Day 1	week 1		week 2		week 3		week 4		week 5		week 6
Triple Incline Bench											
	15		15		12		10		8		6
	12		12		12		12		8		6
	10		10		12		10		8		6
Lat Pull Down											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Lateral Fly											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Seated Row											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Lower Back Raises											
	12		12		12		12		12		12
	12		12		12		12		12		12
	12		12		12		12		12		12
Ab Circuit Do Twice											
weighted crunches	20		20		30		30		40		50
weighted twist	20		20		30		30		40		50
leg lifts	25		25		35		35		45		60
flutter kicks	25		25		35		35		45		60
Day 2	week 1		week 2		week 3		week 4		week 5		week 6
Squat	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Lunge											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Knee Extension											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Leg Curls											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Toe Raisers											
	10		10		20		20		30		30
	10		10		20		20		30		30
	10		10		20		20		30		30
Ab Circuit Do Twice											
Bridge	30 sec		30 sec		45 sec		60 sec		60 sec		90 sec
Left Bridge	30 sec		30 sec		45 sec		60 sec		60 sec		90 sec
Right Bridge	30 sec		30 sec		45 sec		60 sec		60 sec		90 sec
6 in Hold	30 sec		30 sec		45 sec		60 sec		60 sec		90 sec
(As numbers decrease weight											
increases)											
Day 3	week 1		week 2		week 3		week 4		week 5		week 6
Rotator Cuff											
internal	8		8		10		12		12		15
external	8		8		10		12		12		15
overhead	8		8		10		12		12		15
Bicep Crooked Curl											
	15		15		12		10		8		6
	12		12		12		12		8		6
	10		10		12		10		8		6
Tricep Push Down											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Shoulder Press											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Iron Cross											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Straight Bar Row											
	15		15		12		10		8		6
	12		12		12		10		8		6
	10		10		12		10		8		6
Ab Circuit Do Twice											
Crunches	25		25		35		35		45		60
Right Crunches	25		25		35		35		45		50
Left Crunches	25		25		35		35		45		50
Bicycles	25		25		35		35		45		60