

Name: _____

WEEK 8

DAY 1	wt	wt	wt	DAY 2	wt	wt	wt	DAY 3	wt	wt	wt
FLAT BENCH FLY				SUPINE CURL				HANGING SQUAT			
BENT OVER ROW				SKULL CRUSHER				FRONT LOADED SQUAT			
FLAT ROTATING PRESS				HAMMER CURL				BENCH STEP UPS			
INCLINE SUPINATED SINGLE ROW				ISO CRUSHER TRICEP				WIDE LEG DEADLIFT			
INCLINE ROTATING PRESS				WIDE CURL				SINGLE LEG DEADLIFT			
WIDE RAISE				TRICEP PRESS				STATIC LUNGE			
INCLINE NEUTRAL PRESS				STANDING ROTATING CURL				BRIDGE (FEET ON BENCH)			
FLAT BENCH PULLOVER				KICKBACK				BULGARIAN SPLIT SQUAT			
FRONT RAISE				UPRIGHT ROW				OVERHEAD PRESS			
LATERAL RAISE				STANDING HIGH PULL				DUMBBELL PEC DECK			

Excercises are supersets OF 12 REPS each exercise. 30-45 second break between each superset. Dumbbells are preferred.