

Chad Arnold  
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Advanced PE

- Every 3 weeks the workout reps switch.
- Rep examples: (10, 8, 6, 6) (4x8) (4x6) (4x4) (4x3) (4x2)

**Monday**

Bench Press  
DB Military  
Triceps  
Biceps  
Shrugs  
Shoulder Circuit

**Tuesday**

Squats  
Pull-ups  
RDL's  
Patella Squats

**Wednesday**

~~Game Day~~ Yoga

**Thursday**

Lunges  
Pull-ups  
RDL's  
Patella Squats

**Friday**

Close Grip Bench  
Up Right Row  
Triceps  
Biceps  
Shrugs  
Shoulder Circuit