



Day (Circle One)                      Monday   Tuesday   Wednesday   Thursday   Friday   Saturday   Sunday

Did You Do Cardio Today? (Circle One)                      Yes   No

Duration of Workout (in minutes):                      \_\_\_\_\_

### Exercise's Protocol - Chest and Triceps

Exercise	Sets	Reps	Rest
Bench Press	4	6, 8, 10, 12	2 minutes
Chest Fly's	3	10, 12, 10	30 seconds
Incline Bench Press	4	6, 8, 10, 12	2 minutes
Cable Cross-Overs	3	10, 12, 10	30 seconds
Close Grip Bench Presses	4	6, 8, 10, 12	2 minutes
Overhead Tricep Extension	3	10, 12, 10	30 seconds

**Also do 30 minutes of low intensity cardio training**

### Workout Log

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

**Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)**



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Duration of Workout (in minutes):                      \_\_\_\_\_

### Exercise's Protocol - Back and Biceps

Exercise	Sets	Reps	Rest
Bent Over Barbell Rows	4	6, 8, 10, 12	2 minutes
Horizontal Cable Rows	3	10-12	30 seconds
Lat Pull-Downs	4	6, 8, 10, 12	2 minutes
Single Arm Rows	3	10-12	30 seconds
Barbell Bicep Curl	4	6, 8, 10, 12	2 minutes
Hammer Curl	3	10-12	30 seconds

Also do 30 minutes of low intensity cardio training

### Workout Log

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

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



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Yes No

Duration of Workout (in minutes):

\_\_\_\_\_

### Exercise's Protocol - Legs and Calves

Exercise	Sets	Reps	Rest
Squats	4	6, 8, 10, 12	2 minutes
Leg Extension	3	10-12	30 seconds
Deadifts	4	6, 8, 10, 12	2 minutes
Hamstring Curl	3	10-12	30 seconds
Seated Calf Raise	4	6, 8, 10, 12	2 minutes
Standing Calf Raise	3	10-12	30 seconds

Also do 30 minutes of low intensity cardio training

### Workout Log

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

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



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Duration of Workout (in minutes):                      \_\_\_\_\_

### Exercise's Protocol - Shoulders and Abs

Exercise	Sets	Reps	Rest
Barbell Shoulder Press	4	6, 8, 10, 12	2 minutes
Lateral Raise	3	10-12	30 seconds
Incline Bench Press	4	6, 8, 10, 12	2 minutes
Upright Row	3	10-12	30 seconds
Decline Weighted Twisting Sit-Ups	4	6, 8, 10, 12	2 minutes
Bicycle	3	10-12	30 seconds

Also do 30 minutes of low intensity cardio training

### Workout Log

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

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)