	TOT	AL BOD
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	
Bent-Over Row	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	
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		

		DACK/		
	BUILD	BACK/	B15 WV	ORKOUT LOG
Date / Week				
Warm-Up				
Single Set	15 Reps	12 Reps	8 Reps	8 Reps
Deadlift	W	W	W	W
Super Set	15 Reps	12 Reps	8 Reps	8 Reps
Dumbbell Pull-Over	w		w	w
	10 Reps	10 Reps	10 Reps	
Pull-Up	R	R	R	_
Giant Set	15 Reps	12 Reps	8 Reps	
EZ Bar Row	w	W	w	_
One-Arm Row	LT: W	LT: W	LT: W	_
	RT: W	_ RT: W	RT: W	_
Reverse Fly	w	w	w	_
Single Set	30 Sec.	30 Sec.	8 Sec.	
Close-Grip Chin-Up	R	R	R	-
Single Set	15 Reps	12 Reps	8 Reps	8 Reps
Seated Bicep Curl	w	W	w	_ w
Single Set	15 Reps	12 Reps	8 Reps	
1,1,2 Hammer Curl	w		w	_
Single Set	15 Reps	12 Reps	8 Reps	8 Reps
Neutral EZ Bar Curl	w		w	w
Single Set	30 Sec.	30 Sec.		
Airplane Cobra	R	R		
Cool-Down				R = reps W = weight RT = right LT = left Sec = time C = cor

В	UILD C	CHEST/	TRIS V	VORKOU'	T 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	
ricep Push-Up	R	R	R	_	
Super Set	60 Sec.			· · ·	
Dips on Bench	R				
n and Outs	R				
Cool-Down				R = reps W = weight RT	= right IT = left Sec

	BUII	LD LEGS	S WOR	KOUT L	OG	
Date / Week						
Warm-Up						
Single Set	15 Reps	12 Reps	8 Reps	8 Reps		
Sumo Squat	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 F	RT = right LT = left Sec	: = time C = complete

В	UILD S	HOULD	ERS W	ORKOU	T 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			I 	R = reps W = weight R	T = right LT = left Sec	= time C = completed

	BUI		S WOR	KOUT	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	_				

	BULI	К ВАСК	WORK	COUT L	OG	
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 R	RT = right LT = left Sec	= time C = completed

	BULK	CHES	Γ WOR	KOUT I	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		
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			1
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 <u>C</u> = complete

	BUI	K LEGS	5 WORI	KOUT I	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
Force Set	5 Reps	5 Reps	5 Reps	5 Reps	5 Reps	
Full to 1/2 Sumo Squat	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						Sec = time C = completed

