 10	8 per side			
body		Beginner 7				
Legs & Glutes	1 set					
Seated leg lifts						
Seated leg ints		Advanced 15	-	-		
Weighted		Intermediate 10				
bridges		Beginner 7			100	
Triceps	2 Sets		Service desired	Salar Salar		
Dips			24			
		Advanced 12		-		
90% rotation &		Intermediate 7	8&8			
extentions		Beginner 5				
Cross		Advanced 12			1	
Extentions &		Intermediate 7	8 & 8 per side			
scull crushers		Beginner 5				
Satraight sem		Advanced 12				
Satraight arm lift backs		Intermediate 7	8 per side			
int backs		Beginner 5				



# NYC 2

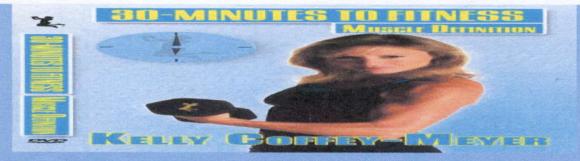
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Exercise	Suggested Weights	Reps	Actual Reps & Weights	Notes
Chest				
Wide Bench	Advanced 15 Intermediate 10 Beginner 7	8		
Alternating pump press	Advanced 15 Intermediate 10 Beginner 7	8		
Flies	Advanced 15 Intermediate 10 Beginner 7	16		
Dumbell Rotation	Advanced 15 Intermediate 10 Beginner 7	16		
Legs & glutes				
Single leg bridges				
Repeat chest				
Legs & glutes				
Weighted bridges	Advanced 15 Intermediate 10 Beginner 7			
Back		STATE OF THE PARTY		
Overhead dumbell pull downs	Advanced 12 Intermediate7 Beginner 5	16 per side		
Pulse rows	Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations	Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back	Advanced 15 Intermediate 10 Beginner 7	16		
Legs				
Split deadlift &	Advanced 15 Intermediate 10 Beginner 7	8 per side		
Repeat back				
Legs		No. of Lot	ALCOHOLD STREET	
Knee lunge	Advanced 15 Intermediate 10 Beginner 7	8 per side		

Shoulders					
Front & side raises	Advance Intermed Beginner	diate 7	16		
Bent over lateral raise	Advance Intermed Beginner	diate 7 16	per side		
Scarecrow, upright	Advance Intermed Beginner	diate 7	8 & 8		
Reverse lunge with press	Advance Intermed Beginner	diate 7 8	per side		
Legs					
Wide dead lift & squat up	Advance Intermed Beginner	diate 10	8		
Repeat Shoulders					
Biceps					
Squat with Hammer	Advance Intermed Beginner	diate 10 r 7	16		
Concentration Curls	Advance Intermed Beginner	diate 10 16	per side		
Curl & long curl	Advance Interme Beginne	diate 10 r 7	16		
Hammer across body	Advance Intermed Beginne	diate 10 8	per side		
Legs					
Weighted knee lifts	Advance Interme Beginne	diate 10			
Repeat biceps					
Triceps	BENEFIT PROM				
Dips			24		
90% rotation & extentions	Advance Intermed Beginne	diate 7	8 & 8		
Cross Extentions & scull crushers	Advance Intermed Beginne	diate 7 8 &	8 per side		
Satraight arm lift backs	Advance Interme Beginne	diate 7 8	per side		
Legs & lower abs Knee Tucks &					
abductors					
Repeat triceps Legs & lower					
abs Alternating leg					
lifts Abs					
Branch and Company				 	



# Shoulders, Bi's, Tri's

	Suggested		Actual Reps	
Exercise	Weights	Reps	& Weights	Notes
Shoulders				
Front & side raises	Advanced 10 Intermediate 7 Beginner 5	16		
Bent over lateral raise	Advanced 10 Intermediate 7 Beginner 5	16 per side		
Scarecrow, upright	Advanced 10 Intermediate 7 Beginner 5	8&8		
Reverse lunge with press	Advanced 10 Intermediate 7 Beginner 5	8 per side		
Repeat Shoulders				
Biceps				
Squat with Hammer	Advanced 15 Intermediate 10 Beginner 7	16		
Concentration Curls	Advanced 15 Intermediate 10 Beginner 7	16 per side		
Curl & long curl	Advanced 15 Intermediate 10 Beginner 7	16		
Hammer across body	Advanced 15 Intermediate 10 Beginner 7	8 per side		
Repeat biceps				
Triceps				
Dips		24		
90% rotation & extentions	Advanced 12 Intermediate 7 Beginner 5	8&8		
Cross Extentions & scull crushers	Advanced 12 Intermediate 7 Beginner 5	8 & 8 per side		
Satraight arm lift backs	Advanced 12 Intermediate 7 Beginner 5	8 per side		
Repeat triceps				
Abs				



#### Back & Chest

Back & Chest					
Exercise		Suggested Weights	Reps	Actual Reps & Weights	Notes
Back					
Overhead dumbell pull downs	2 sets	Advanced 12 Intermediate7 Beginner 5	8 per side		
Pulse rows		Advanced 15 Intermediate 10 Beginner 7	16		
Row rotations		Advanced 15 Intermediate 10 Beginner 7	16 per side		
Pies' & pull back		Advanced 15 Intermediate 10 Beginner 7	16		
Repeat Back					
Chest					
Wide Bench		Advanced 15 Intermediate 10 Beginner 7	8		
Alternative pump press		Advanced 15 Intermediate 10 Beginner 7	8		
Flies		Advanced 15 Intermediate 10 Beginner 7	16		
Dumbell Rotation		Advanced 15 Intermediate 10 Beginner 7	16		
Reapeat Chest					
Abs					