

Monday: back				Tuesday: chest				Wednesday: legs				Thursday: shoulders & traps				Friday: bicep & tricep									
seated rows	lbs	reps	%	max	bench press	lbs	reps	%	max	hack squats	lbs	reps	%	max	seated military press	lbs	reps	%	max	close grip bench	lbs	reps	%	max	
				240					360					320					150					275	
	100	10	42			135	10	38		sled +	50	10	16			45	10	30			135	10	49		
	120	10	50			185	10	51			90	10	28			65	10	43			165	10	60		
	140	10	58			225	10	63			140	10	44			85	10	57			195	10	71		
	160	10	67			255	6 - 8	71			180	10	56			95	10	63			225	6 - 10	82		
	180	10	75			285	4 - 6	79			230	10	72			105	10	70			245	4 - 6	89		
	200	10	83			320	3 - 4	89			270	10	84			115	10	77			265	2 - 3	96		
	220	8-10	92			330	2 - 3	92			320	8 - 10	100			125	8 - 10	83			245	4 - 6	89		
	240	6-8	100			340	1 - 2	94		straight leg ham-stretchers				max		145	6 - 8	97			225	6 - 10	82		
T-bar				max	incline press				max		lbs	reps		75		135	6 - 10	90		e-z bar curls			%	max	
	lbs	reps		225		lbs	reps		275		30	10	40		side lateral raises						lbs	reps		135	
45 lbs bar +	45	10	20			75	10	27			40	10	53			lbs	reps				30	10	22		
	90	10	40			105	10	38			50	10	67			5	10				40	10	30		
	135	10	60			135	10	49			60	10	80			10	10				50	10	37		
	180	10	80			165	10	60			70	10	93			10	10				60	10	44		
	225	6	100			195	10	71			75	10	100			15	10				70	10	52		
	180	8 - 10	80			225	6 - 8	82								15	10				115	10	85		
						245	3 - 4	89		tina's ab routine (25 minutes)						20	6 - 8				115	10	85		
					paused	225	4 - 6	82								20	6 - 8				115	10	85		
tina's ab routine (25 minutes)					standing cable flies (2 cable system)				max	leg press			%	max		15	8 - 10				115	10	85		
						lbs	reps		110		lbs	reps		440	shrugs						tricep press downs			%	max
						50	10	45		sled +	110	10	25			lbs	reps				2 cable syste	lbs	reps		260
seated wide lateral rows				max		60	10	55			220	10	50		machine +	90	10				100	10	38		
	lbs	reps		270		70	10	64			330	8 - 10	75			180	10				140	10	54		
machine +	50	10	19			80	10	73			440	4 - 6	100			270	10				180	10	69		
	90	10	33			90	10	82			330	6 - 10	75			360	10				200	10	77		
	140	10	52			100	10	91								450	8 - 10				220	10	85		
	180	8-10	67			110	8 - 10	100								360	8 - 10				240	8 - 10	92		
	230	6-8	85		incline dumbbell presses				max						seated dumbbell militaries		%	max			260	6 - 8	100		
straight arm pull overs				max		lbs	reps		110							lbs	reps		80						
	lbs	reps		100		40	10	36								15	10	19							
	20	10	20			60	10	55								30	10	38							
	45	10	45			80	10	73								45	10	56							
	60	10	60			100	6 - 8	91								55	10	69			dumbbell curls (hammers/turns)		%	max	
	80	8-10	80			100	6 - 8	91								65	8-10	81				lbs	reps		60
	100	6-8	100			85	10	77								70	6-8	88				10	10	17	
	85	8-10	85																			15	10	25	
																						20	10	33	
					run 2.5 to 3.5 miles (20 - 30 minutes)										run 2.5 to 3.5 miles (20 - 30 minutes)							25	10	42	
																						30	10	50	
																						35	10	58	
																						40	10	67	
																						45	10	75	
																						50	8 - 10	83	
																						55	6 - 8	92	