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| **TOTAL BODY WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Circuit Set**  **Pull-Up Push-Up Squat Crunch** | **15 Reps**  R R W R | **15 Reps**  R R W R |  | | | |
| **Circuit Set**  **Incline Press Bent-Over Row**  **Reverse Alternating Lunge**  **Plank Twist-Twist** | **15 Reps**  W W W R | **15 Reps**  W W W R |  | | | |
| **Circuit Set**  **1,1,2 Military Press Post Delt Raise** | **15 Reps**  W RT: W | **15 Reps**  W RT: W |  | | | |
|  | LT: W | LT: W |
| **Stiff Leg Deadlift**  **Russian Twist** | W  R | W  R |
| **Circuit Set**  **Bicep Curl-Up-Hammer Down**  **Tricep Extension-Kickback** | **15 Reps**  W RT: W | **15 Reps**  W RT: W |  | | | |
|  | LT: W | LT: W |
| **Calf Raise-Weight at Shoulder**  **Side Forearm Plank** | W  RT: R | W  RT: R |
|  | LT: R | LT: R |
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| Cool-Down |  |  | R = reps W = weight RT = right LT = left Sec = time C = completed | | | |

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| **BUILD** | | **BACK/BIS** | | **WORKOUT LOG** | | | |
| **Date / Week** |  |  |  | |  |  |  |
| Warm-Up |  |  |  | |  |  |  |
| **Single Set**  **Deadlift** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | | **8 Reps**  W |  | |
| **Super Set** | **15 Reps** | **12 Reps** | **8 Reps** | | **8 Reps** |  | |
| **Dumbbell Pull-Over** | W  **10 Reps** | W  **10 Reps** | W  **10 Reps** | | W |
| **Pull-Up** | R | R | R | |  |
| **Giant Set**  **EZ Bar Row One-Arm Row** | **15 Reps**  W LT: W | **12 Reps**  W LT: W | **8 Reps**  W LT: W | |  | | |
|  | RT: W | RT: W | RT: W | |
| **Reverse Fly** | W | W | W | |
| **Single Set**  **Close-Grip Chin-Up** | **30 Sec.**  R | **30 Sec.**  R | **8 Sec.**  R | |  | | |
| **Single Set**  **Seated Bicep Curl** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | | **8 Reps**  W |  | |
| **Single Set**  **1,1,2 Hammer Curl** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | |  | | |
| **Single Set**  **Neutral EZ Bar Curl** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | | **8 Reps**  W |  | |
| **Single Set**  **Airplane Cobra** | **30 Sec.**  R | **30 Sec.**  R |  | | | | |
|  |  |  |  | | | | |
| Cool-Down |  |  | R = reps W = weight RT = right LT = left Sec = time C = completed | | | | |

