

WEEK ONE - DAY 1 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Incline Dumbbell Press	3	10, 12, 12	3:1:3	10		12		12		—	—
A2. Bent-Over Dumbbell Rows	3	10, 12, 12	2:1:2	10		12		12		—	—
B1. Bench Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Bent-Over Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
Lat Pull-Down (Wide Grip)	3	12, 12, 15	2:2:2	12		12		15		—	—
C1. Front Dumbbell Raises	3	10, 12, 12	2:1:2	10		12		12		—	—
C2. Shoulder Dumbbell Press	3	10, 12, 12	2:2:2	10		12		12		—	—
D1. Barbell Curls	3	12, 12, 15	3:2:3	12		12		15		—	—
D2. Barbell Skull Crushers	3	12, 12, 15	3:2:3	12		12		15		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK ONE - DAY 2 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Leg Press (Shoulder-Width Stance)	3	10, 10, 12	3:2:3	10		10		12		—	—
A2. Dumbbell Romanian Deadlifts	3	10, 10, 12	2:1:2	10		10		12		—	—
B1. Walking Lunges W/ Dumbbells	3	12, 12, 15	2:1:2	12		12		15		—	—
B2. Glute Bridges W/ Dumbbell	3	12, 12, 15	1:3:2	12		12		15		—	—
Glute Bridges W/ Feet Elevated	3	15, 15, 20	1:3:1	15		15		20		—	—
C1. Leg Extensions	3	10, 12, 12	2:2:2	10		12		12		—	—
C2. Lying Leg Curls	3	10, 12, 12	2:2:2	10		12		12		—	—
D1. Standing Calf Raises W/ Dumbbells	3	10, 12, 15	3:2:3	10		12		15		—	—
D2. Frog Pumps W/ Dumbbell	3	15, 15, 20	1:3:1	15		15		20		—	—

Cardio: Time – ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK ONE - DAY 3 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Seated Rows (V-Bar)	3	10, 12, 12	2:1:2	10		12		12		—	—
A2. Lat Pull-Down (Chin-Up Style)	3	10, 12, 12	2:1:2	10		12		12		—	—
B1. Bench Dumbbell Press	3	10, 12, 12	3:2:3	10		12		12		—	—
B2. Dumbbell Curls	3	10, 12, 12	2:2:2	10		12		12		—	—
C1. Incline Dumbbell Fly	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Hammer Curls	3	10, 12, 15	2:2:2	10		12		15		—	—
D1. Triceps Kickback (One Arm)	3	12, 12, 15	2:1:2	12		12		15		—	—
D2. Rope Push Down	3	12, 12, 15	2:2:2	12		12		15		—	—
Seated Lateral Dumbbell Raises	3	12, 15, 15	2:1:2	12		15		15		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK ONE - DAY 4 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Goblet Squats	3	10, 12, 12	2:1:2	10		12		12		—	—
A2. Frog Pumps W/ Dumbbell	3	15, 20, 20	1:2:1	15		20		20		—	—
B1. Barbell Romanian Deadlifts	3	10, 12, 12	3:1:3	10		12		12		—	—
B2. Static Lunges W/ Dumbbells	3	10, 12, 12	2:1:2	10		12		12		—	—
Pistol Squats (Use Box For Support)	2	10, 10	3:1:2	10		10		—	—	—	—
C1. Dumbbell Squats	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Step-Ups	3	10, 12, 15	2:1:2	10		12		15		—	—
Seated Calf Raises	3	12, 15, 15	3:3:3	12		15		15		—	—
Barbell Hip Thrusts	3	10, 10, 12	1:2:2	10		10		12		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK ONE - DAY 5 - UPPER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Dumbbell Rows (One Arm)	3	10, 10, 12	2:1:2	10		10		12		—	—
A2. Triceps Kickback	3	10, 10, 12	2:1:2	10		10		12		—	—
B1. Standing Military Press (Shoulders)	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Standing Lateral Dumbbell Raises	3	10, 12, 15	2:1:2	10		12		15		—	—
Back Extensions	3	10, 12, 15	3:2:3	10		12		15		—	—
C1. V-Bar Pull-Down	3	10, 12, 12	3:2:3	10		12		12		—	—
C2. Triceps Push Down (Straight Bar)	3	10, 12, 15	3:3:3	10		12		15		—	—
D1. Bent-Over Deltoid Fly	3	10, 12, 12	2:1:2	10		12		15		—	—
D2. Rope Overhead Extensions	3	10, 12, 12	3:2:3	10		12		15		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK TWO - DAY 1 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Incline Dumbbell Press	3	10, 12, 12	3:1:3	10		12		12		—	—
A2. Bent-Over Dumbbell Rows	3	10, 12, 12	2:1:2	10		12		12		—	—
B1. Bench Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Bent-Over Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
Lat Pull-Down (Wide Grip)	3	12, 12, 15	2:2:2	12		12		15		—	—
C1. Front Dumbbell Raises	3	10, 12, 12	2:1:2	10		12		12		—	—
C2. Shoulder Dumbbell Press	3	10, 12, 12	2:2:2	10		12		12		—	—
D1. Barbell Curls	3	12, 12, 15	3:2:3	12		12		15		—	—
D2. Barbell Skull Crushers	3	12, 12, 15	3:2:3	12		12		15		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK TWO - DAY 2 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Leg Press (Shoulder-Width Stance)	3	10, 10, 12	3:2:3	10		10		12		—	—
A2. Dumbbell Romanian Deadlifts	3	10, 10, 12	2:1:2	10		10		12		—	—
B1. Walking Lunges W/ Dumbbells	3	12, 12, 15	2:1:2	12		12		15		—	—
B2. Glute Bridges W/ Dumbbell	3	12, 12, 15	1:3:2	12		12		15		—	—
Glute Bridges W/ Feet Elevated	3	15, 15, 20	1:3:1	15		15		20		—	—
C1. Leg Extensions	3	10, 12, 12	2:2:2	10		12		12		—	—
C2. Lying Leg Curls	3	10, 12, 12	2:2:2	10		12		12		—	—
D1. Standing Calf Raises W/ Dumbbells	3	10, 12, 15	3:2:3	10		12		15		—	—
D2. Frog Pumps W/ Dumbbell	3	15, 15, 20	1:3:1	15		15		20		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK TWO – DAY 3 – UPPER BODY

