

Lifting is Monday, Wednesday and Saturday Evening								
Upper Body Exercises				Lower Body Exercises				
Military Press				Cleans				
Curls				Dead Lift				
Tricep Extension				Leg Extension				
Bench Press				Squats				
Bench Pull				Hamstring on exercise ball				
Lat Pull Down				One Leg Squats				
Sit Up				Calf				
Back Extension				Jumpies				
Leg Lifts				Lunges				
Dips				Sit Ups				
Pull Ups				Leg Lifts				