

AUGY'S FITNESS CENTER



the dog
week #2



Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
standing bbell curl			15		12		10		8			triset													
standing db pcurl			15		12		10		8																
incline curl			15		12		10		8																
cbl cross ez bar curl			15		12		10		8																
seated db curl			15		12		10		8																
reverse curl																									
100 crunches				100 lateral crunches (each side)				100 dual torso curls																	
Date:												Chest												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
decline bbell press (use chart)			10		8		8		8		8		8		8		8								
smith machine incline			15		12		10		8																
flat bench db press			15		12		10		8																
dips w/head down			15		12		10		8																
cbl cross incline fly			15		12		10		8																
flat bench db fly			15		12		10		8																
30 minutes treadmill																									
Date:												Legs												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
single leg bridge			15		12		10		8																
stationary lunge			15		12		10		8																
good morning bent			15		12		10		8																
wide squat			15		12		10		8																
stiff-legged deadlift			15		12		10		8																
supreme 90 day ab dvd																									
Date:												Back & Shoulders												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
smith shrugs			15		12		10		8																
upright rows			15		12		10		8																
lat pulldown wide grip			15		12		10		8																
round house military press			15		12		10		8																
lateral raise w/short motion			15		12		10		8																
straight arm lat pulldown			15		12		10		8																
ab roller 5 x 25				russian twists w/weighted ball 5x30				reverse crunch with ball 5 x 25																	
Date:												Tris												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
bench dips			15		12		10		8																
incline ez bar skull crushers			15		12		10		8																
cbl cross rope pushdowns			15		12		10		8																
reverse kickbacks (singles)			15		12		10		8																
cbl cross extensions on box			15		12		10		8																
biggest loser weight loss yoga dvd																									
Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
cbl crossover straight bar curls			15		12		10		8			superset													
seated db hammer curl			15		12		10		8																
bent over conc curl			15		12		10		8																
cbl crossover high curl			15		12		10		8																
run-the-rack (twice)																									
tony little ab dvd purple																									