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XXL Huge

Phase II	Week 6			Week 7			Week 8			Week 9			Week 10		
Exercise	***Sets***	***Reps***	***Rest***	***Sets***	***Reps***	***Rest***	***Sets***	***Reps***	***Rest***	***Sets***	***Reps***	***Rest***	***Sets***	***Reps***	***Rest***
Day 1															
Bench Press	4	15	60												
Calf Press	4	15	60												
Dumbbell Shoulder Press	4	15	60												
EZ Bar Triceps Extension	4	15	60												