Exercises	Sets	Reps	Tempo	S1 – R	S1 – WT	S2 – R	S2 – WT	S3 – R	S3-WT	S4-R	S4-WT
A1. Seated Rows (V-Bar)	3	10, 12, 12	2:1:2	10		12		12		—	—
A2. Lat Pull-Down (Chin-Up Style)	3	10, 12, 12	2:1:2	10		12		12		—	—
B1. Bench Dumbbell Press	3	10, 12, 12	3:2:3	10		12		12		—	—
B2. Dumbbell Curls	3	10, 12, 12	2:2:2	10		12		12		—	—
C1. Incline Dumbbell Fly	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Hammer Curls	3	10, 12, 15	2:2:2	10		12		15		—	—
D1. Triceps Kickback (One Arm)	3	12, 12, 15	2:1:2	12		12		15		—	—
D2. Rope Push Down	3	12, 12, 15	2:2:2	12		12		15		—	—
Seated Lateral Dumbbell Raises	3	12, 15, 15	2:1:2	12		15		15		—	—

Cardio: Time – ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK TWO - DAY 4 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Goblet Squats	3	10, 12, 12	2:1:2	10		12		12		—	—
A2. Frog Pumps W/ Dumbbell	3	15, 20, 20	1:2:1	15		20		20		—	—
B1. Barbell Romanian Deadlifts	3	10, 12, 12	3:1:3	10		12		12		—	—
B2. Static Lunges W/ Dumbbells	3	10, 12, 12	2:1:2	10		12		12		—	—
Pistol Squats (Use Box For Support)	2	10, 10	3:1:2	10		10		—	—	—	—
C1. Dumbbell Squats	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Step-Ups	3	10, 12, 15	2:1:2	10		12		15		—	—
Seated Calf Raises	3	12, 15, 15	3:3:3	12		15		15		—	—
Barbell Hip Thrusts	3	10, 10, 12	1:2:2	10		10		12		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK TWO - DAY 5 - UPPER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Dumbbell Rows (One Arm)	3	10, 10, 12	2:1:2	10		10		12		—	—
A2. Triceps Kickback	3	10, 10, 12	2:1:2	10		10		12		—	—
B1. Standing Military Press (Shoulders)	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Standing Lateral Dumbbell Raises	3	10, 12, 15	2:1:2	10		12		15		—	—
Back Extensions	3	10, 12, 15	3:2:3	10		12		15		—	—
C1. V-Bar Pull-Down	3	10, 12, 12	3:2:3	10		12		12		—	—
C2. Triceps Push Down (Straight Bar)	3	10, 12, 15	3:3:3	10		12		15		—	—
D1. Bent-Over Deltoid Fly	3	10, 12, 12	2:1:2	10		12		15		—	—
D2. Rope Overhead Extensions	3	10, 12, 12	3:2:3	10		12		15		—	—

