Undersized work out

Week 1

		1	2	3	4	5	6	7	8	9	10
Day 1	Squat	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Deadlift	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lunges	___X10	___X10	___X10							
	Hex	___X10	___X10	___X10							
Day 2	DB bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Weigh pull-up	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Incline DB	___X10	___X10	___X10							
	Bent over row	___X10	___X10	___X10							
Day 3	Shoulder press	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lateral raise	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bicep curl	___X10	___X10	___X10							
	Skull crushers	___X10	___X10	___X10							
Day 4	Squats	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Pull-ups	___X10	___X10	___X10							
	Shoulder press	___X10	___X10	___X10							

Week 2

		1	2	3	4	5	6	7	8	9	10
Day 1	Squat	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Deadlift	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lunges	___X10	___X10	___X10							
	Hex	___X10	___X10	___X10							
Day 2	DB bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Weigh pull-up	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Incline DB	___X10	___X10	___X10							
	Bent over row	___X10	___X10	___X10							
Day 3	Shoulder press	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lateral raise	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bicep curl	___X10	___X10	___X10							
	Skull crushers	___X10	___X10	___X10							
Day 4	Squats	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Pull-ups	___X10	___X10	___X10							
	Shoulder press	___X10	___X10	___X10							

Week 3

		1	2	3	4	5	6	7	8	9	10
Day 1	Squat	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Deadlift	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lunges	___X10	___X10	___X10							
	Hex	___X10	___X10	___X10							
	DB bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Weigh pull-up	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Incline DB	___X10	___X10	___X10							
	Bent over row	___X10	___X10	___X10							
Day 3	Shoulder press	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lateral raise	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bicep curl	___X10	___X10	___X10							
	Skull crushers	___X10	___X10	___X10							
Day 4	Squats	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Pull-ups	___X10	___X10	___X10							
	Shoulder press	___X10	___X10	___X10							

Week 4

		1	2	3	4	5	6	7	8	9	10
Day 1	Squat	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Deadlift	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lunges	___X10	___X10	___X10							
	Hex	___X10	___X10	___X10							
Day 2	DB bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Weigh pull-up	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Incline DB	___X10	___X10	___X10							
	Bent over row	___X10	___X10	___X10							
Day 3	Shoulder press	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Lateral raise	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bicep curl	___X10	___X10	___X10							
	Skull crushers	___X10	___X10	___X10							
Day 4	Squats	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Bench	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10	___X10
	Pull-ups	___X10	___X10	___X10							
	Shoulder press	___X10	___X10	___X10							