

Red Kingdom Fitness

Weight Training for Women I
12 Week Program

Week 1

Legs & Glutes

Squats – barbell, smith machine	3 sets - 15 reps
Hamstrings – leg curls, roman chair, 1 dumbbell	3 sets - 15 reps
Calf Raises – machine, smith machine	3 sets - 20 reps
Romanian Deadlifts – barbell, dumbbells	3 sets - 12 reps
Kickbacks – glute machine, cables	3 sets - 15 reps ea. leg
Sumo Squats – 1 dumbbell	3 sets - 12 reps

Back

Seated Rows – cables, machine	3 sets - 15 reps
Lateral Pull Downs – cables, machine	3 sets - 15 reps
Bent Back Flys – dumbbells	3 sets - 15 reps
Romanian Dead Lifts – barbell, dumbbells	3 sets - 12 reps

Shoulders

Seated Shoulder Press - dumbbells	3 sets - 12 reps
Seated Lateral Raises - dumbbells	3 sets - 12 reps
Front Raises – dumbbells	3 sets - 12 reps
Bent Rear Delt Flys - dumbbells	3 sets - 12 reps

Chest

Incline Chest Press – dumbbells, machine	3 sets - 12 reps
Chest Flys - dumbbells	3 sets - 12 reps
Chest Press – bench, dumbbells	3 sets - 12 reps
Chest Flys – cables	3 sets - 15 reps

Biceps

Bicep Curls – small barbell	3 sets - 12 reps
Hammer Curls – dumbbells, alternating	3 sets - 12 reps
Bicep Curls – cables	3 sets - 15 reps
Preacher Curls – machine	3 sets - 12 reps

Triceps

Tricep Kickbacks – dumbbells	3 sets - 12 reps
Overhead Tricep Press – 1 dumbbell	3 sets - 15 reps
Tricep Extensions – cables, v bar	3 sets - 15 reps
Tricep Extensions – preacher, machine	3 sets - 12 reps

Abs/ Core

Leg/ Knee Raises – ab/dip bar	3 sets - 15 reps
Planks	3 sets - 1 minute ea.
Torso Rotation – machine, cables, landmine rotations	3 sets - 15 reps per side

Cardio

Stair Stepper	20 minutes
Stationary Bike	20 minutes
Treadmill – steep incline, walk or jog	20 minutes

Week 2

Legs & Glutes

Bulgarian Split Squats – smith machine, bench	3 sets - 12 reps ea. leg
Goblet Squats – 1 dumbbell, weight plate	3 sets - 12 reps
Leg Curls – machine, cables w/ ankle strap	3 sets - 15 reps
Calf Raises – machine, smith machine	3 sets - 20 reps
Hip Thrusts – smith machine, barbell	3 sets - 12 reps
Hip Abduction/ Adduction - machine	3 sets - 12 reps

Back

Seated Cable Rows – machine	3 sets - 15 reps
Lateral Pull Downs – machine	3 sets - 15 reps
Bent Back Rows – sm. barbell, reverse grip	3 sets - 12 reps
Pull Ups - assisted	3 sets - 15 reps

Shoulders

Standing Shoulder Press – sm. barbell, dumbbells	3 sets - 10 reps
Lateral Raises – machine	3 sets - 15 reps
Rear Delts – pec/ fly machine	3 sets - 12 reps
Cable Shoulder Press – cables, v bar, stand or kneel	3 sets - 12 reps

Chest

Incline Chest Press – sm. barbell	3 sets - 12 reps
Bench Chest Flys - dumbbells	3 sets - 12 reps
Chest Press – dumbbells touching	3 sets - 10 reps
Chest Flys – pec fly machine	3 sets - 12 reps

Biceps

Bicep Curls – dumbbells, both arms	3 sets - 12 reps
Bicep Curls – cables	3 sets - 15 reps
Reverse Curls – sm. barbell	3 sets - 10 reps
Bicep Curls – preacher machine	3 sets - 12 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	3 sets - 10 & 10 reps
Tricep Extensions – cables, rope	3 sets - 12 reps
Tricep Press – machine	3 sets - 12 reps
Dips – bench/ box	3 sets - 12 reps

