

AUGY'S FITNESS CENTER



the dog
week #4



Date:											Tris	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
close grip bench		12		12		12		12				
db tricep extension (singles)		12		12		12		12				
cbl cross reverse pushdowns		12		12		12		12				
cbl cross rope tricep pushdowns		12		12		12		12				
vertical pushups (feet on wall)	3 sets of 10											
weighted bench dips		12		12		12		12				
supreme 90 day ab dvd												
Date:											Back & Shoulders	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
upright rows		12		12		12		12				
t-bar row bbell		12		12		12		12				
straight arm rear delt raise (facedwn)		12		12		12		12				
seated row single		12		12		12		12				
db upright row		12		12		12		12				
100 crunches			100 lateral crunches (each side)				100 dual torso curls					
Date:											Chest	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
decline bbell press (use chart)		10		8		6		6		6		
smith machine incline press		12		12		12		12				
flat bench db press		12		12		12		12				
cbl crossover bentover fly		12		12		12		12				
incline db inner press		12		12		12		12				
cbl crossover flat bench fly		12		12		12		12				
30 minutes stepper												
Date:											Bis	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
cbl cross pcurl		12		12		12		12				
standing bbell curl		12		12		12		12				
cbl cross concentration curl		12		12		12		12				
cbl cross high curl		12		12		12		12				
45 lb plate curl		12		12		12		12				
bbell wrist curl (palms down)		12		12		12		12				
roman chair straight leg lifts 5 x 25			ab machine 5 x 25				ab coaster side to side 5 x 30					
Date:											Legs	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
jump lunges		12		12		12		12				
cbl cross leg kick backs		12		12		12		12				
leg curls		12		12		12		12				
smith machine front squats		12		12		12		12				
wide stance squats		12		12		12		12				
hip sled		12		12		12		12				
mullet head ab vcr tape												
Date:											Tris	Notes:
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
flat bench ez bar skullcrushers		12		12		12		12			triset	
cbl cross pushdowns ez bar		12		12		12		12				
db kickbacks		12		12		12		12				
db seated tricep extension		12		12		12		12				
diamond pushups (feet on bench)	3 sets of 20 pushups											
plan(top-mid-bottom-mid-top) 30 seconds each (3 sets)									side plank 30 secs each side (3 sets)			