

## Week 3: 1 Muscle a Day

### Workout 3

-Abs-

<u>Exercise</u>	<u>Your Goal</u>		<u>Your Set</u>	
	Reps	x Weight	Reps	x Weight
<b>1. Ab Bench Crunch</b>	<b>15</b>	<b>0-15</b>		
Ab Bench Crunch	15	0-15		
Ab Bench Crunch*	15	0-15		
<b>2. Rev. Crunches</b>	<b>8</b>	<b>0</b>		
Rev. Crunches	8	0		
Rev Crunches**	8	0		
<b>3. Ball Crunches</b>	<b>8</b>	<b>0</b>		
Ball Crunches	8	0		
Ball Crunches*	8	0		
<b>4. Wood Chop(R)**</b>	<b>8</b>	<b>15-30</b>		
Wood Chop(L)**	8	15-30		

**\*Do 5 partial reps when you can't complete any more full reps**

**\*\*No Partials**

**Week 3: 1 Muscle a Day**  
**Workout 4**  
**-Chest-**

<u>Exercise</u>	<u>Your Goal</u>		<u>Your Set</u>	
	Reps	x Weight	Reps	x Weight
<b>1. DB Bench Press</b>	<b>8</b>	<b>10-25</b>		
<b>DB Bench Press</b>	<b>8</b>	<b>10-25</b>		
<b>DB Bench Press*</b>	<b>8</b>	<b>10-25</b>		
<b>3. Incline DB Bench</b>	<b>8</b>	<b>8-20</b>		
<b>Incline DB Bench</b>	<b>8</b>	<b>8-20</b>		
<b>Incline DB Bench*</b>	<b>8</b>	<b>8-20</b>		
<b>3. BB Bench Press</b>	<b>8</b>	<b>35-70</b>		
<b>BB Bench Press</b>	<b>8</b>	<b>35-70</b>		
<b>BB Bench Press*</b>	<b>8</b>	<b>35-70</b>		
<b>4. Incline Flys</b>	<b>15</b>	<b>5-15</b>		
<b>Incline Flys</b>	<b>15</b>	<b>5-15</b>		
<b>Incline Flys*</b>	<b>15</b>	<b>5-15</b>		

**\*Do 5 partial reps when you can't complete any more full reps**