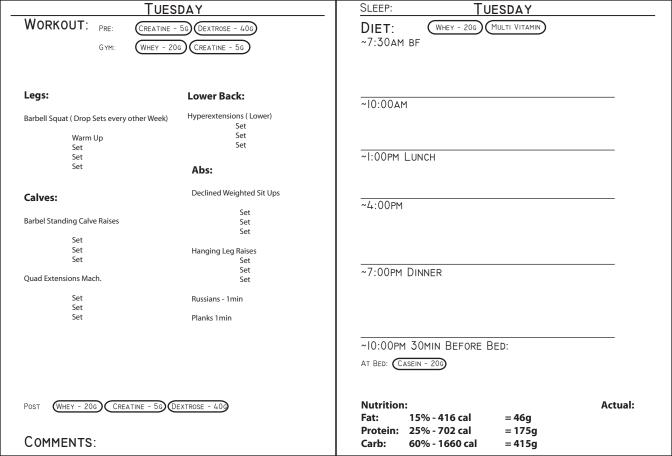
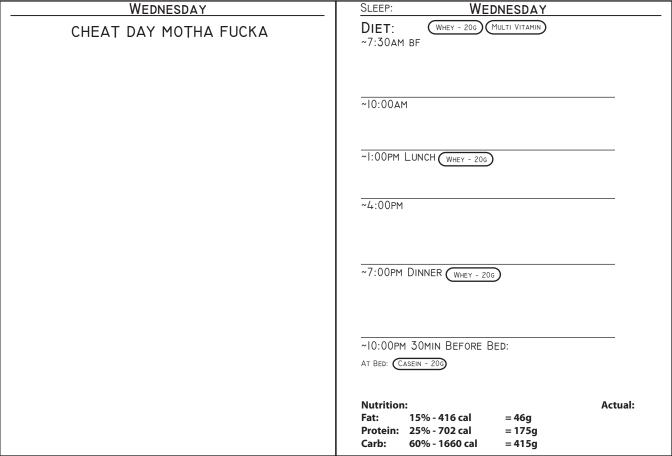
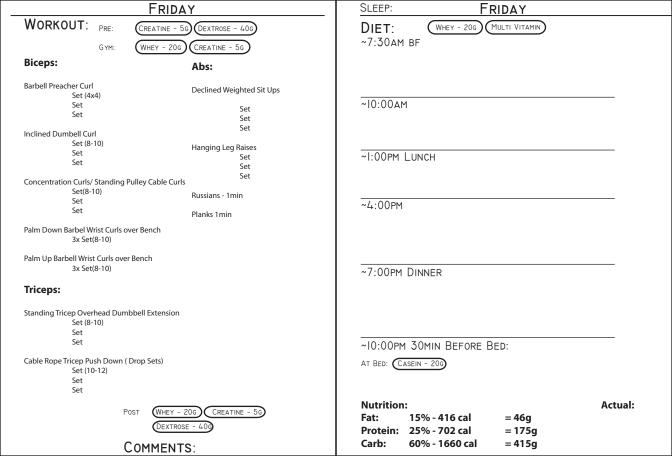
MONDAY	SLEEP: MONDAY
WORKOUT: PRE: CREATINE - 56 DEXTROSE - 406  GYM: WHEY - 206 CREATINE - 56	DIET: WHEY - 20G MULTI VITAMIN ~7:30AM BF
Chest: Back/Traps:	
Flat Bench Press (Center Total)         Seated Cable Rows           Warm Up         Set           Set1 (10)         Set           Set2 (8)         Set           Set3 (6)         Set	~10:00AM
Wide-Grip Lat Pulldown (Upper) Incline Dumbell Press ( Upper) Set Set Set Set Set Set Set	~I:00PM LUNCH
Dumbell Flyes - Drop Sets ( Middle) Set Set Set Set	~4:00PM
Dumbbell Straight Arm Pullover (Lower) Set Set Set Set	~7:00pm Dinner
	~10:00PM 30MIN BEFORE BED:  At Bed: (Casein - 206)
POST WHEY - 20G CREATINE - 5G DEXTROSE - 40G	Nutrition: Actual: Fat: 15% - 416 cal = 46g
COMMENTS:	Protein: 25% - 702 cal = 175g Carb: 60% - 1660 cal = 415g





THOR'S - DAY	SLEEP: THOR'S - DAY
WORKOUT: PRE: CREATINE - 56 DEXTROSE - 406  GYM: WHEY - 206 CREATINE - 56	DIET: WHEY - 20G MULTI VITAMIN ~7:30AM BF
Shoulders:	
Barbell Shoulder Press (Anterior Head) Warm Up Set(4-6) Set Set	~10:00AM
Dumbbell Side Laterals (Middle Head) Set (10-12) Set Set	~I:00PM LUNCH
Sitting/Head on Bench Rear Deltoid Raises Set (13-15) Set Set	~4:00PM
Traps:	
Dumbbell Shrugs Warm Up - Light Weight x 2 Set (8-10) Set Set	~7:00PM DINNER
Upright Rows Set (8-10) Set Set Set	~10:00PM 30MIN BEFORE BED:  At Bed: Casein - 200
Set Set Post Whey - 20g Creatine - 5g Dextrose - 40g	Nutrition: Actual: Fat: 15% - 416 cal = 46g
COMMENTS:	Protein: 25% - 702 cal = 175g Carb: 60% - 1660 cal = 415g



SLEEP: SATURDAY	SLEEP: SUNDAY
DIET: WHEY - 20G MULTI VITAMIN ~7:30AM BF	DIET: WHEY - 20G (MULTI VITAMIN) ~7:30AM BF
~10:00AM	~10:00AM
~I:00PM LUNCH (WHEY - 20G)	~1:00PM LUNCH (WHEY - 20G)
~4:00PM	~4:00PM
~7:00PM DINNER (WHEY - 20G)	~7:00PM DINNER WHEY - 20G
~10:00PM 30MIN BEFORE BED: AT BED: CASEIN - 200	~10:00PM 30MIN BEFORE BED: At Bed: Casein - 206
Nutrition: Actual: Fat: 15% - 416 cal = 46g Protein: 25% - 702 cal = 175g Carb: 60% - 1660 cal = 415g	Nutrition: Actual: Fat: 15% - 416 cal = 46g Protein: 25% - 702 cal = 175g Carb: 60% - 1660 cal = 415g

CIRCUMFERENCES:
CHEST:
BICEPS: R: L:
ABDOMINALS:  I: 2: 3: 4:  LEGS:
CALVES: