

## WEEK ONE - DAY 1 - QUADRICEPS, HAMSTRINGS & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Dumbbell Lunges</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
B2. <a href="#">Seated Hamstring Curls</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C1. <a href="#">Standing Calf Raises</a>	3	12, 12, 12	3:3:3	12		12		12		—	—
C2. <a href="#">Leg Press</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
D1. <a href="#">Dumbbell Step-Ups</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 2 - CHEST & BACK

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Bench Dumbbell Press</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	
B2. <a href="#">Bench Dumbbell Fly</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	
C1. <a href="#">Seated Rows (V-Bar Grip)</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C2. <a href="#">Bench Push-Ups</a>	3	AMRAP	2:1:2							—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 3 - HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Glute Bridges</a>	3	20, 20, 20	2:2:2	20		20		20		—	—
A2. <a href="#">Frog Pumps</a>	3	20, 20, 20	2:1:2	20		20		20		—	—
B1. <a href="#">Single-Leg Romanian Deadlifts</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
B2. <a href="#">Hip Thrusts (Dumbbell)</a>	3	12, 12, 12	2:2:2	12		12		12		—	—
C1. <a href="#">Seated Calf Raises</a>	3	12, 12, 12	3:2:3	12		12		12		—	—
C2. Jump Rope	3	30-60 sec.	—							—	—
D1. <a href="#">Lying Hamstring Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 4 - SHOULDERS, BICEPS & TRICEPS

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Standing Shoulder Press</a>	4	10, 10, 10, 10	3:1:3	10		10		10		10	
A2. <a href="#">Lateral Shoulder Raises</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
B1. <a href="#">Barbell Curls</a>	3	12, 12, 12	3:2:3	12		12		12		—	—
B2. <a href="#">Triceps Kickback</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
C1. <a href="#">Hammer Curls</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C2. <a href="#">Rope Push Down</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
D1. <a href="#">Bent-Over Dumbbell Raises</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
D2. <a href="#">Front Deltoid Raises</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	

**Cardio:** Time – \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK ONE - DAY 5 - CHEST & BACK (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Chin Up)</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
A2. <a href="#">Barbell Rows</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Incline Dumbbell Press</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
C1. <a href="#">Hyperextensions</a>	3	12, 12, 12	2:2:2	12		12		12		—	—
C2. <a href="#">Cable Crossovers</a>	3	12, 12, 12	2:2:2	12		12		12		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK TWO - DAY 1 - QUADRICEPS, HAMSTRINGS & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Dumbbell Lunges</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
B2. <a href="#">Seated Hamstring Curls</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C1. <a href="#">Standing Calf Raises</a>	3	12, 12, 12	3:3:3	12		12		12		—	—
C2. <a href="#">Leg Press</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
D1. <a href="#">Dumbbell Step-Ups</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK TWO - DAY 2 - CHEST & BACK

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Wide Grip)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Bench Dumbbell Press</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	
B2. <a href="#">Bench Dumbbell Fly</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	
C1. <a href="#">Seated Rows (V-Bar Grip)</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C2. <a href="#">Bench Push-Ups</a>	3	AMRAP	2:1:2							—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK TWO - DAY 3 - HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Glute Bridges</a>	3	20, 20, 20	2:2:2	20		20		20		—	—
A2. <a href="#">Frog Pumps</a>	3	20, 20, 20	2:1:2	20		20		20		—	—
B1. <a href="#">Single-Leg Romanian Deadlifts</a>	3	10, 10, 10	2:1:2	10		10		10		—	—
B2. <a href="#">Hip Thrusts (Dumbbell)</a>	3	12, 12, 12	2:2:2	12		12		12		—	—
C1. <a href="#">Seated Calf Raises</a>	3	12, 12, 12	3:2:3	12		12		12		—	—
C2. Jump Rope	3	30-60 sec.	—							—	—
D1. <a href="#">Lying Hamstring Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 10, 10	3:2:3	10		10		10		10	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK TWO - DAY 4 - SHOULDERS, BICEPS & TRICEPS

