

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

DAY 1		REPS
CHEST	HEAVY BENCH	5 X 4
	WEIGHTED DIPS	5 X 4
BICEPS	HEAVY STRAIGHT BAR	5 X 4
	HEAVY HAMMER	5 X 4

DAY 2		
BACK	DEAD LIFT	5 X 4
	CLOSE CHINS WEIGHTED	5 X 4
TRICEPS	CABLE PRESS	5 X 4
	CLOSE GRIP PRESS	5 X 4

DAY 3		
SHOULDERS	BB PRESS HEAVY	5 X 4
	LATERAL CABLE	5 X 4
LEGS	SQUAT	5 X 4
	LEG PRESS	5 X 4