

AUGY'S FITNESS CENTER



the dog week #3



Date:												Notes:
Legs												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
hip sled		12		12		12		12				
stationary lunge bbell		12		12		12		12				
leg extension		12		12		12		12				
leg curl		12		12		12		12				
walking lunges	roman chair to front and back											
roman chair straight leg lifts 5 x 25				ab machine 5 x 25				ab coaster side to side 5 x 30				
Date:												Notes:
Tris												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
reverse grip bench		12		12		12		12				
ez bar skull crushers		12		12		12		12				
cbl cross tricep ext on box		12		12		12		12				
db kickbacks		12		12		12		12				
left to right pushups	3 sets of 20											
30 minutes elyptical												
Date:												Notes:
Bis												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
standing bbell curl		12		12		12		12			triset	
standing db pcurl		12		12		12		12				
incline curl		12		12		12		12				
cbl cross ez bar curl		12		12		12		12			triset	
seated db curl		12		12		12		12				
reverse curl		12		12		12		12				
tony little ab dvd red												
Date:												Notes:
Chest												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
flat bench press (use chart)		10		8		8		8		8		
incline bbell press (use chart)		10		8		8		8		8		
db decline press		12		12		12		12		12		
cbl cross incline fly		12		12		12		12		12		
flat bench db fly		12		12		12		12		12		
left to right pushups	4 sets of 30											
plank (top-mid-bottom-mid-top) 30 seconds each (3 sets)						side plank 30 secs each side (3 sets)						
Date:												Notes:
Back & Shoulders												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
db rows (single)		12		12		12		12		12		
chin ups wide		12		12		12		12		12		
vbar close grip lat pulldown		12		12		12		12		12		
seated rear delt raises		12		12		12		12		12		
bbell bent over mason twists		12		12		12		12		12		
wide reverse grip seated row		12		12		12		12		12		
mullet head ab vcr tape												
Date:												Notes:
Legs												
	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps		
leg curls		12		12		12		12		12		
leg extensions		12		12		12		12		12		
walking lunges	roman chair to front and back											superset
sissy squats		12		12		12		12		12		
seated calf raise		12		12		12		12		12		superset
jumpups on large box		12		12		12		12		12		
30 seconds recumbent bike												