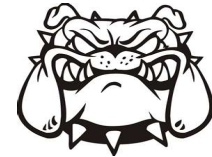


# AUGY'S FITNESS CENTER



*the dog*  
week #8



Date:												Notes:
Legs												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
hip sled		10		8		6		6		6		superset
stationary lunge bbell		10		8		6		6		6		
leg extension		10		8		6		6		6		
leg curl		10		8		6		6		6		
walking lunges	roman chair to front and back											
roman chair straight leg lifts 5 x 25				ab machine 5 x 25				ab coaster side to side 5 x 30				
Date:												Notes:
Tris												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
reverse grip bench		10		8		6		6		6		
ez bar skull crushers		10		8		6		6		6		
cbl cross tricep ext on box		10		8		6		6		6		
db kickbacks		10		8		6		6		6		
left to right pushups	3 sets of 20											
30 minutes elyptical												
Date:												Notes:
Bis												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
standing bbell curl		10		8		6		6		6		triset
standing db pcurl		10		8		6		6		6		
incline curl		10		8		6		6		6		
cbl cross ez bar curl		10		8		6		6		6		triset
seated db curl		10		8		6		6		6		
reverse curl		10		8		6		6		6		
tony little ab dvd red												
Date:												Notes:
Chest												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
incline bbell press (use chart)		10		8		6		4		2		2
db decline press		10		8		6		6		6		
cbl crossover chest press		10		8		6		6		6		
cbl cross flat bench fly		10		8		6		6		6		
db incline inner press		10		8		6		6		6		
diamond pushups	5 sets of 25 feet on bench											
plank (top-mid-bottom-mid-top) 30 seconds each (3 sets)						side plank 30 secs each side (3 sets)						
Date:												Notes:
Back & Shoulders												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
db rows (single)		10		8		6		6		6		
chin ups wide		10		8		6		6		6		
vbar close grip lat pulldown		10		8		6		6		6		
seated rear delt raises		10		8		6		6		6		
bbell bent over mason twists		10		8		6		6		6		
wide reverse grip seated row		10		8		6		6		6		
mullet head ab vcr tape												
Date:												Notes:
Legs												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
leg curls		10		8		6		6		6		superset
leg extensions		10		8		6		6		6		
walking lunges	roman chair to front and back											
sissy squats		10		8		6		6		6		
seated calf raise		10		8		6		6		6		
jumpups on large box		10		8		6		6		6		
30 seconds recumbent bike												