

# AUGY'S FITNESS CENTER



**the dog  
week #10**



Date:												Back & Shoulders												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
seated military bbell press			10		8		6		6		6	superset													
drive the bus			10		8		6		6		6														
seated floor ez bar rows			10		8		6		6		6														
single/double lateral raises			10		8		6		6		6														
db flat bench lawn mowers			10		8		6		6		6														
rib cage extensions			10		8		6		6		6														
roman chair over stick (3 x 20)				incline crunches (3 x 25)				russian twists w/weighted ball																	
Date:												Chest												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
flat bench bbell press		find max																							
incline bbell press		find max																							
decline bbell press		find max																							
cbl cross bentover fly			10		8		6		6		6														
db flat bench fly			10		8		6		6		6														
db incline inner press			10		8		6		6		6														
30 minutes treadmill																									
Date:												Legs												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
hip sled hack squat			10		8		6		6		6														
db stepup on large box			10		8		6		6		6														
1 leg free squat (off leg forward)			10		8		6		6		6														
leg curl			10		8		6		6		6														
leg extension			10		8		6		6		6														
p90x abs																									
Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
ez bar seated pcurl			10		8		6		6		6														
seated concentration curl			10		8		6		6		6														
cbl cross high curl			10		8		6		6		6														
cbl cross rope curl			10		8		6		6		6														
standing db curl			10		8		6		6		6														
run-the-rack		twice																							
plank (top-mid-bottom-mid-top) 30 seconds each (3 sets)						side plank 30 secs each side (3 sets)																			
Date:												Tris												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
ez bar skull crushers			10		8		6		6		6	triset													
cbl cross pushdowns			10		8		6		6		6														
cbl cross rev pushdowns			10		8		6		6		6														
weighted dips			10		8		6		6		6														
left to right pushups		5 sets of 20																							
kickbacks			10		8		6		6		6														
30 minutes elliptical																									
Date:												Back & Shoulders												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
arnold press			10		8		6		6		6	superset													
db shrugs			10		8		6		6		6														
bent over cbl cross rows			10		8		6		6		6														
cble cross lawn mowers			10		8		6		6		6	superset													
cble cross straight arm pulldwn			10		8		6		6		6														
rib cage extension			10		8		6		6		6														
drink a beer YOU HAVE FINISHED THE DOG!!!!!!																									