

Day 1	Exercise	Reps		Reps		Reps	Rest min
	Squat	5		5		5+	3
	Bench Press	5		5		5+	3
	Pull-Up	8		8		8+	2
	Rocking Pushdown	12		12+			1-2
	DB Six Ways	12		12+			1-2
	Any abs exercise	15		15		15	1

Day 2	Exercise	Reps		Reps		Reps	Rest min
	Deadlift	5		5		5	3
	Overhead Press	5		5		5+	3
	Chest supported row	8		8		8+	2
	Dips	10		10			2
	Curls	10		10+			1-2
	Any abs exercise	15		15		15	1

Day 3	Exercise	Reps		Reps		Reps	Rest min
	Squat	5		5		5+	3
	Bench Press	5		5		5+	3
	Pull-Up	8		8		8+	2
	EZ Lying Tricep Ext	10		10			1-2
	Random exercise	10		10			1-2
	Any abs exercise	15		15		15	1

Day 4	Exercise	Reps		Reps		Reps	Rest min
	Leg Press	8		8		8+	3
	Overhead Press	5		5		5+	3
	Romanian Deadlift	8		8		8	2
	Curls	10		10+			1-2
	Leg Extension	12		12			1-2
	Any abs exercise	15		15		15	1