DAY #2 BACK, CALVES AND THIGHS:

DATE						
ASSISTED CHIN-UPS						
PULL-DOWNS (BACK)						
SEATED ROWS						
DUMBELL ROWS						
SEATED CALF RAISE						
STANDING CALF RAISE						
DONKEY CALF RAISE						
ABDUCTOR MACHINE						
ADDUCTOR MACHINE						
LOW PULLEY SWEEPS						