STRENGTH EXERCISES	Weight	Reps										
Squat												
Calf Raise												
Bench Press												
GHR												
Chin Up												
DB Bicep Curls												
DB Side Raise (palms down)												
DB Front Raise (thumb up)												
Dips												
Hip Adduction												
Hip Abduction												
Wrist Flex/Ext.												
Full Sit Up												
Back Extension												