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Standing Shoulder Press</a>	4	10, 10, 10, 10	3:1:3	10		10		10		10	
A2. <a href="#">Lateral Shoulder Raises</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
B1. <a href="#">Barbell Curls</a>	3	12, 12, 12	3:2:3	12		12		12		—	—
B2. <a href="#">Triceps Kickback</a>	3	12, 12, 12	2:1:2	12		12		12		—	—
C1. <a href="#">Hammer Curls</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
C2. <a href="#">Rope Push Down</a>	3	10, 10, 10	2:2:2	10		10		10		—	—
D1. <a href="#">Bent-Over Dumbbell Raises</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
D2. <a href="#">Front Deltoid Raises</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK TWO - DAY 5 - CHEST & BACK (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Chin Up)</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
A2. <a href="#">Barbell Rows</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B1. <a href="#">Incline Dumbbell Press</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
C1. <a href="#">Hyperextensions</a>	3	12, 12, 12	2:2:2	12		12		12		—	—
C2. <a href="#">Cable Crossovers</a>	3	12, 12, 12	2:2:2	12		12		12		—	—

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK THREE - DAY 1 - QUADRICEPS, HAMSTRINGS & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Dumbbell Lunges</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Seated Hamstring Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C1. <a href="#">Standing Calf Raises</a>	4	12, 12, 12, 12	3:3:3	12		12		12		12	
C2. <a href="#">Leg Press</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
D1. <a href="#">Dumbbell Step-Ups</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 12, 12	3:2:3	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?**

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**What can I improve on for my next workout?**

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## WEEK THREE - DAY 2 - CHEST & BACK

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Wide Grip)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Bench Dumbbell Press</a>	4	10, 12, 12, 15	3:2:3	10		12		12		15	
B2. <a href="#">Bench Dumbbell Fly</a>	4	10, 12, 12, 15	3:2:3	10		12		12		15	
C1. <a href="#">Seated Rows (V-Bar Grip)</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C2. <a href="#">Bench Push-Ups</a>	4	AMRAP	2:1:2								

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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### WEEK THREE - DAY 3 - HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Glute Bridges</a>	4	20, 20, 20, 20	2:2:2	20		20		20		20	
A2. <a href="#">Frog Pumps</a>	4	20, 20, 20, 20	2:1:2	20		20		20		20	
B1. <a href="#">Single-Leg Romanian Deadlifts</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Hip Thrusts (Dumbbell)</a>	4	12, 12, 15, 15	2:2:2	12		12		15		15	
C1. <a href="#">Seated Calf Raises</a>	4	12, 12, 12, 12	3:2:3	12		12		12		12	
C2. Jump Rope	4	30-60 sec.	—								
D1. <a href="#">Lying Hamstring Curls</a>	4	10, 10, 12, 12	2:2:2	10		10		12		12	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 12, 12	3:2:3	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?**

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**What can I improve on for my next workout?**

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## WEEK THREE - DAY 4 - SHOULDERS, BICEPS & TRICEPS

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Standing Shoulder Press</a>	4	10, 10, 12, 12	3:1:3	10		10		12		12	
A2. <a href="#">Lateral Shoulder Raises</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Barbell Curls</a>	4	12, 12, 12, 12	3:2:3	12		12		12		12	
B2. <a href="#">Triceps Kickback</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
C1. <a href="#">Hammer Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C2. <a href="#">Rope Push Down</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
D1. <a href="#">Bent-Over Dumbbell Raises</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
D2. <a href="#">Front Deltoid Raises</a>	4	10, 10, 12, 12	2:1:2	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?**

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**What can I improve on for my next workout?**

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### 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. <a href="#">Lat Pull-Down (Chin Up)</a>	4	10, 10, 12, 12	2:2:2	10		10		12		12	
A2. <a href="#">Barbell Rows</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Incline Dumbbell Press</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
C1. <a href="#">Hyperextensions</a>	4	12, 12, 12, 12	2:2:2	12		12		12		12	
C2. <a href="#">Cable Crossovers</a>	4	12, 12, 12, 12	2:2:2	12		12		12		12	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK FOUR - DAY 1 - QUADRICEPS, HAMSTRINGS & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Dumbbell</a> or <a href="#">Barbell Squats</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Dumbbell Lunges</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Dumbbell Romanian Deadlifts</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Seated Hamstring Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C1. <a href="#">Standing Calf Raises</a>	4	12, 12, 12, 12	3:3:3	12		12		12		12	
C2. <a href="#">Leg Press</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
D1. <a href="#">Dumbbell Step-Ups</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 12, 12	3:2:3	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?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK FOUR - DAY 2 - CHEST & BACK

