DATE												

Lower Body (3-5 sets of 5-8 reps/60"rest)

Pick 1

Squat (Barbell or Dumbbell)												
Single Leg Squat (Dumbbell)												
Stepups (Barbell or Dumbbell)												
Machine incline leg press												

Pick 1

Bent leg good morning												
Straight leg good morning												
Bent Knee Deadlift												

Upper Body (3-5 sets of 5-8 reps/60"rest)

Pick 1

Bench Press (Barbell or Dumbbell)												
Military Press (Dumbbell)												
Incline Press (Barbell or Dumbbell)												

Pick 1 or 2

Lat pull down												
Bent over row (Barbell or Dumbbell)												
One arm dumbbell row												
Pullup												

DUMBBELL Complex (30" or 8-10 reps / 30-60" rest)

Upright Row												
snatch												
Squat-Press												
Bent Over Row												
Snatch-Squat												

Core ALL (1 set 15-20 reps)

Dumbbell side bend												
Single leg v up												
Back extensions												
Leg raises												
Situps												