

Exercise Plan					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chest, back	Aerobics, abs	Legs	Aerobics, abs	Arms, shoulders	Aerobics
Stretch	Stretch	Stretch	Stretch	Stretch	Stretch
Bench press	Sprints 20 min	Squat	Sprints 20 min	Barbell curl	Tennis
Incline press	Bike 30 min	Leg press	Bike 30 min	Incline curl	Bike 20 mi
1		1		1	
2		2		2	
3		3		3	
4		4		4	
Flyes	Crunch	Deadlift	Crunch	Pushdown	
		Calf raise		Dips	
1	1	1	1	1	
2	2	2	2	2	
3	3	3	3	3	
4	4	4	4	4	
Pulldown	Reverse crunch	Leg extension	Reverse crunch	Dumbbell press	
Back extension		Lunges		Barbell press	
1	1	1	1	1	
2	2	2	2	2	
3	3	3	3	3	
4	4	4	4	4	
Hi-row	Leg lift	Leg curl	Leg lift	Front raise	
Reverse fly	Side crunch		Side crunch	Side raise	
1	1	1	1	1	
2	2	2	2	2	
3	3	3	3	3	
4	4	4	4	4	
Cool down	Cool down	Cool down	Cool down	Cool down	