Date / Week Idea Idea Idea Idea Idea Warn-Up Super Set 15 Reps 12 Reps 8 Reps 8 Reps 8 Reps Lateral Raise W W W W W Arnold Press W W W W Progressive Set 15 Reps 12 Reps 8 Reps 8 Reps 12 Reps Upright Row W W W W W W Super Set 15 Reps 12 Reps 8 Reps 12 Reps 15 Reps Super Set 15 Reps 12 Reps 8 Reps 12 Reps W Super Set 15 Reps 12 Reps 10 Reps 10 Reps 10 Reps Plate Twist-Twist W W W W W Super Set 10 Reps 10 Reps 10 Reps W Super Set 10 Reps 10 Reps W W W Super Set 10 Reps 30 Sec. 30 Sec. 30 Sec. Plank Twist-Twist R R R N	В	ULK SH	IOULD	ERS WO	ORKOU'	T LOG	
Super Set15 Reps12 Reps8 Reps8 RepsLateral RaiseWWWWHArnold PressWWWWProgressive Set15 Reps12 Reps8 Reps8 Reps12 Reps15 RepsUpright RowWWWWWWSuper Set15 Reps12 Reps8 Reps12 Reps15 Reps10 Reps10 Reps10 Reps10 Reps10 Reps12 RepsPlate Twist-TwistVWWWWSuper Set10 Reps12 Reps8 Reps8 Reps12 RepsPlate Twist-TwistNWWWWWSuper Set10 Reps10 Reps8 Reps8 Reps12 RepsSuper Set10 Reps10 Reps8 Reps8 RepsWWSuper Set10 Reps10 Reps10 Reps12 Reps15 RepsSuper Set10 Reps10 Reps30 Sec.WWWPlank Twist-TwistRRHHHNumber SetNNNNHHSuper Set10 Reps10 Reps10 Reps10 Reps12 RepsSuper Set10 Reps10 Reps10 Reps12 Reps14 RepsSuper Set10 Reps10 Reps10 Reps12 Reps14 RepsSuper Set10 Reps10 Reps12 Reps14 Reps14 RepsSuper Set10 Reps10 Reps1	Date / Week						
Lateral Raise w w w w w w Arnold Press w w w w w w Progressive Set 15 Reps 12 Reps 8 Reps 8 Reps 12 Reps 15 Reps 15 Reps 12 Reps 8 Reps 4 W W W Super Set 15 Reps 10 Reps 1	Warm-Up						
Arnold Presswwwww12 Reps15 RepsUpright RowWW8 Reps12 Reps15 Reps15 RepsSuper Set15 Reps12 Reps8 Repswww10 Reps10 Reps30 Sec.30 Sec.30 Sec.30 Sec.10 Reps10 Reps	Super Set	15 Reps	12 Reps	8 Reps	8 Reps		
Progressive Set15 Reps12 Reps8 Reps8 Reps12 Reps15 RepsSuper Set15 Reps12 Reps8 Repsw	Lateral Raise	W	W	w			
Upright Row W W W W W Super Set 15 Reps 12 Reps 8 Reps	Arnold Press	W	W	w	w		
Super Set 15 Reps 12 Reps 8 Reps Att. Front Raise w w w w 10 Reps 10 Reps 10 Reps 10 Reps Plate Twist-Twist w w w Super Set 15 Reps 12 Reps 8 Reps 8 Reps 12 Reps 15 Reps Reverse Fly w w w w w w w w w w	Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Alt. Front Raise w w w w 10 Reps 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	Upright Row	W	W	w	w	w	W
10 Reps10 Reps10 Reps10 RepsPlate Twist-Twist15 Reps12 Reps8 Reps8 Reps12 Reps15 RepsReverse FlywwwwwwSuper Set10 Reps10 Reps10 Reps0 Sec.30 Sec.Bank Twist-TwistRRRVVVPlank Twist-TwistRRVVV	Super Set	15 Reps	12 Reps	8 Reps			
Plate Twist-Twist W	Alt. Front Raise	W	W	w			
Progressive Set 15 Reps 12 Reps 8 Reps 12 Reps 15 Reps Reverse Fly w w w w w w w Super Set 10 Reps 10 Reps 10 Reps 30 Sec. 30 Sec. 30 Sec. 30 Sec. 90 Se		10 Reps	10 Reps	10 Reps			
Reverse Fly W W W W W Super Set 10 Reps 10 Reps	Plate Twist-Twist	W	W	w			
Super Set 10 Reps R R Image: Signal and Stretch Signal and Stretch R Image: Signal and Stretch R Image: Signal and Stretch R Image: Signal and Stretch Signal and Stret	Progressive Set	15 Reps	12 Reps	8 Reps	8 Reps	12 Reps	15 Reps
Superman Stretch R R 30 Sec. 30 Sec. Plank Twist-Twist R	Reverse Fly	W	W	w	W	W	W
30 Sec. 30 Sec. Plank Twist-Twist R	Super Set	10 Reps	10 Reps				
Plank Twist-Twist R	Superman Stretch	R	R				
		30 Sec.	30 Sec.				
	Plank Twist-Twist	R	R				
	Cool-Down				R - rong W- woight P	T - right T - loft Coo	- time C - completed

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

R R	rm-Up mbo Set Oblique Twist
at Oblique Twist	mbo Set Oblique Twist cuit 1 Circuit 2 R R R R R
Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 6 Image: Second Set R R R R R	Oblique Twist cuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 1 k
Incuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 6	cuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 6 R R R R R R R mbo Set sight Row + Call Raise
ircuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 7 R R R R R R	cuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit 6
R R	R R R R R R R
pright Row + Calf Raise	mbo Set ight Row + Calf Raise
pright Row + Calf Raise	ight Row + Calf Raise
ircuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit	cuit 1 Circuit 2 Circuit 3 Circuit 4 Circuit 5 Circuit 6 Circuit
	R R R R R R
	R R R R R R

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 F	RT = right LT = left_Sec	c = time C = comple				

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	R	R						
	10 Reps								
Plank Twist-Twist	R								