LEGS: GLUTES / THIGHS - 22  Full Squat
(Power Squat Machine)

Back straight, head up, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.

Do 3 sets. Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 20  Leg Press: Incline (Machine)

Press forward until legs are just short of locked knee position.

Do 3 sets. Complete 12 repetitions.

LEGS: CALVES - 5  Heel Raise: Sitting (Machine)

Weight on lower thighs, rise up on toes as high as possible.

Do 3 sets. Complete 12 repetitions.

SHOULDERS - 2  Press: Sitting (Dumbbell)

Palms in, press to straight arms, rotating to palms forward at end of movement.

Do 3 sets. Complete 12 repetitions.

SHOULDERS - 14  Lateral Deltoid Raise: Standing (Dumbbell)

Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do 3 sets. Complete 12 repetitions.

SHOULDERS - 21  Rear Deltoid Fly (Machine)

Upper body firmly against pad, rotate arms backward as far as possible.

Do 3 sets. Complete 12 repetitions.
CHEST - 40  Bench Press (Machine)
Press to straight arms.
Do ___ sets. Complete ___ repetitions.

CHEST - 52  Fly (Machine)
Bring handles together, keeping elbows slightly bent.
Do ___ sets. Complete ___ repetitions.

CHEST - 41  Bench Press: Incline (Machine)
Press to straight arms.
Do ___ sets. Complete ___ repetitions.

ARMS: TRICEPS - 18  Extension: Standing (Cable)
Knees slightly bent, straighten arms, keeping upper arms close to sides of body.
Do ___ sets.
Complete ___ repetitions.

ARMS: TRICEPS - 5  Extension: Standing (Dumbbell)
Knees slightly bent, straighten arms, keeping upper arms close to sides of head.
Do ___ sets.
Complete ___ repetitions.

ARMS: TRICEPS - 32  Dip (Bench)
Body almost to floor, elbows close to sides, press upward until arms are straight.
Do ___ sets. Complete ___ repetitions.
BACK: LATS - 12 Pull-Down: 45° Angle (Cable)

Leaning back slightly, pull bar to upper chest.
Do __3__ sets. Complete __12__ repetitions.

BACK: LATS - 20 Row (V-Bar, Cable)

Torso erect, pull bar to chest.
Do __3__ sets.
Complete __12__ repetitions.

BACK: LOW - 10 Extension: Incline

Bent at hips, back straight, hands crossed on chest, raise torso until in line with legs.

Do __3__ sets.
Complete __12__ repetitions.

ARMS: BICEPS - 10 Curl: Sitting Incline, Alternating (Dumbbell)

Hold weights at sides, palms in. Curl arm toward shoulder, rotating to palm up while beginning curl. Alternate arms.

Do __3__ sets.
Complete __12__ repetitions.

ARMS: BICEPS - 10 Curl: Standing Medium Reverse Grip (Barbell)

Knees slightly bent, using medium reverse grip, curl arms toward shoulders.

Do __3__ sets.
Complete __12__ repetitions.