

Workout Program #13  
 4 Day Chest-Shoulder-Triceps/Legs-Back-Biceps

Name \_\_\_\_\_

Day #1: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Incline Bench	12		12		12	
DB Lateral Raise	12		12		12	
Seated Tricep Extension	12		12		12	
Machine Chest Fly	12		12		12	
DB Upright Row	12		12		12	
DB Kickbacks	12		12		12	
Crunches	15		15		15	
Abdominal Machine	15		15		15	

Day #2: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Smith Lunge	12		12		12	
1 Arm DB Row	12		12		12	
DB Incline Curl	12		12		12	
Hip Sled	12		12		12	
Back Extension (Ball)	12		12		12	
DB Bicep Curl (Alternating)	12		12		12	
Situps (Do not anchor feet)	15		15		15	
Side Crunch	15		15		15	

Day #3: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Incline Bench	12		12		12	
DB Lateral Raise	12		12		12	
Seated Tricep Extension	12		12		12	
Machine Chest Fly	12		12		12	
DB Upright Row	12		12		12	
DB Kickbacks	12		12		12	
Crunches	15		15		15	
Abdominal Machine	15		15		15	

Day #4: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Smith Lunge	12		12		12	
1 Arm DB Row	12		12		12	
DB Incline Curl	12		12		12	
Hip Sled	12		12		12	
Back Extension (Ball)	12		12		12	
DB Bicep Curl (Alternating)	12		12		12	
Situps (Do not anchor feet)	15		15		15	
Side Crunch	15		15		15	