

**Sculpting Rx**  
**Kelly Coffey Meyer**  
**Workout 1 (Heavy)**

Date: \_\_\_\_\_

<b>Biceps/Legs:</b>	<b>Seated:</b>
M/ Hammer curls (R/L release)	H/ Row From Feet
M/ (on shoulders) Squat out & hold 3 cts	L/ Press (1 & ½)
M/ Front curls (2,2)	<b>Chest/Triceps:</b>
H/ Front Lunge on step, back knee pull	M/ Flyes (pinky) (2,2)
M/ Alt Sup curls *put medium Dbs to left end of step	M/ Skull crusher (3/1)
H/ CS/// squat, fold and up	H Bench Press (2,2)
<b>Back/Shoulders:</b>	M/ Kickbacks Alternate
1H/ Row on step (underhand)(1,3)	Push ups
1H/ Front raise (3-1)	Dips pulses 3
H/ Bent over Row/overhand(2,2) *put to left end	
L/ Lateral Raise(3/1) *put to left end	