

November

Monday	Sets	Reps	Weight	Weight	Weight	Weight
Leg Press	3	15				
Step Ups	2	15				
Circuit: Hip Abduction	2	15				
Hip Adduction	2	15				
Leg Curls	2	15				
Leg Extensions	2	15				
Calf Raises	2	15				
Gripper	3	15-20				
Tuesday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	3	12				
DB Rows	2	12				
DB Bench	3	12				
DB Incline Bench	2	12				
Circuit: Upright Rows	2	12				
Shrugs	2	12				
Circuit: Post Delts	2	12				
Anterior Raises	2	12				
Lateral Raises	2	12				
Circuit: Tricep Extensions	2	12				
Bar Curls	2	12				
Circuit: Tricep Pushdowns	2	12				
DB Curls	2	12				
Reverse Curls	2	12				
Thursday	Sets	Reps	Weight	Weight	Weight	Weight
Leg Press	3	15				
Walking Lunges	2	15 steps				
Circuit: Hip Abduction	2	15				
Hip Adduction	2	15				
Leg Curls	2	15				
Leg Extensions	2	15				
Calf Raises	2	15				
Gripper	3	15-20				
Friday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	3	12				
Reverse Pulldowns	2	12				
DB Bench	3	12				
DB Incline Bench	2	12				
Circuit: Upright Rows	2	12				
Shrugs	2	12				
Circuit: Post Delts	2	12				
Anterior Raises	2	12				
Lateral Raises	2	12				
Circuit: DB Tricep Kickbacks	2	12				
Bar Curls	2	12				
Circuit: Tricep Kickbacks	2	12				
DB Curls	2	12				
Wrist Rollers	2	5 to 10				

December

Monday	Sets	Reps	Weight	Weight	Weight	Weight
Leg Press	3	10				
Shuffle Touch	3	10 steps				
Single Leg Squats	3	10				
Circuit: Hip Abduction	2	10				
Hip Adduction	2	10				
Leg Curls	2	10				
Leg Extensions	2	10				
Calf Raises	2	10				
Gripper	3	12				
Tuesday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	3	10				
DB Rows	3	10				
DB Bench	3	10				
DB Incline Bench	3	10				
Circuit: Upright Rows	2	10				
Shrugs	2	10				
Circuit: Post Delts	2	10				
Anterior Raises	2	10				
Lateral Raises	2	10				
Tricep Extensions	3	10				
Tricep Pushdowns	3	10				
Bar Curls	3	10				
DB Curls	3	10				
Forearm Extensions	3	12				
Forearm Flexion	3	12				
Thursday	Sets	Reps	Weight	Weight	Weight	Weight
Single Leg Press	3	10				
Shuffle	3	10 steps				
Walking Lunges	3	10				
Circuit: Hip Abduction	2	10				
Hip Adduction	2	10				
Leg Curls	2	10				
Leg Extensions	2	10				
Calf Raises	2	10				
Gripper	3	12				
Friday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	3	10				
Close Grip Pulldowns	3	10				
DB Bench	3	10				
DB Incline Bench	3	10				
Circuit: Upright Rows	2	10				
Shrugs	2	10				
Circuit: Post Delts	2	10				
Anterior Raises	2	10				
Lateral Raises	2	10				
DB Tricep Extensions	3	10				
Tricep Rope Pushdowns	3	10				
Bar Curls	3	10				
DB Curls	3	12				
Wrist Rollers	3	12				
Reverse Curls	3	12				

January

Monday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	2	45 sec				
Leg Press	4	8				
Shuffle Touch	3	10 steps				
Leg Curls	2	8				
Leg Extensions	2	8				
Calf Raises	2	8				
Gripper	3	10				
Tuesday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	4	8				
DB Rows	4	8				
DB Bench	3	8				
DB Incline Bench	3	8				
Circuit: Upright Rows	2	8				
Shrugs	2	8				
Circuit: Post Delts	2	8				
Anterior Raises	2	8				
Lateral Raises	2	8				
Tricep Extensions	3	8				
Bar Curls	3	8				
Tricep Pulldowns	3	8				
DB Curls	3	8				
Wrist Rollers	3	10-15				
Thursday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	2	45 sec				
Leg Press	4	8				
Walking Lunges	3	10 steps				
Leg Curls	2	8				
Leg Extensions	2	8				
Calf Raises	2	8				
Gripper	3	10				
Friday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	4	8				
Reverse Pulldowns	4	8				
DB Bench	3	8				
DB Incline Bench	3	8				
Circuit: Upright Rows	2	8				
Shrugs	2	8				
Circuit: Post Delts	2	8				
Anterior Raises	2	8				
Lateral Raises	2	8				
Tricep Extensions	3	8				
Bar Curls	3	8				
Tricep Rope Pulldowns	3	8				
DB Curls	3	8				
Reverse Curls	3	10				

February

Monday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	3	30 sec				
Leg Press	5	5				
Single Leg Squats	2	8				
Leg Curls	2	8				
Leg Extensions	2	8				
Calf Raises	2	8				
Gripper	3	10				
Tuesday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	4	6				
DB Rows	4	6				
DB Bench	3	6				
DB Incline Bench	3	6				
Circuit: Upright Rows	2	8				
Shrugs	2	8				
Circuit: Post Delts	2	8				
Anterior Raises	2	8				
Lateral Raises	2	8				
Tricep Extensions	3	8				
Bar Curls	3	8				
Circuit: Tricep Pulldowns	3	8				
DB Curls	3	8				
Wrist Rollers	3	10-12				
Thursday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	3	30 sec				
Leg Press	5	5				
Walking Lunges	2	10 steps				
Leg Curls	2	8				
Leg Extensions	2	8				
Calf Raises	2	8				
Gripper	3	10				
Friday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	4	6				
Close Grip Pulldowns	4	6				
DB Bench	3	6				
DB Incline Bench	3	6				
Circuit: Upright Rows	2	8				
Shrugs	2	8				
Circuit: Post Delts	2	8				
Anterior Raises	2	8				
Lateral Raises	2	8				
DB Tricep Extensions	3	8				
Bar Curls	3	8				
Circuit: Tricep Rope Pushdowns	3	8				
DB Curls	3	8				
Reverse Curls	3	10				

March

Monday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	2	30 sec				
Leg Press	2	10				
Leg Curls	2	10				
Leg Extensions	2	10				
Calf Raises	2	10				
Tuesday	Sets	Reps	Weight	Weight	Weight	Weight
Pulldowns Front	2	10				
DB Bench	2	10				
Upright Rows	2	10				
Shrugs	2	10				
Circuit: Post Delts	2	10				
Anterior Raises	2	10				
Lateral Raises	2	10				
Tricep Extensions	2	10				
Bar Curls	2	10				
Wrist Rollers	2	10				
Thursday	Sets	Reps	Weight	Weight	Weight	Weight
Slide Board	2	30 sec				
Single Leg Press	2	10				
Leg Curls	2	10				
Leg Extensions	2	10				
Calf Raises	2	10				
Friday	Sets	Reps	Weight	Weight	Weight	Weight
DB Row	2	10				
DB Incline Bench	2	10				
Upright Rows	2	10				
Shrugs	2	10				
Circuit: Post Delts	2	10				
Anterior Raises	2	10				
Lateral Raises	2	10				
Tricep Pushdowns	2	10				
DB Curls	2	10				
Reverse Curls	2	10				