



Course Disc 1

Date / /

1. LifeFit Leg Press 45% Plate Load x8/	/	/	/	/
	x8/	/	/	/
	x4/	/	/	/
2. LifeFit Reverse Seat Leg Curl x8/	/	/	/	/
3. D.B. 2-Arm Incline Press @45% x8/	/	/	/x5/	/
				/
4. Lat Pulldown Behind Neck _____ x7/	/	/	/x5/	/
				/
5. Tricep Lying 2-Arm Extension x7/ (Barbell or Z-Bar)	/	/	/x5/	/
				/
6. D.B. 1-Arm Bicep Concentration Curl x8/	/	/	/	/
Abs _____				