

Monday "Heavy" Upper							
Date							
Exercise							
SS	Bench Press	5 x 5	/	/	/	/	/
	Weighted Chin		/	/	/	/	/
SS	Overhead Press	4 x 6	/	/	/	/	/
	Row		/	/	/	/	/
	Shrugs	x 10-15	/	/	/	/	/
	Front Neck		/	/	/	/	/
	Shrug		/	/	/	/	/
	Back Neck		/	/	/	/	/
	Rt/Lt Neck		/	/	/	/	/
	Shoulder Ext. Rot.	x 15	/	/	/	/	/
	Gripper	x 10-15	/	/	/	/	/
Tuesday "Heavy" Lower							
Date							
Exercise							
	Squat	5 x 5	/	/	/	/	/
SS	Glute/Ham Raise	3 x 6	/	/	/	/	/
	Glute Bridge		/	/	/	/	/
SS	DB SL Squat	2 x 10-15	/	/	/	/	/
	Hip Flexion		/	/	/	/	/
GS	Calf Raise	x 15-20	/	/	/	/	/
	Hanging Leg Raise	x Max	/	/	/	/	/
	Plank Marches		/	/	/	/	/

Notes:

