



Day (Circle One) Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol - Day 1

Exercise	Sets	Reps	Rest
Squats	4	5 - 8	2 minutes
Bench Press	4	5 - 8	1.5 minutes
Pull Ups	4	5 - 8	2 minutes
Military Press	4	5 - 8	1.5 minutes
Barbell Curls	4	5 - 8	2 minutes
Back Extensions	4	10 - 12	1.5 minutes

Workout Log * record how many sets you did here

Exercise	Set #1	Set #2	Set #3	Set #4
Squats				
Bench Press				
Pull Ups				
Military Press				
Barbell Curls				
Back Extensions				

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One) Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol - Day 2

Exercise	Sets	Reps	Rest
Deadlifts	5	5 - 8	2 minutes
Bent-over rows	5	5 - 8	1 min
DB incline press	5	5 - 8	2 minutes
Lateral Raises	5	5 - 8	1 min
DB Tricep extensions	5	5 - 8	2 minutes
Hammer Curl	5	5 - 8	1 min

Also do 30 minutes of low intensity cardio training

Workout Log * record sets here

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Deadlifts					
Bent-over rows					
DB incline press					
Lateral Raises					
DB Tricep extensions					
Hammer Curl					

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One) Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol - Day 3

Exercise	Sets	Reps	Rest
Weighted Lunges	4	6 X each leg	2 minutes
DB Step Ups	4	6 X each leg	1.5 minutes
Dips	4	6	2 minutes
DB Pullover	4	8	1.5 minutes
Upright Row	4	8	2 minutes
Ab Roller	4	10	1.5 minutes

Workout Log * record how many sets you did here

Exercise	Set #1	Set #2	Set #3	Set #4
Weighted Lunges				
DB Step Ups				
Dips				
DB Pullover				
Upright Row				
Ab Roller				

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)