

Day/Week

	Round 1			Round 2		
<b>INCLINE CHEST PRESS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1
<b>CHEST FLYS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB		<b>Reps</b> R _____	<b>Band</b> L M H MOB	
<b>CHEST PRESS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB		<b>Reps</b> R _____	<b>Band</b> L M H MOB	
<b>LOWER CHEST FLYS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB		<b>Reps</b> R _____	<b>Band</b> L M H MOB	
<b>SHOULDER PRESS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1
<b>FRONT RAISES</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1
<b>LATERAL RAISES</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1
<b>TRICEP EXTENSIONS</b>	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1	<b>Reps</b> R _____	<b>Band</b> L M H MOB	<b>Foot Position</b> W M N 1

## NOTES

Foot Position WMN1 = Wide, Medium, Narrow, 1 Foot - Band LMHMOB = Light, Medium, Heavy, Massive Orange Band