PHASE 2) ADVANCED PROGRAMME by Graham Healy

BODY-FIT
PERSONAL TRAINERS NETWORK

R = REST: 60 SECONDS , HEAVY 90 SEC, INT = INTENSITY (1 to 10)
UPPER BODY , P/I=PALMS IN ,P/O=PALMS OUT P/E=PRE-EXHAUST

EXERCISE	DATE		INT		INT		INT		INT		INT		INT		INT		INT		INT
CHEST *PECK DECK*	**WT/REP** (1)																		
FLAT B ENCH	**WT/REP** (2)																		
INC D'BELL	**WT/REP** (3)																		
D'BELL FLYS	**WT/REP** (4)																		
V. CHEST *PRESS*	**WT/REP** (5)																		
PRE-EX >	**WT/REP** (6)																		
BACK P/I LAT PULL	**WT/REP** (1)																		
LAT PULL P/O (T)	**WT/REP** (2)																		
D'BELL PULLOVER	**WT/REP** (3)																		
ONE ARM D'BEL ROW	**WT/REP** (4)																		
BARBELL ROWS	**WT/REP** (5)																		
CHINS P/I or P/O 'T'	**WT/REP** (6)																		
BICEPS INC.D'BEL	**WT/REP** (1)																		
E-Z BAR	**WT/REP** (2)																		
HAMMER CURLS	**WT/REP** (3)																		
SCOTT CURLS	**WT/REP** (4)																		
	WT/REP (5)																		
PRE-EXH>	**WT/REP** (6)																		
TRICEPS TRI- PUSH	**WT/REP** (1)																		
LYING TRI EXT	**WT/REP** (2)																		
O/H EXT D'B or B'BL	**WT/REP** (3)																		
DIPS	**WT/REP** (4)																		
	WT/REP (5)																		
PRE-EXH>	**WT/REP** (6)																		