DAY #1 CHEST, SHOULDERS, & ABS:

DATE											
INCLINE BAR											
INCLINE DUMBELL											
FLAT BAR OR DUMBELL											
FLAT DUMBELL											
DECLINE BAR											
DECLINE DUMBELL											
UPRIGHT ROWS											
MILITARY PRESS											
SHRUGS											
REAR DELT MACHINE											
PELVIC-TILT CRUNCHES											
ROTORY TORSO											