Abs/ Core

Crunches – decline bench	3 sets - 20 reps
Torso Rotation - machine	3 sets - 15 reps ea. side
Flutter Kicks	3 sets - 1 minute
Knee Ups – ab/ dip bar	3 sets - 20 reps

Cardio

Treadmill – run or jog	20 minutes
Stair Stepper	15 minutes
Elliptical	20 minutes

Week 3

Legs & Glutes

Leg Press – 10 reps feet touching & 10 reps feet apart	3 sets - 20 reps
Hams & Glutes – roman chair, 1 dumbbell, back raises	3 sets - 15 reps
One-Leg Deadlifts – 1 dumbbell	3 sets - 15 reps
Sumo Squats – smith machine, 1 dumbbell	3 sets - 12 reps
Kickbacks – glutes machine, cables w/ ankle strap	3 sets - 15 reps ea. leg
Calf Raises – machine, smith machine	3 sets - 25 reps

Back

Pull Ups - assisted	3 sets - 12 reps
Seated Back Rows - machine	3 sets - 12 reps
Romanian Dead Lifts - dumbbells	3 sets - 12 reps
Bent Back Flys – dumbbells	3 sets - 12 reps

Shoulders

One -Arm Shoulder Press – 1 dumbbell	3 sets - 12 reps
Lateral Shoulder Raises - dumbbells	3 sets - 12 reps
Seated Rear Delts – dumbbells	3 sets - 12 reps
Front Raises – dumbbells	3 sets - 12 reps

Chest

Bench Press – smith machine	3 sets - 12 reps
Chest Flys – cables	3 sets - 15 reps
Incline Chest Press - machine	3 sets - 15 reps
Chest Raises – dumbbells	3 sets - 10 reps

Biceps

Alternating Bicep Curls – dumbbells	3 sets - 10 reps
Bicep Curls – small barbell	3 sets - 12 reps
Hammer Curls – cables, rope	3 sets - 15 reps
Seated Cable Curls – cable row	3 sets - 12 reps

Triceps

Tricep Extensions – machine	3 sets - 12 reps
Tricep Dips – machine assisted, slight lean forward	3 sets - 12 reps
Tricep Extensions – cables, reverse grip	3 sets - 15 reps
Push Ups - floor	3 sets - 8 reps

Abs/ Core

Sit Ups – roman chair, use weight	3 sets - 15 reps
Leg Raises – ab/ dip bar	3 sets - 20 reps
Torso Rotation – cables, landmine, machine	3 sets - 15 reps

Cardio

Stationary Bike	20 minutes
Rowing	20 minutes
Stair Stepper	20 minutes

Week 4

Legs & Glutes

Dead Lifts – hexagon bar, smith machine	3 sets - 10 reps
T Bar Squats – barbell or Sumo Squats -1 dumbbell	3 sets - 10 reps
Leg Curls – machine, cables	3 sets - 12 reps
Calf Raises/ Extensions – machine, smith machine	3 sets - 20 reps
Hip Thrusts – machine, sm. barbell, smith machine	3 sets - 15 reps
Kickbacks – cables, glute machine	3 sets - 12 reps ea. leg

Back

T Bar Rows – machine	3 sets - 10 reps
Pull Ups – machine assisted	3 sets - 12 reps
Bent Back Rows – dumbbells, both arms	3 sets - 12 reps
Back Extensions – lean back machine	3 sets - 20 reps

Shoulders

Shoulder Press – smith machine	3 sets - 12 reps
Front Shoulder Raises – cables, one arm	3 sets - 12 reps
Side Lateral Raises - machine	3 sets - 12 reps
Rear Delt Flys - cables	3 sets - 12 reps

Chest

Chest Press – dumbbells touching, bench	3 sets - 12 reps
Incline Chest Press – smith machine	3 sets - 10 reps
Chest Flys – pec fly machine	3 sets - 12 reps
Chest Raises – cables	3 sets - 12 reps

Biceps

Bicep Curls – small barbell	3 sets - 10 reps
Bicep Curls - machine	3 sets - 12 reps
Dumbbell Curls – alternating	3 sets - 10 reps
Cable Curls	3 sets - 12 reps

Triceps

Diamond Push Ups – floor	3 sets - 10 reps
Overhead Tricep Extensions – cables, rope	3 sets - 12 reps
Tricep Kickbacks – dumbbells, both arms	3 sets - 12 reps
Tricep Extensions – machine	3 sets - 10 reps

