

BUILD YOUR STRENGTH WORKOUT

Exercise	Set 1 Weight Reps	Set 2 Weight Reps	Set 3 Weight Reps	Set 4 Weight Reps
Leg Press	___ 15	___ 12	___ 10	___ 15
Deadlift	___ 10	___ 10	___ 10	
Seated Cable Row	___ 15	___ 12	___ 10	___ 15
Flat Dumbbell Fly	___ 15	___ 12	___ 10	
Hanging Knee Ups	BW 10	BW 15	BW 20	
Dumbbell Bent Arm Side Raise	___ 10	___ 10	___ 10	
Straight Bar Cable Pressdown	___ 15	___ 12	___ 10	___ 15
Straight Bar Cable Curl	___ 12	___ 12	___ 12	
Example	50 lbs 15	60 lbs 12	70 lbs 10	75 lbs 10

Directions

1. Perform all sets for each exercise before moving on to the next exercise
2. Rest 30-60 seconds between all sets
3. Find a weight load where the last 2 reps are *very hard*