

BAYSWATER NEUROMUSCULAR
 218 - 2475 Bayswater Street, Vancouver, B.C., V6K 4N3

DAY 1		REPS
CHEST	DB FLAT BENCH	10 X 4
	DB FLYES	10 X 4
BACK	CABLE ROWS	10 X 4
	CHINS (WIDE)	10 X 4
BICEPS	EZ BAR CURLS	10 X 4
	DB CURLS	10 X 4

DAY 2		
SHOULDERS	SEATED DB	10 X 4
	LATERAL DB RAISES	10 X 4
TRICEPS	FRENCH CURL	10 X 4
	DIPS	10 X 4
LEGS	LEG PRESS	10 X 4
	EXTENSIONS	10 X 4
	CURLS	10 X 4

DAY 3		
CARDIO		
ABS		