NOVEMBER 2021	VAUGHN'S WORKOUT														
	* CHEST *														
RARREL	L BENCH PRESS	Reps													
DARDEE	W W	Veight													
	_	Reps													
	BENCH w	Veight													
STAND	ING CABLE FLY	Reps													
	w	Veight													
* BACK *															
DUMBB	_	Reps													
		Veight													
STAND		Reps													
		Veight													
CABL	E PULLDOWN 📙	Reps													
	W	Veight		•	** 5.655	***									
				*	** BICEP	***									
DUMBBE	LL INCLINE CURL	Reps													
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BAF	RBELL CURL $igwedge$	Reps													
		Veight Reps													
CONCEN	ITRATION CURL 📙	Veight													
	***	veigne		**	** TRICEP	***									
	F	Reps			TRICE										
SKU	LL CRUSHER $lacksquare$	Veight													
	f	Reps													
DUMBI	BELL KICKBACK 📙	Veight													
STAN		Reps													
		Veight													
	*** QUADRICEP ***														
SMIT	'H MACHINE	Reps													
		Veight													
RE	AR LUNGE	Reps													
		Veight													
150	VTENCIONS	Reps													
LEG	EXTENSIONS	Veight													

***** SHOULDER *****

SHOOLDER														_																							
				DUMBBELL SHOULDER	Reps																																
				PRESS	Weight																																
				DUMBBELL LATERAL	Reps																																
				RAISE	Weight																																
				DUMBBELL REAR	Reps																																
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