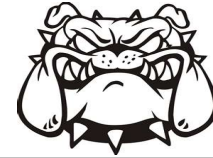


# AUGY'S FITNESS CENTER



*the dog*  
week #9



Date:												Tris												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
close grip bench			10		8		6		6		6														
db tricep extension (singles)			10		8		6		6		6														
cbl cross reverse kickbacks			10		8		6		6		6														
cbl cross rope tricep pushdowns			10		8		6		6		6														
vertical pushups (feet on wall)		3 sets of 10																							
weighted bench dips			10		8		6		6		6														
supreme 90 day ab dvd																									
Date:												Back & Shoulders												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
upright rows			10		8		6		6		6														
t-bar row bbell			10		8		6		6		6														
straight arm rear delt raise (facedwn)			10		8		6		6		6														
seated row single			10		8		6		6		6														
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		4		2		2												
smith machine flat bench press			10		8		6		4		4														
db incline press			10		8		6		4		4														
db incline fly			10		8		6		6		6														
cbl crossover flat bench fly			10		8		6		6		6														
db decline fly			10		8		6		6		6														
30 minutes stepper																									
Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
cbl cross pcurl			10		8		6		6		6														
standing bbell curl			10		8		6		6		6														
cbl cross concentration curl			10		8		6		6		6														
cbl cross high curl			10		8		6		6		6														
45 lb plate curl			10		10		10		10		10														
bbell wrist curl (palms down)			10		10		10		10		10														
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			10		8		6		6		6														
cbl cross leg kick backs			10		8		6		6		6														
leg curls			10		8		6		6		6														
smith machine front squats			10		8		6		6		6														
wide stance squats			10		8		6		6		6														
hip sled			10		8		6		6		6														
mullet head ab vcr tape																									
Date:												Tris												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
flat bench ez bar skullcrushers			10		8		6		6		6														
cbl cross pushdowns ez bar			10		8		6		6		6					triset									
db kickbacks			10		8		6		6		6														
db seated tricep extension			10		8		6		6		6														
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)													