

DAY:	DATE:		TIME:		am/pr
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6
Incline press (warm-up) low weight	1-3							
Incline press (working set) 70%, max weight	5	4						
Flat bench dumbbell press	4-5	10						
Incline dumbbell flye	3	8-10						

NOTES	



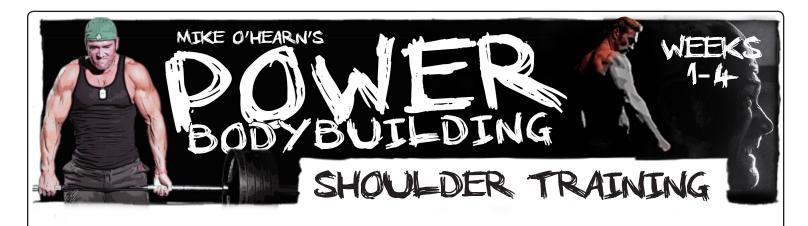


DAY:	DATE:		TIME:		am/pm
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Squat (warm-up) low weight	1-3								
Squat (working set) 70%, heavy weight	5	4							
Leg press heavy weight	5	10							
Leg extention heavy weight	3	8							

NOTES	



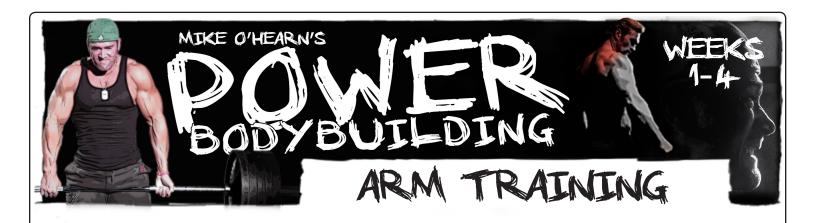


DAY:	DATE:		TIME:		am/pn
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Standing shoulder press	3	8							
Wide-grip upright rows	3	8							
Dumbbell upright rows	3	8							
Laterals	4	12							
Seated dumbbell rear delts	4	12							

NOTES	





DAY:	DATE:		TIME:		am/pm
CARDIO TODAY: YES NO		EXERCISE	DU	JRATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Straight bar curls	3	8-12							
Seated dumbbell curls	3	8-12							
Preacher curls	3	8-12							
Lying tricep extensions	4	8-12							
Tricep push downs	4	8-12							
Incline dumbbell extensions	4	8-12							

NOTES	



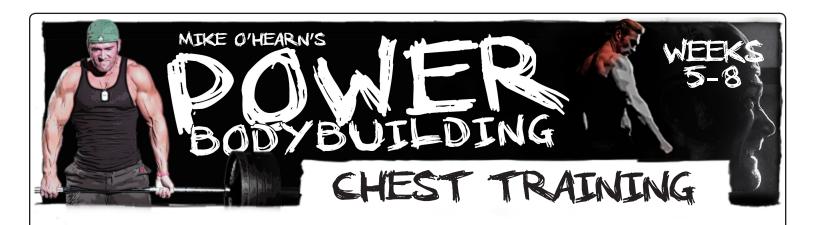


DAY:	DATE:		TIME:		am/pm
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Deadlift (warm-up) low weight	1-3								
Deadlift (working set) 70%, heavy weight	5	4							
One-arm row heavy weight	5	10							
Pull-downs heavy weight	3	8							

NOTES		





DAY:	DATE:		TIME:	am/pn
CARDIO TODAY: YES NO		EXERCISE	DURAT	TION
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:	

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6
Incline press (warm-up) low weight	1-3							
Incline press (working set) 80%, max weight	5	3						
Flat bench dumbbell press	4-5	10						
Incline dumbbell flye	3	8-10						

NOTES	



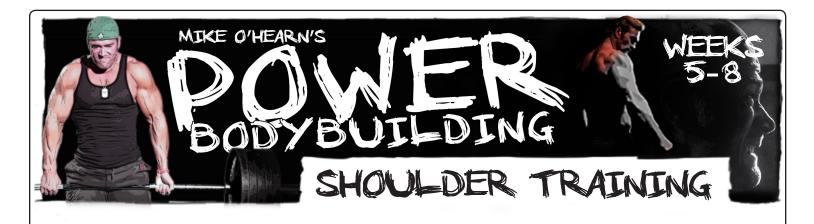


DAY:	DATE:		TIME:	am/pm
CARDIO TODAY: YES NO		EXERCISE	DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:	
MOOD WHEN STARTING:				

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Squat (warm-up) low weight	1-3								
Squat (working set) 80%, heavy weight	5	3							
Leg press heavy weight	5	10							
Leg extention heavy weight	3	8							

NOTES		



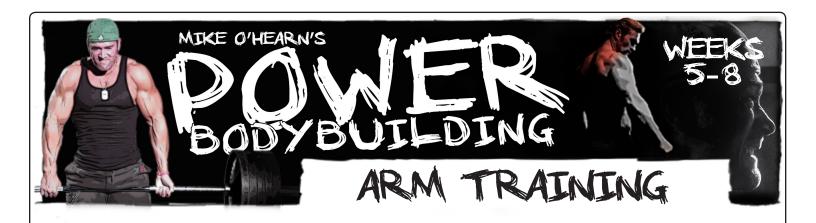


DAY:	DATE:		TIME:		am/pn
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Standing shoulder press	3	8							
Wide-grip upright rows	3	8							
Dumbbell upright rows	3	8							
Laterals	4	12							
Seated dumbbell rear delts	4	12							

