Phase 1 Accumulation/Aerobic Block's Workout Log - Bodybuilding.com

Week 1, Day 4: Upper Body

**EXERCISE**

**Barbell curl:** 4 sets of 12-15 reps, rest 30 sec.

**Dumbbell incline bench (low incline):** 4 sets of 10 reps, rest 30 sec.

**Dumbbell row (with pause):** 4 sets of 12-15 reps, rest 60 sec.

**Paired set:**

**Paired set:**

**Paired set:**

**Push-press:** 4 sets of 6 reps, rest 90 sec.
<table>
<thead>
<tr>
<th><strong>Skullcrusher</strong>: 4 sets of 12-15 reps, rest 30 sec.</th>
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<tr>
<td><strong>Weighted chin-up</strong>: 4 sets of 8-10 reps, rest 90 sec.</td>
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**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

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