

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			