		Set 1	Set 2	Set 3	Set 4	Set 5
Day 1	**CHEST**					
	Flat Dumbell Press					
	Incline Dumbell Press					
	Incline Dumbell Flyes					
	SHOULDERS					
	Seated Dumbell Shoulder Press					
	Dumbell Side Laterals					
	Bent Over Laterals					
	TRICEPS					
	Seated Dips					
	Rope Pulldowns					
	Kickbacks					
Day 2	**LEGS**					
	45 deg Leg Press					
	Hack Squat					
	Lying Leg Curl					
	Standing Calf Raise					
Day 3	**BICEPS**					
	EZ Bar Curls					
	Barbell Curls					
	Dumbell Curls					
	BACK					
	Cable Lat Pulldown					
	Barbell Row					
	Seated Cable Rows					
	1 Arm Row					

NOTES

THE BodyForge
WE CHANGE LIVES, ONE REP AT A TIME.

Always warm up thoroughly

Stretch before and during exercises

Do all exercises in a controlled manner and using good form