Week 1 WEIGHT SETS	REPS WEIGHT	Week 2			Week 3			M/- 1 4		
	REPS WEIGHT				Week 3			Week 4		NOTES
		OEIO	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
WEIGHT SETS	REPS WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	WEIGHT	SETS	REPS	
V V	WEIGHT SETS  WEIGHT SETS  WEIGHT SETS	WEIGHT SETS REPS WEIGHT  WEIGHT SETS REPS WEIGHT  WEIGHT SETS REPS WEIGHT  WEIGHT SETS REPS WEIGHT	WEIGHT SETS REPS WEIGHT SETS  WEIGHT SETS REPS WEIGHT SETS  WEIGHT SETS REPS WEIGHT SETS	MEIGHT SETS REPS WEIGHT SETS REPS  MEIGHT SETS REPS	MEICHT SETS REPS WEIGHT SETS REPS WEIGHT  MEICHT SETS REPS WEIGHT SETS REPS WEIGHT  MEICHT SETS REPS WEIGHT SETS REPS WEIGHT  MEICHT SETS REPS WEIGHT SETS REPS WEIGHT	MEGHT SETS REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS  REPS MESON SETS	MEGHT SETS REPS MEGHT SETS REP	MODEL 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	RECORD 12/2 WEIGHT SETS REPS REAGHT SETS WEIGHT SETS  REPS REPS REPS REPS REPS WEIGHT SETS  REPS REPS REPS REPS REPS REPS REPS REPS	1001