

Monday	Points	Tuesday	Points	Wednesday	Points
Combo-Crunches (2 Sets of 12)	3	Biceps Curl (6-7 Sets of 12)	5	Supermans (3 sets of 2 Minutes)	3
Stay Ups (3 Sets of 2 Minutes)	5	Biceps Curl (15 lb, 20 reps)			
Sit Ups (2 Sets of 25)	2				
<b>Abs</b>	<b>15</b>	<b>Biceps</b>	<b>10</b>	<b>Lower Back</b>	<b>8</b>

Thursday	Points	Friday	Points	Saturday	Sunday
Tricep Dips (3 Sets of 12)	5	Pec iso.	3	<b>Abs</b>	<b>Biceps</b>
Arm Raises (3 Sets of 12)	4	Candle	5	<b>Biceps</b>	<b>Lower Back</b>
Hold up arms (3 sets of 3 Minutes)	4	Rows iso.	4	<b>Lower Back</b>	<b>Upper Body</b>
				<b>Triceps &amp; Shoulders</b>	<b>Triceps &amp; Shoulders</b>
				<b>Legs</b>	<b>Legs</b>
<b>Triceps &amp; Shoulders</b>	<b>18</b>	<b>Upper Body</b>	<b>15</b>	<b>Choice</b>	<b>Choice</b>