Abs/ Core

Decline Bench Sit Ups	3 sets - 20 reps
Obliques – torso rotation, machine	3 sets - 15 reps ea. side
Knee Raises – ab/dip bar	3 sets - 25 reps
Crunches – machine	3 sets - 20 reps

Cardio

Stair Stepper	20 minutes
Rowing	15 minutes
Elliptical	20 minutes

Week 5

Legs & Glutes

Leg Extensions – machine	4 sets - 15 reps
Leg Curls – machine, cables	4 sets - 15 reps
Hack Squats – smith machine, machine	4 sets - 10 reps
Calf Raises/ Extensions – leg press, smith machine	4 sets - 20 reps
Hip Abduction/ Adduction – machine	4 sets - 12/12 reps
Hip Thrusts – smith machine, barbell	4 sets - 12 reps

Back

Lateral Pulldowns – cables, machine	4 sets - 12 reps
One-Arm Dumbbell Rows	4 sets - 12 reps
High Back Rows - machine	4 sets - 12 reps
Straight Leg Deadlifts – small barbell, barbell	4 sets - 12 reps

Shoulders

Seated Shoulder Press - machine	4 sets - 12 reps
Upright Rows – smith machine or small barbell	4 sets - 10 reps
Seated Lateral Raises - machine	4 sets - 12 reps
Rear Delts – pec fly machine, face pulls – cables, rope	4 sets - 12 reps

Chest

Bench Press – barbell	4 sets - 10 reps
Chest Flys – pec/ fly machine	4 sets - 12 reps
Incline Press – dumbbells	4 sets - 10 reps
Chest Raises – sm. barbell	4 sets - 10 reps

Biceps

Preacher Curls – easy bar, machine	4 sets - 12 reps
Hammer Curls – dumbbells, both arms	4 sets - 10 reps
Pull Ups – reverse grip, machine, assisted	4 sets - 12 reps
One Arm Curls – cables	4 sets - 15 reps

Triceps

Dips – machine, assisted	4 sets - 12 reps
Tricep Press - machine	4 sets - 12 reps
Tricep Extensions – ropes	4 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 12 reps

Abs/ Core

Mountain Climbers	4 sets - 1 minute
Russian Twists – both sides = 1 rep, use weight	4 sets - 1 minute
Sit ups – extended roman chair, floor, machine	4 sets - 15 reps

Cardio

Treadmill – run, jog	15 minutes
Stair Stepper	30 minutes
Elliptical	15 minutes

Week 6

Legs & Glutes

Deadlifts – hexagon barbell, barbell, sm. barbell	4 sets - 10 reps
Bulgarian Split Squats – 1 dumbbell, bench	4 sets - 10 reps ea. leg
Goblet Squats – smith machine, weight plate	4 sets - 10 reps
Kickbacks – glute machine, cables w/ ankle strap	4 sets - 12 reps ea. leg
Calf Raises/ Extensions – machine, smith machine	4 sets - 20 reps
Ski Squats – dumbbells, feet touching	4 sets - 12 reps

Back

High Rows – machine	4 sets - 12 reps
Lateral Pull Downs – cables – V bar	4 sets - 15 reps
Bent Back Rows – dumbbells, low row machine	4 sets - 12 reps
Back Extensions – machine	4 sets - 15 reps

Shoulders

Standing Shoulder Press – dumbbells	4 sets - 12 reps
Seated Front Shoulder Raises - dumbbells	4 sets - 12 reps
Side Lateral Raises - dumbbells	4 sets - 12 reps
Rear Delts – pec/ fly machine	4 sets - 12 reps

Chest

Chest Press – smith machine, machine	4 sets - 10 reps
Chest Raises – cables	4 sets - 10 reps
Incline Chest Press - dumbbells	4 sets - 12 reps

Biceps

Incline Bicep Curls – dumbbells, both arms	4 sets - 10 reps
Bicep Curls - machine	4 sets - 12 reps
Bicep Curls – small barbell	4 sets - 12 reps
One Arm Biceps Curls – preacher, incline bench	4 sets - 10 reps

Triceps

Tricep Extensions – machine	4 sets - 20 reps
Skull Crushers – easy bar, dumbbells, low incline bench	4 sets - 12 reps
Overhead Tricep Extensions – rope	4 sets - 12 reps
Push Ups – floor	4 sets - 8 reps

