

**Week No.**

**Date**

**x**

**1**

**Length of Workouts**

**x**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercises** | **Workout 1** | | | | | **Workout 2** | | | | | **Workout 3** | | | | |
|  | **TR** | **R1** | **R2** | **R3** | **Rest** | **TR** | **R1** | **R2** | **R3** | **Rest** | **TR** | **R1** | **R2** | **R3** | **Rest** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



**Week No.** 1 **x**

**1**

**Length of Workouts** 45 minutes **x**

**Date** 3/9/2015

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercises** | **Workout 1** | | | | | **Workout 2** | | | | | **Workout 3** | | | | |
|  | **TR** | **R1** | **R2** | **R3** | **Rest** | **TR** | **R1** | **R2** | **R3** | **Rest** | **TR** | **R1** | **R2** | **R3** | **Rest** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Narrow grip push ups | 10 | 15 | 13 | 11 | 1 m |  |  |  |  |  |  |  |  |  |  |
| Bench Dips | 8 | 14 | 11 | 9 | 1 m |  |  |  |  |  |  |  |  |  |  |
| Diamond push ups | 10 | 13 | 11 | 10 | 1 m |  |  |  |  |  |  |  |  |  |  |
| Wall push ups | 15 | 18 | 15 | 15 | 1 m |  |  |  |  |  |  |  |  |  |  |
| Pull ups |  |  |  |  |  | 8 | 12 | 10 | 11 | 1 m |  |  |  |  |  |
| Inverted rows |  |  |  |  |  | 12 | 15 | 14 | 12 | 1 m |  |  |  |  |  |
| Supermans |  |  |  |  |  | 7 | 10 | 8 | 7 | 1 m |  |  |  |  |  |
| Chin Ups |  |  |  |  |  | 12 | 16 | 14 | 13 | 1 m |  |  |  |  |  |
| Squats |  |  |  |  |  |  |  |  |  |  | 30 | 37 | 34 | 31 | 2m |
| Lunges |  |  |  |  |  |  |  |  |  |  | 20 | 29 | 27 | 23 | 2m |
| Pike Push ups |  |  |  |  |  |  |  |  |  |  | 10 | 13 | 12 | 11 | 1 m |
| Wide Grip Push Ups |  |  |  |  |  |  |  |  |  |  | 15 | 17 | 17 | 16 | 1m |