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK THREE - DAY 1 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Incline Dumbbell Press	4	10, 12, 12, 15	3:1:3	10		12		12		15	
A2. Bent-Over Dumbbell Rows	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Bench Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Bent-Over Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
Lat Pull-Down (Wide Grip)	4	12, 12, 15, 15	2:2:2	12		12		15		15	
C1. Front Dumbbell Raises	4	10, 10, 12, 12	2:1:2	10		10		12		12	
C2. Shoulder Dumbbell Press	4	10, 12, 12, 15	2:2:2	10		12		12		15	
D1. Barbell Curls	4	12, 12, 15, 15	3:2:3	12		12		15		15	
D2. Barbell Skull Crushers	4	12, 12, 15, 15	3:2:3	12		12		15		15	

Cardio: Time - ____:____

Notes:

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK THREE - DAY 2 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Leg Press (Shoulder-Width Stance)	4	10, 10, 12, 12	3:2:3	10		10		12		12	
A2. Dumbbell Romanian Deadlifts	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Walking Lunges W/ Dumbbells	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B2. Glute Bridges W/ Dumbbell	4	12, 12, 15, 20	1:3:2	12		12		15		20	
Glute Bridges W/ Feet Elevated	4	12, 12, 15, 20	1:3:1	15		15		20		—	—
C1. Leg Extensions	4	10, 10, 12, 12	2:2:2	10		10		12		12	
C2. Lying Leg Curls	4	10, 10, 12, 12	2:2:2	10		10		12		12	
D1. Standing Calf Raises W/ Dumbbells	4	10, 12, 12, 15	3:2:3	10		12		12		15	
D2. Frog Pumps W/ Dumbbell	4	15, 15, 20, 20	1:3:1	15		15		20		20	

Cardio: Time – ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK THREE - DAY 3 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Seated Rows (V-Bar)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Lat Pull-Down (Chin-Up Style)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Bench Dumbbell Press	4	10, 12, 12, 15	3:2:3	10		12		12		15	
B2. Dumbbell Curls	4	10, 12, 12, 15	2:2:2	10		12		12		15	
C1. Incline Dumbbell Fly	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Hammer Curls	3	10, 12, 15	2:2:2	10		12		15		—	—
D1. Triceps Kickback (One Arm)	4	12, 12, 15, 15	2:1:2	12		12		15		15	
D2. Rope Push Down	4	12, 12, 15, 15	2:2:2	12		12		15		15	
Seated Lateral Dumbbell Raises	4	12, 12, 15, 15	2:1:2	12		12		15		15	

Cardio: Time – ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK THREE - DAY 4 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Goblet Squats	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Frog Pumps W/ Dumbbell	4	15, 20, 20, 25	1:2:1	15		20		20		25	
B1. Barbell Romanian Deadlifts	4	10, 10, 12, 12	3:1:3	10		10		12		12	
B2. Static Lunges W/ Dumbbells	4	10, 10, 12, 12	2:1:2	10		10		12		12	
Pistol Squats (Use Box For Support)	3	10, 10, 10	3:1:2	10		10		10		—	—
C1. Dumbbell Squats	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C2. Step-Ups	4	10, 12, 12, 15	2:1:2	10		12		12		15	
Seated Calf Raises	4	12, 12, 15, 15	3:3:3	12		12		15		15	
Barbell Hip Thrusts	4	10, 10, 12, 12	1:2:2	10		10		12		12	

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK THREE - DAY 5 - UPPER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Dumbbell Rows (One Arm)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Triceps Kickback	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Standing Military Press (Shoulders)	4	10, 12, 12, 12	2:1:2	10		12		12		12	
B2. Standing Lateral Dumbbell Raises	4	10, 12, 12, 15	2:1:2	10		12		12		15	
Back Extensions	3	10, 12, 15	3:2:3	10		12		15		—	—
C1. V-Bar Pull-Down	4	10, 12, 12, 15	3:2:3	10		12		12		15	
C2. Triceps Push Down (Straight Bar)	4	10, 12, 12, 15	3:3:3	10		12		12		15	
D1. Bent-Over Deltoid Fly	4	10, 12, 12, 15	2:1:2	10		12		12		15	
D2. Rope Overhead Extensions	4	10, 12, 12, 15	3:2:3	10		12		12		15	

