| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCH | CRUNCH | FULL WRIST | WRIST | CHEST | CHEST | SHOULDER | SHOULDER | LATERAL RAISE | THRUSTOVER | WEIGHT | WEIGHT | EXTENSION | EXTENSION | PINCH | CRUNCH | KNEE | LEG CURL | QUAD | CURL | LEG | BARBELL C |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 10/16 | | | 4# | | | | | | | | | | | | | | | | | | | |
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| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCI | CRUE | FULL WRIS | E WRIST | THES | CHES | SHOULNT R | RAL RA | THRU | OVEGHT | XTE | EVERN | NCH | CRU | KNEE | EG CA | QUAS | CUGE RC | | G BARBELL C | use verticle alignment in excel for exercise labels | |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | 4 |

| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCH | CRUNCH | FULL WRIST | WRIST | THESTCHEST | | SHOULDER | NT RAISE | RAL RAISE | THRUOVER | EIGHT | XTENSION | EVERSE | INCH | CRUNCH | KNEE | LEG CURL | QUAD | CURL | GE RAISE | NG BARBELL C | use verticle alignment in excel for exercise labels |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |

| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCI | CRUE | FULL WRIS | E WRIST | THES | CHES | SHOULNT R | RAL RA | HRU | OVEGHT | XTE | EVERN | NCH | CRU | KNEE | EG CA | QUAS | CUGE RC | | G BARBELL C | use verticle alignment in excel for exercise labels | |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | 4 |

| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCI | CRUI | FULL WRIS | WRIST | THES | CHES | SHOULNT R | RAL RA | THRU | OVEGHT | XTE | EVERN | NCH | CRU | KNEE | EG CA | QUAS | CUGE RO | | G BARBELL C | use verticle alignment in excel for exercise labels | |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | 4 |

| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCH | CRUNCH | FULL WRIST | WRIST | CHEST | CHEST | SHOULDER | SHOULDER | LATERAL RAISE | THROW | OVERHEAD | TRICEP | EXTENSION | EVERYTHING | PUNCH | CRUNCH | KNEE | LEG CURL | QUAD | CURL | LEG RAISE | BARBELL C |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCI | CRUE | FULL WRIS | E WRIST | THES | CHES | SHOULNT R | RAL RA | HIRU | OVEGHT | XTE | EVERN | NCH | CRU | KNEE | EG CA | QUAS | CUGE RC | | G BARBELL C | use verticle alignment in excel for exercise labels | |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | | 4 |

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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCH | CRUNCH | FULL WRIST | WRIST | THESTHES | CHESTHES | SHOULDER | NT RAISE | RAL RAISE | THRUOVER | EIGHT | XTENSION | EVERSION | NCH | CRUNCH | KNEE | LEG | QUAD | CUGE | RIG | BARBELL C | use verticle alignment in excel for exercise labels |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |

| 2025 | MWF | | MON & FRI | | MONDAY | | | | | WEDNESDAY | | | | | | | | FRIDAY | | | | |
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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCH | CRUNCH | FULL WRIST | WRIST | THESTS | CHESTS | SHOULDER | NT RAISE | RAL RAISE | THRUOVER | EIGHT | XTENSIONS | EVERSE | NCH | CRUNCHES | KNEE | LEG CURL | QUAD | CUGE RIG | RIG | BARBELL C | use verticle alignment in excel for exercise labels |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |

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| | ABS | | FOREARMS | | CHEST | | SHOULDERS | | | BACK | | | | | TRICEPS | | | LEGS | | | | BICEPS |
| | CRUNCI | CRUE | FULL WRIE | WRIST | THES | CHES | SHOULNT R | RAL RA | | THRU | OVE | GHT X | TEE | EVERN | NCH C | RUKNEE | | EG CA | QUAS | CUGE R | | G BARBELL C |
| | 5X | 5X | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| | | | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| | | | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
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use verticle alignment in excel for exercise labels