

# Exercise Chart

Workout No. \_\_\_\_\_

Date \_\_\_\_\_

Muscles Trained \_\_\_\_\_

Length of Workout \_\_\_\_\_

Warm Up Exercise:

Warm up Length:

Exercises	Target Reps	Reps 1 <sup>st</sup> Set	Reps 2 <sup>nd</sup> Set	Reps 3 <sup>rd</sup> Set	Rest

Stretching/ Additional Notes

# Exercise Chart

Workout No. 1

Date 3/9/2015

Muscles Trained Chest and Triceps

Length of Workout 45 minutes

Warm Up Exercise: Jump rope

Warm up Length: 5 minutes

Exercises	Target Reps	Reps 1 <sup>st</sup> Set	Reps 2 <sup>nd</sup> Set	Reps 3 <sup>rd</sup> 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	1 min
Tigerbend Push ups	13	16	14	12	1 min
Diamond push ups	20	25	23	21	1 min

## 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)