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| **BUILD CHEST/TRIS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Single Set**  **Dumbbell Chest Press** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Incline Dumbbell Fly Incline Dumbbell Press** | **15 Reps**  W W | **12 Reps**  W W | **8 Reps**  W W | **8 Reps**  W |  | |
| **Giant Set**  **Close Grip Press Partial Chest Fly Decline Push-Up** | **15 Reps**  W W R | **12 Reps**  W W R | **8 Reps**  W W R |  |  | |
| **Single Set**  **Tricep Extension** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Single Arm Kickback**  **Tricep Push-Up** | **15 Reps**  LT: W RT: W  R | **12 Reps**  LT: W RT: W  R | **8 Reps**  LT: W RT: W  R | **8 Reps**  LT: W RT: W |  | |
| **Super Set**  **Dips on Bench In and Outs** | **60 Sec.**  R R |  | | | | |
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| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BUILD LEGS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Single Set**  **Sumo Squat** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Alternating Lunge**  **Step-Up to Reverse Lunge** | **15 Reps**  W RT: W LT: W | **12 Reps**  W RT: W LT: W | **8 Reps**  W RT: W LT: W |  | | |
| **Giant Set**  **Parallel Squat Bulgarian Squat**  **Straight Leg Deadlift** | **15 Reps**  W LT: W RT: W RT: W LT: W | **12 Reps**  W LT: W RT: W RT: W LT: W | **8 Reps**  W LT: W RT: W RT: W LT: W |  | | |
| **Giant Set**  **Single Leg Calf Raise**  **Seated Calf Raise In and Outs** | **30 Sec.**  LT: R RT: R  R  R | **30 Sec.**  LT: R RT: R  R  R |  | | | |
|  |  |  |  | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BUILD SHOULDERS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Single Set**  **Shoulder Press** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Lateral Raise Upright Row** | **15 Reps**  W W | **12 Reps**  W W | **8 Reps**  W W | **8 Reps**  W |  | |
| **Giant Set**  **EZ Bar Underhand Press 1,1,2 Front Raise**  **Rear Delt Raise** | **15 Reps**  W W W | **12 Reps**  W W W | **8 Reps**  W W W |  | | |
| **Super Set**  **Standing Dumbbell Shrug Dumbbell Scap Trap** | **15 Reps**  W W | **12 Reps**  W W | **8 Reps**  W W | **8 Reps**  W |  | |
| **Super Set**  **Sagi Six-Way**  **Tuck & Roll** | **12 Reps**  W  **15 Reps**  R | **8 Reps**  W  **15 Reps**  R |  | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BULK ARMS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Progressive Set**  **Standing Curl** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Single Set**  **Tricep Extension** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Force Set**  **Wide EZ Bar Curl** | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W |  |
| **Single Set**  **Skull Crusher** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Progressive Set**  **Hammer Curl** | **15 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **15 Reps**  RT: W LT: W |
| **Progressive Set**  **Tricep Kickback** | **15 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **15 Reps**  RT: W LT: W |
| **Single Set**  **Weighted Crunch** | **30 Reps**  R |  | | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BULK BACK WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Super Set**  **Pull-Over**  **Pull-Up** | **15 Reps**  W  **10 Reps**  R | **12 Reps**  W  **10 Reps**  R | **8 Reps**  W  **10 Reps**  R | **8 Reps**  W |  | |
| **Progressive Set**  **Reverse Grip Row** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Force Set**  **One-Arm Row** | **5 Reps**  LT: W RT: W | **5 Reps**  W W | **5 Reps**  W W | **5 Reps**  W W | **5 Reps**  W W |  |
| **Single Set**  **Deadlift** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Reverse Fly**  **Plank Rotation** | **15 Reps**  W  **30 Sec.**  R | **12 Reps**  W  **30 Sec.**  R |  | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BULK CHEST WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Super Set**  **Incline Fly Incline Press** | **15 Reps**  W W | **12 Reps**  W W | **8 Reps**  W W | **8 Reps**  W |  | |
| **Force Set**  **Chest Press w/ Rotation** | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W |  |
| **Progressive Set**  **Incline Press** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Combo Set**  **Close-Grip Press to Fly** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W |  |  | |
| **Multi Set**  **Decline Push-Up**  **Cobra to Airplane**  **Russian Twist** | **15 Reps**  R  **10 Reps**  R | **12 Reps**  R  **30 Sec.**  R | **8 Reps**  R |  | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BULK LEGS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Single Set**  **Front to Back Lunge** | **12 Reps**  RT: W LT: W | **10 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W |  | | |
| **Progressive Set**  **Squat** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Force Set**  **Full to 1/2 Sumo Squat** | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W | **5 Reps**  W |  |
| **Progressive Set**  **Split Squat w/ EZ Bar** | **15 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **8 Reps**  RT: W LT: W | **12 Reps**  RT: W LT: W | **15 Reps**  RT: W LT: W |
| **Super Set**  **Stiff Leg Deadlift**  **Alt. Side Squat** | **15 Reps**  W  **10 Reps**  W | **12 Reps**  W  **10 Reps**  W | **8 Reps**  W  **10 Reps**  W | **8 Reps**  W |  | |
| **Super Set**  **Calf Raise**  **Beast Abs** | **50 Reps**  W  **30 Sec.**  C | **50 Reps**  W  **30 Sec.**  C |  | | | |
|  |  |  |  | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **BULK SHOULDERS WORKOUT LOG** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Super Set**  **Lateral Raise**  **Arnold Press** | **15 Reps**  W  W | **12 Reps**  W  W | **8 Reps**  W  W | **8 Reps**  W |  | |
| **Progressive Set**  **Upright Row** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Super Set**  **Alt. Front Raise**  **Plate Twist-Twist** | **15 Reps**  W  **10 Reps**  W | **12 Reps**  W  **10 Reps**  W | **8 Reps**  W  **10 Reps**  W |  | | |
| **Progressive Set**  **Reverse Fly** | **15 Reps**  W | **12 Reps**  W | **8 Reps**  W | **8 Reps**  W | **12 Reps**  W | **15 Reps**  W |
| **Super Set**  **Superman Stretch**  **Plank Twist-Twist** | **10 Reps**  R  **30 Sec.**  R | **10 Reps**  R  **30 Sec.**  R |  | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **WORKSHEET** | | | | | | |
| **Date / Week** | |  |  |  |  |  |
| Warm-Up | |  |  |  |  |  |
| **Combo Set**  **EZ Push-Up + Clean + Squat**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
| **Combo Set**  **Dead Lift + Bent-Over Row**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
| **Combo Set**  **Skull Crusher + Press + Crunch**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
| **Combo Set**  **Curl + Military Press + EZ Squat**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
| **Combo Set**  **Delt Raise + Reverse Lunge**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |

