

STRENGTH DEVELOPMENT

20	ABS AND SHOULDERS	REPS	DATE OF ACTIVITY							
	SIT UPS (BICYCLES)	2 X 20								
	ABDOMINAL KNEE LIFTS	2 X 20								
	CABLE TWIST HI/LOW & LOW/HI (TUBE/CABLE/DB)	2 X 8								
	SINGLE ARM EXTENSION (TUBE/DB/BAR) ELBOW IN	2 X 8								
	SINGLE ARM FACE PULLS (TUBE/CABLE/DB)	2 X 8								
	SINGLE ARM FRONT & SIDE RAISES	2 X 8								
20	BACK AND BICEPS	REPS	DATE OF ACTIVITY							
	BODY ROWS (ALTERNATE GRIP)	3 X 6								
	LAT PULL DOWNS	8 - 6 - 6								
	SINGLE ARM DUMBBELL ROWS	8 - 6 - 6								
	HAMMER CURL	8 - 6 - 6								
	NO ROTATION DUMBBELL CURL	8 - 6 - 6								
	REVERSE CURL	8 - 6 - 6								
20	TRICEPS AND CHEST	REPS	DATE OF ACTIVITY							
	TRICEP EXTENSION	8 - 6 - 6								
	BAR DIP	8 - 6 - 6								
	MOVING CLOSE GRIP PUSH UPS	2 X 10								
	SINGLE ARM DB CHEST PRESS (EXT)	8 - 6 - 6								
	DUMBBELL FLIES	2 X 10								
	SINGLE ARM DB INCLINE CHEST PRESS (EXT)	8 - 6 - 6								
20	LEGS	REPS	DATE OF ACTIVITY							
	SQUAT OR HIP THRUSTS	8 - 8 - 6								
	DUMBBELL SIDE LUNGE	8 - 8 - 6								
	HAMSTRING FALLS	8 - 8 - 6								
	REVERSE LUNGE	8 - 8 - 6								
	FARMERS CARRY	4 @ 30YD								
	THREE POSITION CALF RAISES	8 - 8 - 6								