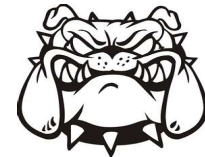


AUGY'S FITNESS CENTER



the dog
week #5



Date:												Back & Shoulders												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
cbl cross shoulder press			10		10		10		10		10													
drive the bus			10		10		10		10		10													
db shrugs			10		10		10		10		10	superset												
single/double lateral raises			10		10		10		10		10													
db flat bench lawn mowers			10		10		10		10		10	superset												
rib cage extensions			10		10		10		10		10													
roman chair over stick (3 x 20)				incline crunches (3 x 25)				russian twists w/weighted ball																
Date:												Chest												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
incline bbell press (use chart)			10		8		6		6		6													
flat bench bbell press (use chrt)			10		8		6		6		6													
smith machine decline press			10		10		10		10		10													
cbl cross incline fly			10		10		10		10		10													
diamond pushups		5 sets of 20 pushups (feet on bench)																						
flat bench db fly			10		10		10		10		10													
30 minutes treadmill																								
Date:												Legs												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
hip sled hack squat			10		10		10		10		10													
db stepup on large box			10		10		10		10		10	superset												
1 leg free squat (off leg forward)			10		10		10		10		10													
leg curl			10		10		10		10		10													
leg extension			10		10		10		10		10													
p90x abs																								
Date:												Bis												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
ez bar seated pcurl			10		10		10		10		10													
seated concentration curl			10		10		10		10		10	triset												
cbl cross high curl			10		10		10		10		10													
cbl cross high pulley curl on flat bench			10		10		10		10		10													
standing db curl			10		10		10		10		10													
run-the-rack		twice																						
plank (top-mid-bottom-mid-top) 30 seconds each (3 sets)						side plank 30 secs each side (3 sets)																		
Date:												Tris												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
ez bar skull crushers			10		10		10		10		10													
cbl cross low pulley tricep curl			10		10		10		10		10													
cbl cross rev pushdowns			10		10		10		10		10													
weighted dips			10		10		10		10		10													
left to right pushups		5 sets of 20										triset												
kickbacks			10		10		10		10		10													
30 minutes elliptical																								
Date:												Back & Shoulders												Notes:
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps													
arnold press			10		10		10		10		10	superset												
db shrugs			10		10		10		10		10													
cble cross lawn mowers			10		10		10		10		10													
bent over cbl cross rows			10		10		10		10		10	superset												
cble cross straight arm pulldwn			10		10		10		10		10													
rib cage extension			10		10		10		10		10													
drink a beer												have a piece of cake												