Abs/ Core

Obliques – torso rotation machine

4 sets - 15 reps

Scissor Kicks

4 sets - 1-minute

Leg Raises – ab/ dip bar

4 sets - 20 reps

Cardio

Burpees

3 sets - 1-minute rounds

Box Steps – box, or bench, light weight

4 sets - 10 steps ea. leg

Stationary Bike

15 minutes

Week 7

Legs & Glutes

Bulgarian Split Squats – dumbbells, smith machine	4 sets - 10 reps ea. leg
Leg Curls – cables/ ankle strap, machine	4 sets - 15 reps
Calf Raises/ Extensions – machine	4 sets - 20 reps
Leg Press – machine, feet touching	4 sets - 12 reps
Hip Abduction/ Adduction - machine	4 sets - 15 reps ea. side
Glutes – Kickbacks, machine, hip thrusts, cables	4 sets - 12 reps

Back

High Rows - machine	4 sets - 12 reps
Back Flys - cables	4 sets - 12 reps
Bent Back Rows – small barbell	4 sets - 12 reps
Lateral Pull Downs – reverse grip - cables	4 sets - 12 reps

Shoulders

Standing Shoulder Press – small barbell	4 sets - 10 reps
Lateral/ Shoulder Raises -- dumbbells	4 sets - 10 reps
Seated Front Raises – dumbbells, sm. barbell	4 sets - 10 reps
Rear Delts Flys – pec fly machine	4 sets - 10 reps

Chest

Incline Press - machine	4 sets - 10 reps
Chest Flys – pec fly machine	4 sets - 12 reps
Seated Chest Press – machine	4 sets - 10 reps

Bicep

Bicep Curls – small barbell	4 sets - 12 reps
Alternating Bicep Curls – dumbbells	4 sets - 10 reps ea. arm
Bicep Curls – machine	4 sets - 10 reps
Hammer Curls - dumbbells	4 sets - 10 reps

Triceps

Tricep Press – machine	4 sets - 15 reps
Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 15 reps
One Arm Kickbacks – cables	4 sets - 15 reps

Abs/ Core

Roman Chair - sit ups, crunches, use weight	4 sets - 15 reps
Flutter Kicks	4 sets - 1 minute
Knee Raises – ab/ dip bar	4 sets - 15 reps
Russian Twists – 1 dumbbell or weight plate, side + side	4 sets - 30 reps

Cardio

Elliptical	20 minutes
Stationary Bike	20 minutes
Treadmill	20 minutes

Week 8

Legs & Glutes

Pulsing Sumo Squats – 1 dumbbell, ½ rep + full rep	4 sets - 10 reps
Leg Press – feet touching	4 sets - 12 reps
Calf Raises/ Extensions –machine, smith machine	4 sets - 20 reps
Hams & Glutes – roman chair, 1 dumbbell, back raises	4 sets - 12 reps
Kickbacks – machine, 12 reps heavy/ 12 reps light	4 sets - 12/12 reps ea. leg
Glutes – hip thrusts, smith machine	4 sets - 12 reps

Back

Pull Ups – machine, assisted	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 15 reps
Good Mornings – small barbell	4 sets - 15 reps
High Rows – machine	4 sets - 15 reps

Shoulders

Front Raises - dumbbells	4 sets - 12 reps
Shoulder Press – machine	4 sets - 12 reps
Side Lateral/ Shoulder Raises - machine	4 sets - 12 reps
Rear Delt – pec/ delts machine	4 sets - 12 reps

Chest

Incline Chest Flys - dumbbells	4 sets - 10 reps
Bench Press – bench, dumbbells	4 sets - 10 reps
Cable Flys – cables	4 sets - 12 reps

Biceps

Bicep Curls – incline bench, dumbbells, both arms	4 sets - 10 reps
Preacher Curls – machine	4 sets - 12 reps
Bicep Curls – dumbbells – both arms	4 sets - 10 reps
Pull Ups – assisted, reverse grip	4 sets - 10 reps

Triceps

Skull Crushers – easy bar, dumbbells	4 sets - 12 reps
Push Ups – floor	4 sets - 10 reps
Overhead Tricep Extensions – cables/ rope	4 sets - 15 reps
Tricep Extensions – reverse grip, cables	4 sets - 15 reps

