

<b>Weights #1</b>	<b>Weights #2</b>
<b>Push-ups</b>	<b>Lat-Pull Down</b>
<b>Triceps Press</b>	<b>One Arm Bicep Curl</b>
<b>Upright Rows</b>	<b>Leg Raises</b>
<b>Leg Press</b>	<b>Seated Row</b>
<b>Shoulder Press</b>	<b>Lunges</b>
<b>Squats</b>	<b>Curl up/Hammer down</b>