

WORKSHEET

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Standard Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
02 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
03 Military Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
05 Wide Fly Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
06 Closed Grip Overhand Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 Decline Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
08 Heavy Pants	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 Diamond Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
10 Lawnmowers	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 Dive-Bomber Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
12 Back Flys	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____

CHEST & BACK

WORKSHEET

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Standard Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
02 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
03 Military Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
05 Wide Fly Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
06 Closed Grip Overhand Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 Decline Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
08 Heavy Pants	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 Diamond Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
10 Lawnmowers	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 Dive-Bomber Push-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
12 Back Flys	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____

CHEST & BACK

WORKSHEET

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 <i>Alternating Shoulder Presses</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
02 <i>In & Out Bicep Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
03 <i>Two-Arm Tricep Kickbacks</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
04 <i>Deep Swimmer's Presses</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
05 <i>Full Supination Concentration Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
06 <i>Chair Dips</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 <i>Upright Rows</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
08 <i>Static Arm Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 <i>Flip-Grip Twist Tricep Kickbacks</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
10 <i>Two-Angle Shoulder Flys</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 <i>Crouching Cohen Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
12 <i>Lying-Down Tricep Extensions</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
BONUS ROUND					
13 <i>In & Out Straight-Arm Shoulder Flys</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
14 <i>Congdon Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
15 <i>Side Tri-Rises</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____

SHOULDERS & ARMS

WORKSHEET

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 <i>Alternating Shoulder Presses</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
02 <i>In & Out Bicep Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
03 <i>Two-Arm Tricep Kickbacks</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
04 <i>Deep Swimmer's Presses</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
05 <i>Full Supination Concentration Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
06 <i>Chair Dips</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 <i>Upright Rows</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
08 <i>Static Arm Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
09 <i>Flip-Grip Twist Tricep Kickbacks</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
10 <i>Two-Angle Shoulder Flys</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
11 <i>Crouching Cohen Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
12 <i>Lying-Down Tricep Extensions</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
BONUS ROUND					
13 <i>In & Out Straight-Arm Shoulder Flys</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
14 <i>Congdon Curls</i>	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____	R _____ W _____ R _____ W _____
15 <i>Side Tri-Rises</i>	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____

SHOULDERS & ARMS

WORKSHEET

WORKSHEET

You'll perform this routine every week that isn't a Recovery week. Use the spaces provided for each exercise to record the number of reps you perform. If you use a band as a substitute for a pull-up bar, indicate its color along with your rep count. Perform each pull-up exercise in this workout twice; so for each exercise, use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

You'll perform this routine every week that isn't a Recovery week. Use the spaces provided for each exercise to record the number of reps you perform. If you use a band as a substitute for a pull-up bar, indicate its color along with your rep count. Perform each pull-up exercise in this workout twice; so for each exercise, use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 5	WEEK 6		WEEK 7	WEEK 9	WEEK 10	WEEK 11	WEEK 12
01 Balance Lunges	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	01 Balance Lunges	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
02 Calf Raise Squats	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	02 Calf Raise Squats	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	03 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
04 Super Skater	R _____	R _____	R _____	R _____	R _____	04 Super Skater	R _____	R _____	R _____	R _____	R _____
05 Wall Squat						05 Wall Squat					
06 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	06 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
07 Step Back Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	07 Step Back Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 Alternating Side Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	08 Alternating Side Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Closed Grip Overhead Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	09 Closed Grip Overhead Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
10 Single Leg Wall Squat	R _____	R _____	R _____	R _____	R _____	10 Single Leg Wall Squat	R _____	R _____	R _____	R _____	R _____
11 Dead Lift Squat	R _____	R _____	R _____	R _____	R _____	11 Dead Lift Squat	R _____	R _____	R _____	R _____	R _____
12 Switch Grip Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	12 Switch Grip Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
13 Three-Way Lunges	R _____	R _____	R _____	R _____	R _____	13 Three-Way Lunges	R _____	R _____	R _____	R _____	R _____
14 Sneaky Lunges	R _____	R _____	R _____	R _____	R _____	14 Sneaky Lunges	R _____	R _____	R _____	R _____	R _____
15 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	15 Reverse Grip Chin-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
16 Chair Salutations						16 Chair Salutations					
17 Toe-Roll Iso Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	17 Toe-Roll Iso Lunge	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	18 Wide Front Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
19 Groucho Walk	R _____	R _____	R _____	R _____	R _____	19 Groucho Walk	R _____	R _____	R _____	R _____	R _____
20 Calf Raises	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	20 Calf Raises	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Closed Grip Overhead Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	21 Closed Grip Overhead Pull-Ups	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____	R _____ R _____
22 80-20 Siebers Speed Squats	R _____	R _____	R _____	R _____	R _____	22 80-20 Siebers Speed Squats	R _____	R _____	R _____	R _____	R _____

WORKSHEET

This routine is performed during weeks 5, 6, 7, 10, and 12. Use the spaces provided for each exercise to record the number of reps and the weight lifted (where applicable). If using a band, indicate its color along with the number of reps performed.

