

Workout Program #14

4 Day Split (4 x 8)

Name \_\_\_\_\_

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

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
DB Incline Bench	8		8		8		8	
Wide Grip Pullup	8		8		8		8	
DB Chest Fly	8		8		8		8	
1 Arm DB Row	8		8		8		8	
Pushups	15		15		15		15	
Pullovers	8		8		8		8	
Situps	20		20					
Rev Crunch (Ball)	20		20					
Side Crunch	20		20					

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

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Smith Lunge	8		8		8		8	
Parallel Squat (Smith Machine)	8		8		8		8	
Box Steps	8		8		8		8	
DB Standing Calf Raise	15		15		15		15	
Stiff leg Dead Lift (Roman)	8		8		8		8	

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

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
DB Military Press	8		8		8		8	
Cable Rear Delt Fly	8		8		8		8	
Cable Lateral Raise	8		8		8		8	
Upright Row	8		8		8		8	
DB Shrugs	8		8		8		8	
Abdominal Machine	20		20					
Cable Rotary Torso	20		20					
Hanging Leg Raise	20		20					

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

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Close Grip Bench (Smith Machine)	8		8		8		8	
Straight Bar Curl	8		8		8		8	
DB Lying Tricep Extension	8		8		8		8	
1 Arm DB Preacher Curl	8		8		8		8	
1 Arm Rev Pushdown	8		8		8		8	
Bicep Cable Curl	8		8		8		8	