DATE/TIME Th & Sun or Wed & Sat	NG bench 3 (8-10)	Vertical LP 3 (8-12)	Row 3 (8-10)	Seated DB Pres 3 (8-12)	Deadlift 2 (6-8)	Bent over DB tri extensions 3 (8-12)	EZ Curls 3 (7-10)	Shrugs 3 (8-12)