

Weight

Work out Calender

Weight										
Legs	M Leg Curl									
	M Leg Ext									
	B Squat									
	M Leg Press									
	M Calf Raise									
	Seated Calf Raise									
	B Deadlift									
Back	M Cable Row									
	Chinup									
	M Lat Pulldown									
	B Shrug									
	Trunk Extension									
Shoulders	D Lateral Raise									
	B Overhead Press									
	D Front Raise									
	D Bent-over raise									
	M Upright Row									