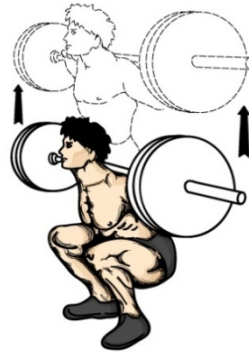


Monday, Wednesday and Friday

Tuesday, Thursday and Saturday



1 Bench Press



4 Squat



7 Front Press



10 Triceps



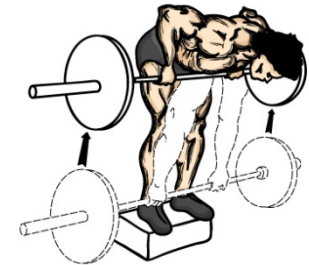
2 Bent Arm Pullover



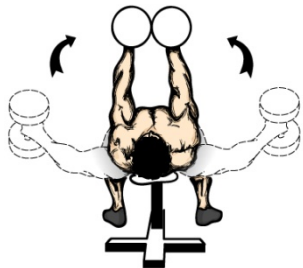
5 Calf Raise



8 Press Behind Neck



11 Bent Over Rowing



3 Fly



6 Crunch



9 Curls



12 Crunch

Instructions: For 1-5 and 7-11 exercises, do 3 set - each set consist of 12 repetitions (reps). Gradually reduce reps to gain muscle weight. For 6 and 12 do as much reps as you can. For 1, 7, 8, 9 and 11 exercises - inhale when bar moves towards chest. For 2, 3 and 10 - inhale when weights moves away from chest. For exercise # 4, inhale before bending the knees. For exercise # 5, inhale before raising the heels. For 6 and 12 exercise exhale when you move your head up.