Abs/ Core

Crunches - machine

4 sets - 25 reps

Sit Ups – decline bench, use weight or ball

4 sets - 15 reps

Leg Raises – dip bar

4 sets - 20 reps

Cardio

Treadmill – run or jog

20 minutes

Rowing

15 minutes

Elliptical

15 minutes

Week 9

Legs & Glutes

Static Lunges – dumbbells, sm. barbell	4 sets - 10 steps ea. leg
Leg Curls – machine	4 sets - 12 reps
Goblet Squats – 1 dumbbell, weight plate	4 sets - 10 reps
Calf Raises – machine	4 sets - 15 reps
Hip Abductor/ Adductor – machine	4 sets - 15 reps ea. side
Romanian Deadlifts - dumbbells	4 sets - 15 reps

Back

Assisted Pull Ups – alternate wide/ close grip	4 sets - 10 reps
Bent Back Flys – dumbbells	4 sets - 12 reps
Good Mornings – small barbell	4 sets - 15 reps
Back Rows – machine	4 sets - 15 reps
Lat Pulldowns – machine	4 sets - 12 reps

Shoulders

Shoulder Press - machine	4 sets - 12 reps
Lateral/ Shoulder Raises - cables	4 sets - 15 reps
Rear Delts – pec/ fly machine	4 sets - 12 reps
Front Shoulder Raises – small barbell, weight plate	4 sets - 10 reps

Chest

Incline Chest Flys - dumbbells	4 sets - 15 reps
Seated Chest Press - machine	4 sets - 15 reps
Chest Flys – cables	4 sets - 15 reps

Biceps

Bicep Curls – small barbell	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Bicep Curls – machine	4 sets - 10 reps
Hammer Curls – alternating, dumbbells	4 sets - 10 reps

Triceps

Dips – bench	4 sets - 15 reps
Tricep Kickbacks – dumbbells	4 sets - 12 reps
Tricep Extensions - machine	4 sets - 20 reps
Overhead Tricep Extensions – rope	4 sets - 15 reps

Abs/ Core

Decline Crunches	4 sets - 20 reps
Crunches – machine	4 sets - 30 reps
Leg Raises – dip bar	4 sets - 20 reps

Cardio

Elliptical	15 minutes
Jumping Jacks	4 sets - 1-minute rounds
Burpees	4 sets - 1-minute rounds

Week 10

Legs & Glutes

Bulgarian Split Squats – dumbbells, smith machine	3 sets - 10 reps ea. leg
Leg Curls – machine, cables w/ ankle strap	3 sets - 12 reps
Calf Raises – machine, smith machine	3 sets - 15 reps
T-Bar Squats - barbell	3 sets - 12 reps
Hip Thrusts – smith machine, barbell, bench	3 sets - 12 reps
One- Leg Deadlifts	3 sets - 12 reps ea. leg

Back

Seated Cable Rows – cables	3 sets - 10 reps
Lateral Pull Downs – cables	3 sets - 10 reps
Bent Back Rows – dumbbells - both arms	3 sets - 10 reps
Back Raises – machine, weight plate	3 sets - 12 reps

Shoulders

Shoulder Press – dumbbells	3 sets - 10 reps
Lateral Raises – dumbbells	3 sets - 10 reps
Rear Delts – pec/ fly machine	3 sets - 10 reps
Cable Shoulder Press – cables, v bar, stand or kneel	3 sets - 12 reps

Chest

Incline Chest Press - machine	3 sets - 10 reps
Chest Flys - cables	3 sets - 12 reps
Chest Press – dumbbells, bench	3 sets - 10 reps

Biceps

Bicep Curls – both arms, dumbbells	3 sets - 10 reps
Bicep Curls – cables	3 sets - 15 reps
Hammer Curls – dumbbells	3 sets - 10 reps
Bicep Curls – machine	3 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	3 sets - 10 & 10 reps
Tricep Extensions – cables, rope	3 sets - 15 reps
Tricep Extensions – machine	3 sets - 12 reps
Dips – bench/ box	3 sets - 12 reps

