

<b>Arms</b>	<b>%1RM/Reps-Sets</b>	<b>1RM</b>	<b>Load</b>	<b>Weight</b>	<b>Finish?</b>	
					Jan 1	Odd
Skull Crushers	75/8-4	60	1440	45		
Barbell Military	75/8-4	180	4320	135		
Standing Barbell Curls	75/8-4	100	2400	75		
Overhead Tri Extension	75/8-4	94	2240	70		
Dumbell Military	75/8-4	160	3840	120		
Cable Curls	75/8-4	135	3200	100		
Tricep Kickbacks	75/8-4	38	960	30		
Arnold Press	75/8-4	60	1440	45		
Preacher Curl	75/8-4	88	2240	70		
Cable Tricep Extension	75/8-4	184	4416	138		
Page Press	75/8-4	76	1920	60		
Hammer Curl	75/8-4	53	1280	40		
Dips						
Front Raises	75/8-4	41	960	30		
Lateral Raises	75/8-4	35	960	30		
Rear Lateral Raises	75/8-4	24	640	20		
Incline Curls	75/8-4	35	800	25		
1 Arm Tri Pulldowns	75/8-4					
Reverse Incline Curls	75/8-4					
<b>Legs &amp; Abs</b>	<b>%1RM/Reps-Sets</b>	<b>1RM</b>	<b>Load</b>	<b>Weight</b>	<b>Finish?</b>	
					Jan 2	Odd
Ab Warmup						
Parallell Squat	75/8-4	283	6880	215		
Wood Choppers	75/8-4	203	4864	152		
Leg Extension	75/8-4	170	4160	130		
Leg Curls	75/8-4	150	3520	110		
Decline Crunches						
Leg Press	75/8-4	12	3520	11		
Ab Machine	75/8-4	19	4480	14		
Lunges	75/8-4	106	2560	80		
Pullup Machine Abs						
Calf Raises	75/8-4	212	5120	160		
Smith Calf Raises	75/8-4					
Ab Cooldown						
<b>Chest &amp; Back</b>	<b>%1RM/Reps-Sets</b>	<b>1RM</b>	<b>Load</b>	<b>Weight</b>	<b>Finish?</b>	
					Jan3	
Barbell Bench Press	75/8-4	263	6400	200		
Pullups	75/8-4					
Dumbell Bench Press	75/8-4					
Lat Pulls	75/8-4					
Barbell Incline Bench	75/8-4	206	4960	155		
Seated Rows	75/8-4	169	4064	126.75		
Dumbell Incline Bench	75/8-4					
Bent Over Rows	75/8-4	76	1920	60		
Decline Bench Press	75/8-4	253	6080	190		
Barbell Shrugs	75/8-4					
Flys	75/8-4	48	1280	40		
Barbell Lat Raises	75/8-4	130	3200	100		
Pec Deck	75/8-4	153	3680	115		
1 Arm Rows	75/8-4	76	1920	60		
Cable Flys	75/8-4					
Dumbell Shrugs	75/8-4	218	5280	165		
Lat Pullover	75/8-4					