LEGS Day 1 LAF: glutes Troy's bench step					minute workout =	
chest Inclined db Bench Press					Declined BB Bench Pr	
posture stretch & cable pull ham Seated					Swing-Arm Pec Dec	
					Tibia Dorsi w Hold & Stretch	
quads Se					traps Inverted Shrua	
rear delt no Dday Off	ts Swing Arm			Split Arm	cuff Heavy	
	ARMS Day 2	Ballys		post	ure stretch & cable pull	minute workout =
	ARMS Day 2: Ballys biceps EZ Preacher Curl				Concentration Spiral Curl	
triceps 45°French Press forearms Winch; Palms up/down					Narrow BB Bench	
		up/aown		0.1.1		
thigh abduction				Seated	adduction	
	Trotter w hold				oman chair & holding knee	es up sec. In min
Neck: _no Day Off	Directions *	Reps x	Sets w stretch.	In min.	BALANCE, Inverted	
	TOROSO Day v Cable Row e Width in. =	3: LAF ;			(Cuff/Posture/Lat first) Cybex Pull-over HammerS Wide Pull-Down to Chest	minute workout =
calf Leve	r				Free Mo Rotator	
delts Lateral db Fly					Seated Shoulder Press	
torso ro	tation Seated			BALANCE	Inverted cuff Light	
Posture no Day Off 45 D	hyperextensions legree				lat cable pull-down	
diutae Ti	LEGS Day 1 roy's bench step	LAF:			m Deep BB Squat to level	iinute workout =
-	clined db Bench F	Press			Declined BB Bench Pr	
					Swing-Arm Pec Dec	
ham Sea	stretch & cable ted				Tibia Dorsi w Hold & Stretch	
quads Se	eated				trans	
rear delts Swing Arm				Split Arm	Inverted Shrug cuff Heavy	
biceps E	ARMS Day 2 Z Preacher Curl	Ballys		pos	ture stretch & cable pull Concentration Spiral Curl	minute workout =
triceps 4	15°French Press				Narrow BB Bench	
forearm	s Winch; Palms	up/down				
thigh abo	luction			Standing	adduction	
abs Nitro/	Trotter w hold			Hanging or R	oman chair & holding knee	es up sec. In min
Neck:	Directions *	Reps x	Sets w stretch.	In min.	BALANCE Inverted	
back Low Handle	TOROSO Day v Cable Row Width in. =	3: LAF ;			(Cuff/Posture/Lat first) Cybex Pull-over HammerS BTN Pull-Down	minute workout =
					Free Mo Rotator	
delts Lateral db Fly torso rotation Seated BALANCE					Seated Shoulder Press	
				BALANCE	Ŭ	
PVCC full body varie Print out custom	hyperextensions _{bty} 45 Degree fastest				lat cable pull-down	9/30/06