

# TOTAL BODY WORKOUT LOG

Date / Week

## Warm-Up

### Circuit Set

**15 Reps**

**15 Reps**

Pull-Up

R \_\_\_\_\_

R \_\_\_\_\_

Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

Squat

W \_\_\_\_\_

W \_\_\_\_\_

Crunch

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

Bent-Over Row

W \_\_\_\_\_

W \_\_\_\_\_

Reverse Alternating Lunge

W \_\_\_\_\_

W \_\_\_\_\_

Plank Twist-Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

1,1,2 Military Press

W \_\_\_\_\_

W \_\_\_\_\_

Post Delt Raise

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Stiff Leg Deadlift

W \_\_\_\_\_

W \_\_\_\_\_

Russian Twist

R \_\_\_\_\_

R \_\_\_\_\_

### Circuit Set

**15 Reps**

**15 Reps**

Bicep Curl-Up-Hammer Down

W \_\_\_\_\_

W \_\_\_\_\_

Tricep Extension-Kickback

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

Calf Raise-Weight at Shoulder

W \_\_\_\_\_

W \_\_\_\_\_

Side Forearm Plank

RT: R \_\_\_\_\_

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

LT: R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BUILD BACK/BIS WORKOUT LOG

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

# BUILD CHEST/TRIS WORKOUT LOG

Date / Week

## Warm-Up

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Dumbbell Chest Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Incline Dumbbell Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Incline Dumbbell Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Giant Set

**15 Reps**

**12 Reps**

**8 Reps**

Close Grip Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Partial Chest Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Decline Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Tricep Extension

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Single Arm Kickback

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Tricep Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

### Super Set

**60 Sec.**

Dips on Bench

R \_\_\_\_\_

In and Outs

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BUILD LEGS WORKOUT LOG

Date / Week

## Warm-Up

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Sumo Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

Alternating Lunge

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Step-Up to Reverse Lunge

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Giant Set

**15 Reps**

**12 Reps**

**8 Reps**

Parallel Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Bulgarian Squat

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Straight Leg Deadlift

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Giant Set

**30 Sec.**

**30 Sec.**

Single Leg Calf Raise

LT: R \_\_\_\_\_

LT: R \_\_\_\_\_

RT: R \_\_\_\_\_

RT: R \_\_\_\_\_

Seated Calf Raise

R \_\_\_\_\_

R \_\_\_\_\_

In and Outs

R \_\_\_\_\_

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BUILD SHOULDERS WORKOUT LOG

Date / Week

Warm-Up

**Single Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Shoulder Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Lateral Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Giant Set**

**15 Reps**

**12 Reps**

**8 Reps**

EZ Bar Underhand Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

1,1,2 Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Rear Delt Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Standing Dumbbell Shrug

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Dumbbell Scap Trap

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**12 Reps**

**8 Reps**

Sagi Six-Way

W \_\_\_\_\_

W \_\_\_\_\_

**15 Reps**

**15 Reps**

Tuck & Roll

R \_\_\_\_\_

R \_\_\_\_\_

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BULK ARMS WORKOUT LOG

Date / Week

## Warm-Up

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Standing Curl

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Tricep Extension

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Force Set

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

Wide EZ Bar Curl

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Skull Crusher

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Hammer Curl

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Tricep Kickback

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

### Single Set

**30 Reps**

Weighted Crunch

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BULK BACK WORKOUT LOG

Date / Week

## Warm-Up

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Pull-Over

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

**10 Reps**

**10 Reps**

Pull-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Reverse Grip Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Force Set

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

One-Arm Row

LT: W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

RT: W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Single Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Deadlift

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Super Set

**15 Reps**

**12 Reps**

Reverse Fly

W \_\_\_\_\_

W \_\_\_\_\_

**30 Sec.**

**30 Sec.**

Plank Rotation

R \_\_\_\_\_

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BULK CHEST WORKOUT LOG

Date / Week

## Warm-Up

### Super Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Incline Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Force Set

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

Chest Press w/ Rotation

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Progressive Set

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Incline Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Combo Set

**15 Reps**

**12 Reps**

**8 Reps**

Close-Grip Press to Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Multi Set

**15 Reps**

**12 Reps**

**8 Reps**

Decline Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

**10 Reps**

Cobra to Airplane

R \_\_\_\_\_

**30 Sec.**

Russian Twist

R \_\_\_\_\_

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed



# BULK LEGS WORKOUT LOG

Date / Week

Warm-Up

**Single Set**

**12 Reps**

**10 Reps**

**8 Reps**

Front to Back Lunge

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

**Progressive Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Force Set**

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

**5 Reps**

Full to 1/2 Sumo Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Progressive Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Split Squat w/ EZ Bar

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

**Super Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Stiff Leg Deadlift

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

**10 Reps**

**10 Reps**

Alt. Side Squat

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**50 Reps**

**50 Reps**

Calf Raise

W \_\_\_\_\_

W \_\_\_\_\_

**30 Sec.**

**30 Sec.**

Beast Abs

C \_\_\_\_\_

C \_\_\_\_\_

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# BULK SHOULDERS WORKOUT LOG

Date / Week

Warm-Up

**Super Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

Lateral Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Arnold Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Progressive Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**15 Reps**

**12 Reps**

**8 Reps**

Alt. Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Plate Twist-Twist

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**10 Reps**

**10 Reps**

**10 Reps**

**Progressive Set**

**15 Reps**

**12 Reps**

**8 Reps**

**8 Reps**

**12 Reps**

**15 Reps**

Reverse Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

**10 Reps**

**10 Reps**

Superman Stretch

R \_\_\_\_\_

R \_\_\_\_\_

**30 Sec.**

**30 Sec.**

Plank Twist-Twist

R \_\_\_\_\_

R \_\_\_\_\_

Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

# 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 \_\_\_\_\_

# 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

# 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 \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

**10 Reps**

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

# WORKSHEET

Date / Week

## Warm-Up

### Tempo-Single Set

Chest Press

W \_\_\_\_\_

12 Reps

W \_\_\_\_\_

8 Reps

W \_\_\_\_\_

Figure 4 Crunch

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

### Tempo-Single Set

Incline Press

W \_\_\_\_\_

12 Reps

W \_\_\_\_\_

8 Reps

W \_\_\_\_\_

Cricket Crunch

RT: R \_\_\_\_\_

LT: R \_\_\_\_\_

### Tempo-Single Set

Incline Fly

W \_\_\_\_\_

12 Reps

W \_\_\_\_\_

8 Reps

W \_\_\_\_\_

Tempo Plank

R \_\_\_\_\_

### Tempo-Single Set

Skull Crusher

W \_\_\_\_\_

12 Reps

W \_\_\_\_\_

8 Reps

W \_\_\_\_\_

EZ Bar Crunch

R \_\_\_\_\_

### Tempo-Super Set

Tricep Kickback

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Dips

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

Plank Twist-Twist

R \_\_\_\_\_

10 Reps

## Cool-Down

R = reps W = weight RT = right LT = left Sec = time C = completed

