



Day (Circle One) Monday Tuesday Wednesday Thursday Friday

Duration of Workout:

Exercise Protocol – Chest And Triceps

Exercise	Sets	Reps	Rest
Bench Press	5	5 - 8	2 minutes
Chest Fly's	3	10-12	30 seconds
Incline Bench Press	5	5 - 8	2 minutes
Cable Cross-Overs	3	10-12	30 seconds
Close Grip Bench Presses	4	8 - 10	2 minutes
Overhead Tricep Extension	3	10-12	30 seconds

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Bench Press					
Chest Fly's				N/A	N/A
Incline Bench Press					
Cable Cross-Overs				N/A	N/A
Close Grip Bench Presses					N/A
Overhead Tricep Extension				N/A	N/A

Training Notes (i.e. Did you take any supplements? Did you eat before / after your workout?)



Day (Circle One) Monday Tuesday Wednesday Thursday Friday

Duration of Workout:

Exercise Protocol – Back And Biceps

Exercise	Sets	Reps	Rest
Bent Over Barbell Rows	5	5 - 8	2 minutes
Horizontal Cable Rows	5	5 - 8	30 seconds
Lat Pull-Downs	5	5 - 8	2 minutes
Single Arm Rows	3	10-12	30 seconds
Barbell Bicep Curl	3	10-12	2 minutes
Hammer Curl	3	10-12	30 seconds

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Bent Over Barbell Rows					
Horizontal Cable Rows					
Lat Pull-Downs					
Single Arm Rows				N/A	N/A
Barbell Bicep Curl				N/A	N/A
Hammer Curl				N/A	N/A

Training Notes (i.e. Did you take any supplements? Did you eat before / after your workout?)



Day (Circle One) Monday Tuesday Wednesday Thursday Friday

Duration of Workout:

Exercises Protocol – Legs And Calves

Exercise	Sets	Reps	Rest
Squats	4	5 - 8	2 minutes
Deadlifts	4	5 – 8	2 minutes
Lunges	4	8 - 10	2 minutes
Leg Extension	3	10-12	30 seconds
Hamstring Curl	3	10-12	30 seconds
Seated Calf Raise	3	10 - 12	30 seconds
Standing Calf Raise	3	10-12	30 seconds

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4
Squats				
Deadlifts				
Lunges				
Leg Extension				N/A
Hamstring Curl				N/A
Seated Calf Raise				N/A
Standing Calf Raise				N/A

Training Notes (i.e. Did you take any supplements? Did you eat before / after your workout?)



Day (Circle One) Monday Tuesday Wednesday Thursday Friday

Duration of Workout:

Exercise’s Protocol – Shoulders And Abs

Exercise	Sets	Reps	Rest
Barbell Shoulder Press	4	5 - 8	2 minutes
Incline Bench Press	4	8 - 10	2 minutes
Lateral Raise	3	10-12	2 minutes
Upright Row	3	10-12	60 seconds
Front Raise	3	10 - 12	60 seconds
Reverse Fly	3	10 - 12	60 seconds
Decline Weighted Twisting Sit-Ups	3	12 - 15	30 seconds
Bicycle	3	12 - 15	30 seconds

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4
Barbell Shoulder Press				
Incline Bench Press				
Lateral Raise				N/A
Upright Row				N/A
Front Raise				N/A
Reverse Fly				N/A
Decline Weighted Twisting Sit-Ups				N/A
Bicycle				N/A

Training Notes (i.e. Did you take any supplements? Did you eat before / after your workout?)