



Workout #2

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5
Crunches - 50 Reps					
Military Press - 15-10-6-3-1 Reps					
Incline Press - 15-10-6-3-1 Reps					
Push-Ups - 25 Reps					
Leg Press - 15-10-6-3-1 Reps					
Leg Extension - 15-10-10-8-6 Reps					
Leg Curls - 15-10-10-8-6 Reps					
Free Squats - 50 Reps					
Triceps Press Downs - 15-10-6-3-1 Reps					
Standing Dumbbell Curls - 15-10-6-3-1 Reps					

Workout #3

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6
Push-Ups - 25 Reps						
Crunches - 50 Reps						
Free Squats - 50 Reps						
Power Cleans - 6-3-1 Reps						
Decline Bench Press - 15-10-6-3-1 Reps						
T-Bar Rows - 15-10-6-3-1 Reps						
Overhead Dumbbell Extension - 15-10-6-3-1 Reps						
Barbell Curls - 15-10-6-3-1 Reps						
Dumbbell Calf Raises - 20-12-10-10-8-6 Reps						
Dumbbell Shoulder Shrugs - 15-10-6-3-1 Reps						