

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	BALANCE	Inverted	cuff Light
Posture hyperextensions			lat cable pull-down

no Day Off

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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	BALANCE	Inverted	cuff Light
Posture hyperextensions			lat cable pull-down