

Name: _____ Fill In Exercise Charts with Weight/Reps & Try to Beat Last Week's Weight and Reps: e.g. 85/10 = 85 lbs for 10 reps

Day 1	Date												
Dumbbell Chest Flys													
SS Incline Bench or Dumbbell Press													
Shoulder Lateral Raises													
SS Side Swings													
Tricep Skull Crushers or Cable Tricep Pushdowns													
SS Tricep Kickbaks													
Post Weights Cardio (20 minutes)													

Day 2	Date												
Cable Pulldowns													
SS Cable Rows													
Weighted Back Extensions													
Leg Lifts													
Preacher Curls													
SS Drag Curls or Seated Dumbbell Curls													
Reverse Curls													
SS Wrist Curls													
Hang From Bar (2 Minutes Total)													
Post Weights Cardio (20 minutes)													

Exercise	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 3	Date											
Leg Extensions												
SS Leg Presses												
Seated Leg Curls												
SS Lying Leg Curls												
Hip Adductor												
SS Hip Abductor												
Weighted Calve Raises												
SS Standing Calf Raises												
Post Weights Cardio (20 minutes)												

What are your reasons to LIVE LEAN today? Last Set = 100% Intensity!