Cardio: Time – ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK FOUR - DAY 1 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Incline Dumbbell Press	4	10, 12, 12, 15	3:1:3	10		12		12		15	
A2. Bent-Over Dumbbell Rows	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Bench Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
B2. Bent-Over Dumbbell Fly	3	10, 12, 12	2:1:2	10		12		12		—	—
Lat Pull-Down (Wide Grip)	4	12, 12, 15, 15	2:2:2	12		12		15		15	
C1. Front Dumbbell Raises	4	10, 10, 12, 12	2:1:2	10		10		12		12	
C2. Shoulder Dumbbell Press	4	10, 12, 12, 15	2:2:2	10		12		12		15	
D1. Barbell Curls	4	12, 12, 15, 15	3:2:3	12		12		15		15	
D2. Barbell Skull Crushers	4	12, 12, 15, 15	3:2:3	12		12		15		15	

Cardio: Time - ____:____

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK FOUR - DAY 2 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Leg Press (Shoulder-Width Stance)	4	10, 10, 12, 12	3:2:3	10		10		12		12	
A2. Dumbbell Romanian Deadlifts	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Walking Lunges W/ Dumbbells	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B2. Glute Bridges W/ Dumbbell	4	12, 12, 15, 20	1:3:2	12		12		15		20	
Glute Bridges W/ Feet Elevated	4	12, 12, 15, 20	1:3:1	15		15		20		—	—
C1. Leg Extensions	4	10, 10, 12, 12	2:2:2	10		10		12		12	
C2. Lying Leg Curls	4	10, 10, 12, 12	2:2:2	10		10		12		12	
D1. Standing Calf Raises W/ Dumbbells	4	10, 12, 12, 15	3:2:3	10		12		12		15	
D2. Frog Pumps W/ Dumbbell	4	15, 15, 20, 20	1:3:1	15		15		20		20	

Cardio: Time – ____:____

Notes:

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK FOUR - DAY 3 - UPPER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Seated Rows (V-Bar)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Lat Pull-Down (Chin-Up Style)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Bench Dumbbell Press	4	10, 12, 12, 15	3:2:3	10		12		12		15	
B2. Dumbbell Curls	4	10, 12, 12, 15	2:2:2	10		12		12		15	
C1. Incline Dumbbell Fly	3	10, 12, 15	2:1:2	10		12		15		—	—
C2. Hammer Curls	3	10, 12, 15	2:2:2	10		12		15		—	—
D1. Triceps Kickback (One Arm)	4	12, 12, 15, 15	2:1:2	12		12		15		15	
D2. Rope Push Down	4	12, 12, 15, 15	2:2:2	12		12		15		15	
Seated Lateral Dumbbell Raises	4	12, 12, 15, 15	2:1:2	12		12		15		15	

Cardio: Time - ____:____

Notes:

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK FOUR - DAY 4 - LOWER BODY

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Goblet Squats	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Frog Pumps W/ Dumbbell	4	15, 20, 20, 25	1:2:1	15		20		20		25	
B1. Barbell Romanian Deadlifts	4	10, 10, 12, 12	3:1:3	10		10		12		12	
B2. Static Lunges W/ Dumbbells	4	10, 10, 12, 12	2:1:2	10		10		12		12	
Pistol Squats (Use Box For Support)	3	10, 10, 10	3:1:2	10		10		10		—	—
C1. Dumbbell Squats	4	10, 12, 15, 15	2:1:2	10		12		15		15	
C2. Step-Ups	4	10, 12, 12, 15	2:1:2	10		12		12		15	
Seated Calf Raises	4	12, 12, 15, 15	3:3:3	12		12		15		15	
Barbell Hip Thrusts	4	10, 10, 12, 12	1:2:2	10		10		12		12	

Cardio: Time - ____:____

Notes:

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here

WEEK FOUR - DAY 5 - UPPER BODY (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. Dumbbell Rows (One Arm)	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. Triceps Kickback	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. Standing Military Press (Shoulders)	4	10, 12, 12, 12	2:1:2	10		12		12		12	
B2. Standing Lateral Dumbbell Raises	4	10, 12, 12, 15	2:1:2	10		12		12		15	
Back Extensions	3	10, 12, 15	3:2:3	10		12		15		—	—
C1. V-Bar Pull-Down	4	10, 12, 12, 15	3:2:3	10		12		12		15	
C2. Triceps Push Down (Straight Bar)	4	10, 12, 12, 15	3:3:3	10		12		12		15	
D1. Bent-Over Deltoid Fly	4	10, 12, 12, 15	2:1:2	10		12		12		15	
D2. Rope Overhead Extensions	4	10, 12, 12, 15	3:2:3	10		12		12		15	

Cardio: Time – ____:____

Notes:

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DONE OR DUSTED (CIRCLE ONE) YES OR NO

What did I like about this workout?

What can I improve on for my next workout?

Write Your Motivational Quote Here
