



PAMPY'S MAN CLUB

JUNE PROGRAM

- Choose 'YOUR' most fitting weight.
- Check out the correct form via the weblink.

#	Exercise	Reps	Sets	Rest
1	Db Goblet Squat/Press	10	3	10
2	DB Arnold Curls	12	3	30
3	DB Alt Shoulder Press	12	3	30
4	DB Tricep Overhead Press	14	3	30
5	DB Front Raise	10	3	30
6	DB Bent Over Alt Row	14	3	20

#	Exercise	Reps	Sets	Rest
7	DB V-Crunch	14	3	15
8	DB Chest Press	16	3	20
9	DB Rotations	16	3	20
10	DB Pullovers	10	3	30
11	DB Prone Tricep Kickbacks	10L/10R	3	30
12	Push Ups	10	3	20

JUNE ACTION

						1 st
2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
9 th	10 th	11 th	12 th	13 th	14 th	15 th
16 th	17 th	18 th	19 th	20 th	21 st	22 nd
23 rd	24 th	25 th	26 th	27 th	28 th	29 th
30 th						