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| ™ **WORKSHEET** | | | | | | |
| **Date / Week** | |  |  |  |  |  |
| Warm-Up | |  |  |  |  |  |
| **Combo Set**  **Lat Oblique Twist**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
| **Combo Set**  **Upright Row + Calf Raise**  W | | | | | | |
| **Circuit 1**  R | **Circuit 2**  R | **Circuit 3**  R | **Circuit 4**  R | **Circuit 5**  R | **Circuit 6**  R | **Circuit 7**  R |
|  | | | | | | |
| Cool-Down R = reps W = weight RT = right LT = left Sec = time C = completed | | | | | | |

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| **WORKSHEET** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Pull-Over** | W | W | W |
|  | **10 Reps** |  |  |
| **Wide Plank In & Out** | R |  |  |
| **Tempo-Single Set** | **10 Reps** | **10 Reps** | **8 Reps** |  | | |
| **Pull-Up** | R | R | R |
|  | **10 Reps** |  |  |
| **Hanging Circle** | R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Reverse Bent-Over Row** | W | W | W |
|  | **10 Reps** |  |  |
| **Lat Oblique Twist** | R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Preacher Curl** | RT: W | RT: W | RT: W |
|  | LT: W  **10 Reps** | LT: W | LT: W |
| **Hanging Curl** | R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **All-Angle Bicep** | W | W | W |
|  | **30 Sec.** |  |  |
| **Speed Mountain Climber** | sec. |  |  |
| Cool-Down |  |  | R = reps W = weight RT = right LT = left Sec = time C = completed | | | |

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| **WORKSHEET** | | | | | | |
| **Date / Week** |  |  |  |  |  |  |
| Warm-Up |  |  |  |  |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Chest Press** | W | W | W |
|  | **10 Reps** |  |  |
| **Figure 4 Crunch** | RT: R |  |  |
|  | LT: R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Incline Press** | W | W | W |
|  | **10 Reps** |  |  |
| **Cricket Crunch** | RT: R |  |  |
|  | LT: R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Incline Fly** | W | W | W |
|  | **10 Reps** |  |  |
| **Tempo Plank** | R |  |  |
| **Tempo-Single Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Skull Crusher** | W | W | W |
|  | **10 Reps** |  |  |
| **EZ Bar Crunch** | R |  |  |
| **Tempo-Super Set** | **15 Reps** | **12 Reps** | **8 Reps** |  | | |
| **Tricep Kickback** | LT: W | LT: W | LT: W |
|  | RT: W | RT: W | RT: W |
| **Dips** | R  **10 Reps** | R | R |
| **Plank Twist-Twist** | R |  |  |
| Cool-Down |  |  | R = reps W = weight RT = right LT = left Sec = time C = completed | | | |