**Exercise Chart**

**Workout No.**

**Date**

**x**

**1**

**Muscles Trained**

**x**

**Length of Workout**

**x**

**Warm Up Exercise: Warm up Length:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercises** | **Target Reps** | **Reps 1st Set** | **Reps 2nd Set** | **Reps 3rd Set** | **Rest** |
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**Stretching/ Additional Notes**

**Focus Fitness**

**Workout No.** 1 **x**

**1**

**Date**

3/9/2015

**Muscles Trained**

Chest and Triceps

**x**

**Length of Workout** 45 minutes

**x**

**Warm Up Exercise:** Jump rope **Warm up Length:** 5 minutes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercises** | **Target Reps** | **Reps 1st Set** | **Reps 2nd Set** | **Reps 3rd Set** | **Rest** |
| Wide grip Push ups | 25 | 35 | 33 | 27 | 1 min |
| Dive Bomber push ups | 10 | 15 | 13 | 11 | 1 min |
| Triceps extensions | 8 | 12 | 10 | 9 | 1min |
| Tigerbend Push ups | 13 | 16 | 14 | 12 | 1 min |
| Diamond push ups | 20 | 25 | 23 | 21 | 1 min |
|  |  |  |  |  |  |
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|  |  |  |  |  |  |

**Stretching/ Additional Notes**

5-minute upper body dynamic stretching.

To explain further – your target reps for *wide grip push ups* in the next workout should be 28 reps– Today’s minimum (27+1)

