Tony Locke

Body Weight 270

Home	Exercise Activity	Set	Set	Set	Set	MON	TUE	WED	THU	FRI	SAT	SUN
	Bench Press											
	Incline Bench Press											
	Triceps Rope Pushdown											
	Skull Crushers											
	Chest Fly on Bench with Barbells											
	Seated Wide Bar Pull Down											
	Seated Row with Triangle											
	Standing Bicep Curl											
	Bicep Curl											
	Wide Pull Down with White Bar											
	Bent Over Large Barbell Row											
	Power Rack Squat											
	Deadlift											
	Heavy Cleans for Reps											
	Shoulder Shrugs											
	Leg Extensions											
	Leg Curl											