

AUGY'S FITNESS CENTER



the dog
week #6



Date:												Chest				Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps							
flat bench press (use bench chart)		10		8		6		4		4		4					
cbl cross chest press		10		10		10		10		10							
decline bench press (use bench chart)		10		8		6		4		4		4					
outer/inner pushups w/boxes		10		10		10		10		10							
flat bench db fly		10		10		10		10		10		triset					
db incline inner press		10		10		10		10		10							
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		10		10		10		10		10							
cable cross high curls		10		10		10		10		10							
seated db concentration curls		10		10		10		10		10							
seated db hammer crls		10		10		10		10		10		superset					
flat bench low pulley curl		10		10		10		10		10							
tony little ab dvd red																	
Date:												Legs				Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps							
db squat		10		10		10		10		10							
front squat		10		10		10		10		10							
in & out calf raise		10		10		10		10		10							
single leg hip sled		10		10		10		10		10							
leg extension		10		10		10		10		10							
single leg boxes		10		10		10		10		10							
30 minutes stair stepper																	
Date:												Tris				Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps							
cbl cross high extension		10		10		10		10		10		superset					
db pushups (outer-side-inner)		10		10		10		10		10							
dips (head up)		10		10		10		10		10		superset					
kickbacks		10		10		10		10		10							
db skull crushers		10		10		10		10		10		superset					
cbl cross reverse pushdowns		10		10		10		10		10							
p90x abs																	
Date:												Back & Shoulders				Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps							
seated row		10		10		10		10		10		superset					
bent over rows bbell		10		10		10		10		10							
smith mach seated front press		10		10		10		10		10							
arnold press		10		10		10		10		10		superset					
low pulley bent over lat raise		10		10		10		10		10							
front db raise		10		10		10		10		10							
burnout 1 minute seated row																	
Date:												Chest				Notes:	
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps							
flat bench bbell press (use chrt)		10		8		6		4		4							
incline bbell press (use chart)		10		8		6		4		4							
smith machine decline press		10		10		10		10		10							
weighted dips (head down)		10		10		10		10		10		superset					
db incline fly		10		10		10		10		10							
db flat bench fly		10		10		10		10		10							
biggest loser weight-loss yoga																	

