

Evilcyber's Intermediate Home Workout Schedule

Week / Exercise				
Dbbell Chest Presses				
Dumbbell Flyes				
Push-Ups				
Dips				
Kickbacks				
Crunches				
Pull-ups				
Dumbbell Rows				
Pullovers				
Dumbbell Curls				
Chin-Ups				
Lying Leg Raises				
Dumbbell Shoulder Pr.				
Dumbbell Raises				
Step-Ups				
Hamstring Curls				
Lunges				
Crunches				

- Under week enter the week you are tracking, eg. March 5 – March 11, 2012
- For each exercise, write down the number of reps you did on each set and how much weight you used, eg. 10 / 9 / 7, 20 lbs