R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 Slow-Motion 3-in-1 Push-Ups	R _____	R _____	R _____	R _____	R _____
02 In & Out Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Chair Dips	R _____	R _____	R _____	R _____	R _____
04 Plange Push-Ups	R _____	R _____	R _____	R _____	R _____
05 Pike Presses	R _____	R _____	R _____	R _____	R _____
06 Side Tri-Rises	R _____	R _____	R _____	R _____	R _____
07 Floor Flys	R _____	R _____	R _____	R _____	R _____
08 Scarecrows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Overhead Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 Two-Twitch Speed Push-Ups	R _____	R _____	R _____	R _____	R _____
11 Y-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Lying Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Side-to-Side Push-Ups	R _____	R _____	R _____	R _____	R _____
14 Pour Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Side-Leaning Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 One-Arm Push-Ups	R _____	R _____	R _____	R _____	R _____
17 Weighted Circles	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Throw the Bomb	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Clap or Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____
20 Slo-Mo Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Front-to-Back Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 One-Arm Balance Push-Ups	R _____	R _____	R _____	R _____	R _____
23 Fly-Row Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 Dumbbell Cross-Body Blows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

CHEST, SHOULDERS & TRICEPS

WORKSHEET

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R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 Slow-Motion 3-in-1 Push-Ups	R _____	R _____	R _____	R _____	R _____
02 In & Out Shoulder Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Chair Dips	R _____	R _____	R _____	R _____	R _____
04 Plange Push-Ups	R _____	R _____	R _____	R _____	R _____
05 Pike Presses	R _____	R _____	R _____	R _____	R _____
06 Side Tri-Rises	R _____	R _____	R _____	R _____	R _____
07 Floor Flys	R _____	R _____	R _____	R _____	R _____
08 Scarecrows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Overhead Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
10 Two-Twitch Speed Push-Ups	R _____	R _____	R _____	R _____	R _____
11 Y-Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Lying Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Side-to-Side Push-Ups	R _____	R _____	R _____	R _____	R _____
14 Pour Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Side-Leaning Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 One-Arm Push-Ups	R _____	R _____	R _____	R _____	R _____
17 Weighted Circles	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
18 Throw the Bomb	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Clap or Plyo Push-Ups	R _____	R _____	R _____	R _____	R _____
20 Slo-Mo Throws	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Front-to-Back Tricep Extensions	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
22 One-Arm Balance Push-Ups	R _____	R _____	R _____	R _____	R _____
23 Fly-Row Presses	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 Dumbbell Cross-Body Blows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____

CHEST, SHOULDERS & TRICEPS

WORKSHEET

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R = REPS W = WEIGHT

	WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12		WEEK 5	WEEK 6	WEEK 7	WEEK 10	WEEK 12
01 Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____	01 Wide Front Pull-Ups	R _____	R _____	R _____	R _____	R _____
02 Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	02 Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
03 Twenty-Ones	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	03 Twenty-Ones	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
04 One-Arm Cross-Body Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	04 One-Arm Cross-Body Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
05 Switch Grip Pull-Ups	R _____	R _____	R _____	R _____	R _____	05 Switch Grip Pull-Ups	R _____	R _____	R _____	R _____	R _____
06 Elbows-Out Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	06 Elbows-Out Lawnmowers	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
07 Standing Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	07 Standing Bicep Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
08 One-Arm Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	08 One-Arm Concentration Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
09 Corn Cob Pull-Ups	R _____	R _____	R _____	R _____	R _____	09 Corn Cob Pull-Ups	R _____	R _____	R _____	R _____	R _____
10 Reverse Grip Bent-Over Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	10 Reverse Grip Bent-Over Rows	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
11 Open Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	11 Open Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
12 Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	12 Static Arm Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
13 Towel Pull-Ups	R _____	R _____	R _____	R _____	R _____	13 Towel Pull-Ups	R _____	R _____	R _____	R _____	R _____
14 Congdon Locomotives	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	14 Congdon Locomotives	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
15 Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	15 Crouching Cohen Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
16 One-Arm Corkscrew Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	16 One-Arm Corkscrew Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
17 Chin-Ups	R _____	R _____	R _____	R _____	R _____	17 Chin-Ups	R _____	R _____	R _____	R _____	R _____
18 Seated Bent-Over Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	18 Seated Bent-Over Back Flys	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
19 Curl-Up/Hammer Downs	R _____	R _____	R _____	R _____	R _____	19 Curl-Up/Hammer Downs	R _____	R _____	R _____	R _____	R _____
20 Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	20 Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
21 Max Rep Pull-Ups	R _____	R _____	R _____	R _____	R _____	21 Max Rep Pull-Ups	R _____	R _____	R _____	R _____	R _____
22 Superman	R _____	R _____	R _____	R _____	R _____	22 Superman	R _____	R _____	R _____	R _____	R _____
23 In-Out Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	23 In-Out Hammer Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____
24 Strip-Set Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	24 Strip-Set Curls	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____	R _____ W _____