Abs/ Core

Basic Crunches

3 sets - 20 reps

Planks

3 sets - 1 minute

Flutter Kicks

3 sets - 1 minute

Cardio

Treadmill – run or jog

20 minutes

Stair Stepper

15 minutes

Elliptical

20 minutes

Week 11

Legs & Glutes

Hack Squats – smith machine, machine	3 sets - 12 reps
Hams & Glutes – roman chair, 1 dumbbell, back raises	3 sets - 15 reps
Leg Curls – machine, cables w/ ankle strap	3 sets - 15 reps
Kickbacks – glutes machine, cables w/ ankle strap	3 sets - 15 reps ea. leg
Calf Raises – machine, smith machine	3 sets - 25 reps
Sumo Squats – 1 dumbbell	3 sets - 12 reps

Back

Pull Ups - assisted	3 sets - 12 reps
Seated Back Rows - machine	3 sets - 12 reps
Romanian Dead Lifts - dumbbells	3 sets - 12 reps
Bent Back Flys – dumbbells	3 sets - 12 reps

Shoulders

Shoulder Press – dumbbells	3 sets - 10 reps
Lateral/ Shoulder Raises - dumbbells	3 sets - 10 reps
Seated Rear Delts – pec/ delts machine	3 sets - 10 reps
Front Raises – dumbbells	3 sets - 10 reps

Chest

Chest Press – bench - smith machine	3 sets - 12 reps
Chest Flys – pec machine	3 sets - 15 reps
Incline Chest Press	3 sets - 12 reps

Biceps

Hammer Curls – dumbbells - alternating	3 sets - 10 reps
Bicep Curls – small barbell	3 sets - 12 reps
Cable Curls - cables	3 sets - 15 reps
One-Arm Preacher Curls – dumbbell	3 sets - 10 reps

Triceps

Tricep Press – machine	3 sets - 15 reps
Tricep Extensions - machine	3 sets - 12 reps
Tricep Kickbacks – cables, v bar	3 sets - 15 reps
Tricep Extensions – machine	3 sets - 12 reps

Abs/ Core

Crunches – roman chair

3 sets - 20 reps

Leg Raises – ab/ dip bar

3 sets - 20 reps

Bicycle Kicks

3 sets - 1 minute

Cardio

Stationary Bike

20 minutes

Rowing

20 minutes

Stair Stepper

20 minutes

Week 12

Legs & Glutes

Leg Press – machine	3 sets - 12 reps
Split Squats – bench, 1 dumbbell	3 sets - 12 reps
One-Leg Dead Lifts – dumbbell	3 sets - 15 reps ea. leg
Leg Curls – machine, cables	3 sets - 12 reps
Calf Raises/ Extensions	3 sets - 25 reps
Hip Thrusts – machine, sm. barbell, smith machine	3 sets - 15 reps
Kickbacks – cables, machine	3 sets - 15 reps ea. leg

Back

Seated Cable Rows – cables, machine	3 sets - 12 reps
Lateral Pull Downs – cables, machine	3 sets - 12 reps
Bent Back Rows – small barbell – reverse grip	3 sets - 12 reps
Back Extensions – machine, roman chair	3 sets - 20 reps

Shoulders

Shoulder Press - dumbbells	3 sets - 12 reps
Front Shoulder Raises - dumbbells	3 sets - 12 reps
Side Lateral Raises - dumbbells	3 sets - 12 reps
Bent Rear Delt Flys - dumbbells	3 sets - 12 reps

Chest

Bench Flys - dumbbells	3 sets - 12 reps
Incline Chest Press - dumbbells	3 sets - 12 reps
Chest Flys – cables	3 sets - 12 reps

Biceps

Bicep Curls – small barbell	3 sets - 12 reps
Bicep Curls - machine	3 sets - 12 reps
Dumbbell Curls – alternating	3 sets - 12 reps
Cable Curls	3 sets - 15 reps

Triceps

Tricep Extensions – cables, reverse grip	3 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	3 sets - 12 reps
Dips – assisted – machine, bench dips	3 sets - 12 reps
Tricep Extensions – rope, cables	3 sets - 12 reps

Abs/ Core

Decline Bench Sit Ups	3 sets - 15 reps
Torso Rotation – machine, cables	3 sets - 15 reps ea. side
Leg/ Knee Raises – ab/dip bar	3 sets - 20 reps

Cardio

Stair Stepper	20 minutes
Rowing	15 minutes
Elliptical	20 minutes