

***JULY 2003 STRENGTH/TONING WORKOUT***

Mondays/Thursdays (Legs)

**Squats**

1x15x65

4x10x95

**Leg Press**

1x15x50

4x10x90

**Calf Raises**

4x12x90

**Leg Extension**

1x15x50(lightest)

4x10x70

**Leg Curls**

1x15x20

4x10x35

**Calf Raises**

4x10x20

Wednesdays (Abs, Back &Triceps)

**Abs**

**Side-to-side**

4x80

**Windmills**

4x80

**Ab machines (2)**

4x20x30

4x25x10

**Back**

**Behind neck pulldown**

4x10x30

**Front neck pulldown-close**

4x10x20

**Front neck pulldown-wide**

4x10x30

**Dips**

6x12

**Pull-ups**

4x3

**Nosebusters**

4x10x35

Tuesdays (Chest & Biceps)

**Flat Bench (*Super-set w/ Curls*)**

1x1x45

1x2x55

1x3x65

1x4x75

1x5x80

1x5-8x65

1x5-8x45

**Curls (straight or curl bar)**

8x10x45

**Decline Bench**

4x10x65

Fridays (Chest and Biceps)

**Chest (*Super-set w/ Curls*)**

**Flat Bench**

10x5x55

**Curls (straight or curl bar)**

10x10x45

**Pushups**

10x5

Sundays

**Light Ab routine**

**Shoulder Press**

5x10x25