

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
0° Bench Press	Dum X 2						15	
2-Part Cable Crossovers	Mach X 2						Min	
Military Press	Bar X 1						15	
Lateral Raises	Dum X 2						Min	
Wide-Grip Tri Extension	EZ X 1						15	
Close-Grip Pressdowns	Mach X1						Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Wide-Grip Pressdowns	Mach X 1						15	
Close-Grip Pressdowns							Min	
Upright Rows (w/ rope)	Mach X 1						15	
Shrugs (w/ rope)							Min	
45° Arms-Out Curls	Dum X 2						15	
Close-Grip Preacher Curls	EZ X 1						Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Squats-to-Calf Raises	Bar X 1						15	
Leg Curls	Mach X 1						Min	
Groin Adductors (Lt)	Mach X 2						15	
Groin Adductors (Rt)							Min	
Roman Chair	Bench	20	20	20	20	20	20	20
Side Bends	Dum X 2	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
45° Bench Press	Dum X 2						15	
2-Part Cable Crossovers	Mach X 2						Min	
W Press-to-Overhead Lateral Raisers	Dum X 2						15	
Front-to-Bent Over Raise							Min	
Rev-Grip Press, Tri Extension	EZ X 1						15	
Rope Pressdowns	Mach X1						Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Wide-Grip Rows (w/ EZ bar)	Mach X 1						15	
Close-Grip Rows(w/ EZ bar)							Min	
Upright Rows	Bar X 1						15	
Shrugs	Dum X 2						Min	
Wide Grip Preacher Curls	EZ X 1						15	
Rope Hammer Curls	Mach X 1						Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Squats-to-Calf Raises	Bar X 1						15	
Leg Curls	Mach X 1						Min	
Hip Abductors (Lt)	Mach X 2						15	
Hip Abductors (Rt)							Min	
Crunches	Bench	20	20	20	20	20	20	20
Side Bends	Dum X 2	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
0° Bench Press	Bar X 1	125					15	
0° Flys	Dum X 2						Min	
Cable Crossovers	Mach X 2							
Military Press	Bar X 1						15	
Overhead Lateral Raises	Dum X 2						Min	
Seated Tri Extension (Rt.)	Dum X 2						15	
Seated Tri Extension (Lt.)							Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Wide-Grip Pulldowns	Mach X 1						15	
Wide-Grip Rows							Min	
Upright Rows	Bar X 1						15	
Shrugs	Dum X 2						Min	
Concentration Curl (Rt.)	Dum X 2						15	
Concentration Curl (Lt.)							Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Squats-to-Calf Raises	Bar X 1						15	
Leg Curls	Mach X 1						Min	
Side Lunges (Lt.)	N/A N/A						15	
Side Lunges (Rt.)							Min	
Roman Chair	Bench	20	20	20	20	20	20	20
Side Bends	Dum X 2	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	15
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
45° Bench Press	Bar X 1						15	
45° Flys	Dum X 2						Min	
Cable Crossovers	Mach X 2							
Arnold Press	Dum X 2						15	
Lateral Raises							Min	
Rev-Grip Tri Pressdown (Rt.)	Mach X 2						15	
Rev-Grip Tri Pressdown (Lt.)							Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Close-Grip Pulldowns	Mach X 1						15	
Close-Grip Rows							Min	
Upright Rows (w/ straight bar)	Mach X 1						15	
Shrugs (w/ straight bar)							Min	
Preacher Curls (Rt.)	Dum X 2						15	
Preacher Curls (Lt.)							Min	
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	

Date	Weight	5X	4X	3X	2X	1X	Time	Density
<b>Warm Up</b>							10 Min	
Squats-to-Calf Raises	Bar X 1						15	
Leg Curls	Mach X 1						Min	
Sissy Squats	N/A N/A						15	
Hyper-extensions							Min	
Crunches	Bench	20	20	20	20	20	20	15
Side Bends	Dum X 2	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	Min
Ride / Run / Heavy Bag / Speed Bag / Rope							30 Min	