

AUGY'S FITNESS CENTER



the dog
week #7



Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
standing bbell curls			10		8		8		8		8														
standing db hammer pcurls			10		8		8		8		8														
incline db curls			10		8		8		8		8														
cable crossover conc. Curls			10		8		8		8		8														
ez bar pcurls		3 sets of 21's (upper-lower-full)																							
100 crunches				100 lateral crunches (each side)				100 dual torso curls																	
Date:												Chest												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
flat bbell press(use chart)			10		8		6		4		2	2													
db incline press			10		8		8		8		8														
smith machine decline press			10		8		8		8		8														
cbl crossover bent over fly			10		8		8		8		8														
left to right pushups		5 sets of 20 pushups																							
db incline fly			10		8		8		8		8	superset													
30 minutes treadmill																									
Date:												Legs												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
single leg bridge			10		8		8		8		8														
stationary lunge			10		8		8		8		8														
good morning bent			10		8		8		8		8														
wide squat			10		8		8		8		8														
stiff-legged deadlift			10		8		8		8		8														
supreme 90 day ab dvd																									
Date:												Back & Shoulders												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
smith shrugs																									
upright rows																									
lat pulldown wide grip																									
round house military press																									
lateral raise w/short motion																									
straight arm lat pulldown																									
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			10		8		8		8		8														
incline ez bar skull crushers			10		8		8		8		8														
free hand tricep extensions			10		8		8		8		8	superset													
reverse kickbacks (singles)			10		8		8		8		8														
cbl cross extensions on box			10		8		8		8		8														
reverse kickbacks (singles)			10		8		8		8		8	superset													
biggest loser weight loss yoga dvd																									
Date:												Bis												Notes:	
		Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps														
cbl crossover straight bar curls			10		8		8		8		8	superset													
seated alternating db hammer curl			8		8		8		8		8														
bent over conc curl			8		8		8		8		8														
cbl crossover high curl			8		8		8		8		8														
run-the-rack (twice)																									
tony little ab dvd purple																									