

AUGY'S FITNESS CENTER



the dog week #1



Date:												Chest		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
flat bench press (use bench chart)		10		10		10		10		10		10			
incline db press		20		20		20									
decline bench press (use bench chart)		10		10		10		10		10		10			
cbl cross incline fly		20		20		20									
flat bench db fly		20		20		20									
outer inner pushups w/box	3 sets of 20														
leg raises on ball 5 sets of 20				side to side leg raises on ball 5 x 20				ab machine 5 x 20							
Date:												Bis		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
run-the-rack (twice)															
ez bar pcurls		20		20		20									
cable cross high curls		20		20		20									
seated db concentration curls		20		20		20									
seated db hammer crls		20		20		20									
ez bar reverse curls		20		20		20								<i>superset</i>	
tony little ab dvd red															
Date:												Legs		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
db squat		20		20		20								10 minute cardio warmup	
front squat		20		20		20									
in & out calf raise		20		20		20									
single leg hip sled		20		20		20									
leg extension		20		20		20									
single leg boxes		20		20		20								<i>superset</i>	
30 minutes stair stepper															
Date:												Tris		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
cbl cross high extension		20		20		20									
db pushups (outer-side-inner)		20		20		20								<i>superset</i>	
dips (head up)		20		20		20								<i>superset</i>	
kickbacks		20		20		20								<i>superset</i>	
db skull crushers		20		20		20								<i>superset</i>	
cbl cross reverse pushdowns		20		20		20								<i>superset</i>	
p90x abs															
Date:												Back & Shoulders		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
seated row		20		20		20									
bent over rows bbell		20		20		20									
smith mach seated front press		20		20		20									
arnold press		20		20		20								<i>superset</i>	
low pulley bent over lat raise		20		20		20								<i>superset</i>	
front db raise		20		20		20								<i>superset</i>	
burnout 1 minute seated row															
Date:												Chest		Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps					
incline bbell press (use bench chart)		10		10		10		10		10		10			
cbl cross chest press		20		20		20									
smith machine decline press		20		20		20									
diamond pushups	3 sets of 20 w/feet on bench														
incline db inner press		20		20		20								<i>superset</i>	
flat bench db fly		20		20		20								<i>superset</i>	
biggest loser weight-loss yoga															