

EXERCISE	DAY 1 (Split)	DAY 2 (Split)	Upper and Lower Body
Bench Press (or dumbbell)	5 sets X 10 reps		5 sets X 10 reps
Shoulder Press (or dumbbell)	5 sets X 10 reps		5 sets X 10 reps
Lat Pull Down	5 sets X 10 reps		5 sets X 10 reps
Bent Over Dumbbell Row	3 sets X 10 reps		3 sets X 10 reps
Squat		5 sets X 10 reps	5 sets X 10 reps
Lunges		3 sets X 10 reps	3 sets X 10 reps
Tricep Push Down		5 sets X 10 reps	5 sets X 10 reps
Bicep Curls (or dumbbell)		5 sets X 10 reps	5 sets X 10 reps
Abs	100 sit ups (4 sets X 20 reps)	100 sit ups (4 sets X 20 reps)	100 sit ups (4 sets X 20 reps)