<b>Exercise Activity</b>	Set	Set	Set	Set	MON	TUE	WED	THU	FRI	SAT	SUN
Bench Press											
<b>Incline Bench Press</b>											
Triceps Rope Pushdown											
Skull Crushers											
<b>Chest Fly on Bench</b>											
Seated Wide Bar Pull Down											
Seated Row with Triangle											
Standing Bicep Curl											
Bicep Curl											
Wide Pull Down											
<b>Bent Over Barbell Row</b>											
Power Rack Squat											
Deadlift											
<b>Heavy Cleans for Reps</b>											
Shoulder Shrugs											
Leg Extensions											
Leg Curl											