

LEGS Day 1 LAF:		minute workout =	
glutes Troy's bench step		Deep BB Squat to level	
chest Inclined db Bench Press		Declined BB Bench Pr	
posture stretch & cable pull		Swing-Arm Pec Dec	
ham Seated		Tibia Dorsi w Hold & Stretch	
quads Seated		traps Inverted Shrug	
rear delts Swing Arm	Split Arm	cuff Heavy	

no Day Off

ARMS Day 2: Ballys		posture stretch & cable pull		minute workout =	
biceps EZ Preacher Curl		Concentration Spiral Curl			
triceps 45° French Press		Narrow BB Bench			
forearms Winch; Palms up/down					
thigh abduction	Seated	adduction			
abs Nitro/Trotter w hold		Hanging or Roman chair & holding knees up	sec.	In	min
Neck: Directions *	Reps x	Sets w stretch.	In	min.	BALANCE , Inverted

no Day Off

TOROSO Day 3: LAF ;		(Cuff/Posture/Lat first)		minute workout =	
back Low Cable Row		Cybex Pull-over			
Handle Width in. =		HammerS			
calf Lever		Wide Pull-Down to Chest			
delts Lateral db Fly		Free Mo			
		Rotator			
torso rotation Seated		Seated Shoulder Press			
Posture hyperextensions		BALANCE Inverted	cuff Light		
no Day Off 45 Degree		lat cable pull-down			

no Day Off

LEGS Day 1 LAF:		minute workout =	
glutes Troy's bench step		Deep BB Squat to level	
chest Inclined db Bench Press		Declined BB Bench Pr	
posture stretch & cable pull		Swing-Arm Pec Dec	
ham Seated		Tibia Dorsi w Hold & Stretch	
quads Seated		traps Inverted Shrug	
rear delts Swing Arm	Split Arm	cuff Heavy	

no Day Off

ARMS Day 2: Ballys		posture stretch & cable pull		minute workout =	
biceps EZ Preacher Curl		Concentration Spiral Curl			
triceps 45° French Press		Narrow BB Bench			
forearms Winch; Palms up/down					
thigh abduction	Standing	adduction			
abs Nitro/Trotter w hold		Hanging or Roman chair & holding knees up	sec.	In	min
Neck: Directions *	Reps x	Sets w stretch.	In	min.	BALANCE Inverted

no Day Off

TOROSO Day 3: LAF ;		(Cuff/Posture/Lat first)		minute workout =	
back Low Cable Row		Cybex Pull-over			
Handle Width in. =		HammerS			
calf Lever		BTN Pull-Down			
delts Lateral db Fly		Free Mo			
		Rotator			
torso rotation Seated		Seated Shoulder Press			
Posture hyperextensions		BALANCE Inverted	cuff Light		
45 Degree		lat cable pull-down			