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Wide Grip)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
A2. <a href="#">Dumbbell Rows (Both Arms)</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Bench Dumbbell Press</a>	4	10, 12, 12, 15	3:2:3	10		12		12		15	
B2. <a href="#">Bench Dumbbell Fly</a>	4	10, 12, 12, 15	3:2:3	10		12		12		15	
C1. <a href="#">Seated Rows (V-Bar Grip)</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C2. <a href="#">Bench Push-Ups</a>	4	AMRAP	2:1:2								

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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## WEEK FOUR - DAY 3 - HAMSTRINGS, GLUTES & CALVES

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Glute Bridges</a>	4	20, 20, 20, 20	2:2:2	20		20		20		20	
A2. <a href="#">Frog Pumps</a>	4	20, 20, 20, 20	2:1:2	20		20		20		20	
B1. <a href="#">Single-Leg Romanian Deadlifts</a>	4	10, 10, 10, 10	2:1:2	10		10		10		10	
B2. <a href="#">Hip Thrusts (Dumbbell)</a>	4	12, 12, 15, 15	2:2:2	12		12		15		15	
C1. <a href="#">Seated Calf Raises</a>	4	12, 12, 12, 12	3:2:3	12		12		12		12	
C2. Jump Rope	4	30-60 sec.	—								
D1. <a href="#">Lying Hamstring Curls</a>	4	10, 10, 12, 12	2:2:2	10		10		12		12	
D2. <a href="#">Goblet Squats</a>	4	10, 10, 12, 12	3:2:3	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?**

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**What can I improve on for my next workout?**

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**Write Your Motivational Quote Here**

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## WEEK FOUR - DAY 4 - SHOULDERS, BICEPS & TRICEPS

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Standing Shoulder Press</a>	4	10, 10, 12, 12	3:1:3	10		10		12		12	
A2. <a href="#">Lateral Shoulder Raises</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
B1. <a href="#">Barbell Curls</a>	4	12, 12, 12, 12	3:2:3	12		12		12		12	
B2. <a href="#">Triceps Kickback</a>	4	12, 12, 12, 12	2:1:2	12		12		12		12	
C1. <a href="#">Hammer Curls</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
C2. <a href="#">Rope Push Down</a>	4	10, 10, 10, 10	2:2:2	10		10		10		10	
D1. <a href="#">Bent-Over Dumbbell Raises</a>	4	12, 12, 15, 15	2:1:2	12		12		15		15	
D2. <a href="#">Front Deltoid Raises</a>	4	10, 10, 12, 12	2:1:2	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?**

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**What can I improve on for my next workout?**

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## WEEK FOUR - DAY 5 - CHEST & BACK (OPTIONAL)

Exercises	Sets	Reps	Tempo	S1 - R	S1 - WT	S2 - R	S2 - WT	S3 - R	S3-WT	S4-R	S4-WT
A1. <a href="#">Lat Pull-Down (Chin Up)</a>	4	10, 10, 12, 12	2:2:2	10		10		12		12	
A2. <a href="#">Barbell Rows</a>	4	10, 10, 12, 12	2:1:2	10		10		12		12	
B1. <a href="#">Incline Dumbbell Press</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
B2. <a href="#">Incline Dumbbell Fly</a>	4	10, 12, 12, 15	2:1:2	10		12		12		15	
C1. <a href="#">Hyperextensions</a>	4	12, 12, 12, 12	2:2:2	12		12		12		12	
C2. <a href="#">Cable Crossovers</a>	4	12, 12, 12, 12	2:2:2	12		12		12		12	

**Cardio:** Time - \_\_\_\_:\_\_\_\_

**Notes:**

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**DONE OR DUSTED (CIRCLE ONE)** YES OR NO

**What did I like about this workout?**

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**What can I improve on for my next workout?**

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