

	A	B	C	D	E	F	G
1	Weight Workout Date						Notes Day 1
2	Cardio						
3	Alternating DB Press						Press DB up with Right then Left, do 30 per side
4	Push Ups						Regular or Sissy, do as many as you can up to 100
5	DB Pullovers						Lay on bench let DB drop below head pullover to center of chest repeat 30 times
6	Stretch						
7							
8	Weight Workout Date						Notes Day 2
9	Cardio						
10	Inline Crunches						Hold Weight in front and crunch upward do 30
11	Lying Side Oblique Twists						Lie on side with shoulders on mat, put hand behind head twist shoulder up from mat twisting obliques. 30 per side
12	Fingers to Heels						Lie flat bending legs upright, touch backs of heels with finger tips, right then left 50 per side
13	Stretch						
14							
15	Weight Workout Date						Notes Day 3
16	Cardio						
17	Reverse Lunges						Reverse Lunge
18	Sumo Squats						Wide stance grip bar in center lift to waist 30
19	Pile Squat w/Pass thru						Pile Squat passing DB thru legs. 30
20	Stretch						
21							

	A	B	C	D	E	F	G
22	Weight Workout Date						Notes Day 4
	Cardio						
23							
24	Skull Crushers						Curl Bar laying flat on bench use forearms only to lift and lower bar to forehead
	DB concentration Curls						Hold DB in one hand on inside of leg concentrate on the curl squeezing at top
25							
26	Reverse 21's						7-7-7 reverse curls 7 from bottom to center, 7 from center to top, 7 total distance bottom to top
	Stretch						
27							
28							
29	Weight Workout Date						Notes Day 5
	Cardio						
30							
31	Bent over rows						Bend over and pull curl bar up to chest
	Good Mornings						Use Broom stick or similar and bend forward pushing your butt out
32							
33	DB Shrugs						Hold DB's in each hand and shrug shoulders
	Stretch						
34							
35							
36	End						
	Cardio Only						
37							
	Cardio						
38							
	Cardio						
39							
40	Extra Junk						