

DAY: _____ **DATE:** _____ **TIME:** _____ **am/pm**

CARDIO TODAY? YES NO _____ **EXERCISE** _____ **DURATION** _____

LENGTH OF WORKOUT: _____ **WEIGHT:** _____ **LOCATION:** _____

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4	Set #5	Set #6	Set #7	Set #8	Set #9	Set #10
Day 1-3 Base Training Session										
Warm Up (5 min light cardio)										
Pushups (25-100 reps)										
Bodyweight Squats (25-100 reps)										
Crunches (25-100 reps)										
Sprints (20 meter sprint, 20 meter jog back)										

Back Extensions (25-100 reps)										
Day 5 Training Session Upper										
5 minute warm up										
Standing Military Press (3 reps)										
Standing Military Press (10-12 reps)										
Standing Military Press (20 reps)										
Pullups/Lat Pulldown (3 reps)										
Pullups/Lat Pulldown (10-12 reps)										
Pullups/Lat Pulldown (20 reps)										
Lateral Raise (8-12 reps)										
Decline Pullovers (8-12 reps)										
Day 5 Base Training Session										
Warm Up (5 min light cardio)										
Pushups (25-100 reps)										
Bodyweight Squats (25-100 reps)										
Crunches (25-100 reps)										
Sprints (20 meter sprint, 20 meter jog back)										

Back Extensions (25-100 reps)										
Day 6 Lower Body 1										
5 minute warm up										
Back Squats (3 reps)										
Back Squats (10-12 reps)										
Back Squats (20 reps)										
Romanian Deadlifts (3 reps)										
Romanian Deadlifts (10-12 reps)										
Romanian Deadlifts (20 reps)										
Calf Raises (8-12 reps)										
Leg Extensions (8-12 reps)										
Day 8 Upper Body 2										
5 minute warm up										
Wide Grip Dips (3 reps)										
Wide Grip Dips (10-12)										
Wide Grip Dips (20 reps)										
45 Degree Bent Over Rows (3 reps)										
45 Degree Bent Over Rows (10-12 reps)										
45 Degree Bent Over Rows (20 reps)										

Dumbbell Fly (8-12 reps)										
Bent Over Laterals (8-12 reps)										
Day 9 Lower Body 2										
5 minute warm up										
Bent Legged Deadlifts (3 reps)										
Bent Legged Deadlifts (10-12 reps)										
Bent Legged Deadlifts (20 reps)										
Front Squats (3 reps)										
Front Squats (10-12 reps)										
Front Squats (20 reps)										
Leg Curl (8-12 reps)										
Seated Calf Raises (8-12 reps)										
Day 11 Upper Body 1										
5 minute warm up										
Standing Military Press (3 reps)										
Standing Military Press (10-12 reps)										
Standing Military Press (20 reps)										
Pullups/Lat Pulldown (3 reps)										
Pullups/Lat Pulldown (10-12 reps)										

Pullups/Lat Pulldown (20 reps)										
Lateral Raise (8-12 reps)										
Decline Pullovers (8-12 reps)										
Day 12 Lower Body 1										
5 minute warm up										
Back Squats (3 reps)										
Back Squats (10-12 reps)										
Back Squats (20 reps)										
Romanian Deadlifts (3 reps)										
Romanian Deadlifts (10-12 reps)										
Romanian Deadlifts (20 reps)										
Calf Raises (8-12 reps)										
Leg Extensions (8-12 reps)										
Day 14 Upper Body 2										
5 minute warm up										
Wide Grip Dips (3 reps)										
Wide Grip Dips (10-12)										
Wide Grip Dips (20 reps)										
45 Degree Bent Over Rows (3 reps)										

45 Degree Bent Over Rows (10-12 reps)										
45 Degree Bent Over Rows (20 reps)										
Dumbbell Fly (8-12 reps)										
Bent Over Laterals (8-12 reps)										
Day 15 Lower Body 2										
5 minute warm up										
Bent Legged Deadlifts (3 reps)										
Bent Legged Deadlifts (10-12 reps)										
Bent Legged Deadlifts (20 reps)										
Front Squats (3 reps)										
Front Squats (10-12 reps)										
Front Squats (20 reps)										
Leg Curl (8-12 reps)										
Seated Calf Raises (8-12 reps)										