NOTES	



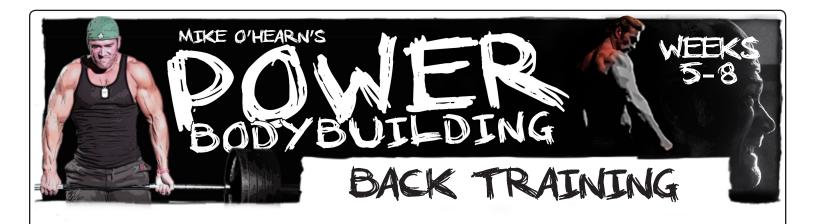


TIME:		DATE:	DAY:
DURATION	EXERCISE		CARDIO TODAY: YES NO
LOCATION:		WEIGHT:	LENGTH OF WORKOUT:
LOCATION:		WEIGHT:	LENGTH OF WORKOUT:  MOOD WHEN STARTING:

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Straight bar curls	3	8-12							
Seated dumbbell curls	3	8-12							
Preacher curls	3	8-12							
Lying tricep extensions	4	8-12							
Tricep push downs	4	8-12							
Incline dumbbell extensions	4	8-12							

NOTES	



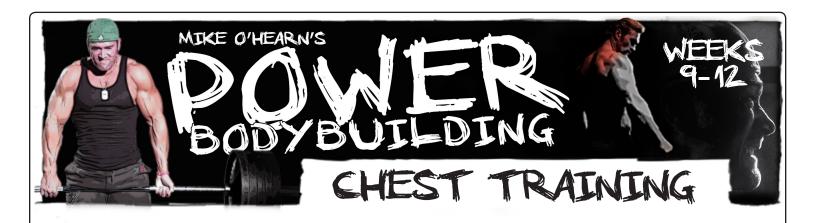


DAY:	DATE:		TIME:		am/pr
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Deadlift (warm-up) low weight	1-3								
Deadlift (working set) 80%, heavy weight	5	3							
One-arm row heavy weight	5	10							
Pull-downs heavy weight	3	8							

NOTES	





DAY:	DATE:		TIME:		am/pn
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
LENGTH OF WORKOUT:  MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6
Incline press (warm-up) low weight	1-3							
Incline press (working set) 90%, max weight	5	2						
Flat bench dumbbell press	4-5	10						
Incline dumbbell flye	3	8-10						

NOTES		



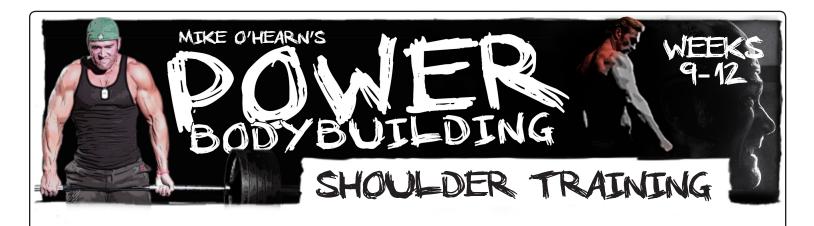


DAY:	DATE:		TIME:		am/pm
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Squat (warm-up) low weight	1-3								
Squat (working set) 90%, heavy weight	5	2							
Leg press heavy weight	5	10							
Leg extention heavy weight	3	8							

NOTES		



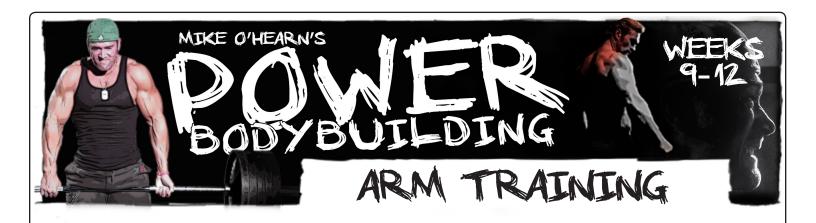


DAY:	DATE:		TIME:		am/pn
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Standing shoulder press	3	8							
Wide-grip upright rows	3	8							
Dumbbell upright rows	3	8							
Laterals	4	12							
Seated dumbbell rear delts	4	12							

NOTES	





_

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Straight bar curls	3	8-12							
Seated dumbbell curls	3	8-12							
Preacher curls	3	8-12							
Lying tricep extensions	4	8-12							
Tricep push downs	4	8-12							
Incline dumbbell extensions	4	8-12							

NOTES	





DAY:	DATE:		TIME:		am/pr
CARDIO TODAY: YES NO		EXERCISE		DURATION	
LENGTH OF WORKOUT:	WEIGHT:		LOCATION:		
MOOD WHEN STARTING:					

EXERCISE	SETS	REPS	SET 1	SET 2	SET 3	SET4	SET 5	SET 6	SET 7
Deadlift (warm-up) low weight	1-3								
Deadlift (working set) 90%, heavy weight	5	2							
One-arm row heavy weight	5	10							
Pull-downs heavy weight	3	8							

NOTES	

