



# WORKOUT SCHEDULE

4 sets of 8 reps

## MONDAY

### VERTICAL LAT RAISES

Set 1 2 3 4  
Weight \_\_\_\_\_

### LEG PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SHOULDER PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SQUATS

Set 1 2 3 4  
Weight \_\_\_\_\_

### FRONT SHOULDER RAISES

Set 1 2 3 4  
Weight \_\_\_\_\_

### HAMSTRING CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### STANDING MILITARY PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### LUNGES

Set 1 2 3 4  
Weight \_\_\_\_\_

## TUESDAY

### HAMMER CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SINGLE HANDED OVERHEAD DUMBBELL TRICEP EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### EZ BAR CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### DOUBLE HANDED EZ BAR TRICEP EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### CABLE CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### DOUBLE HANDED CABLE EXTENSIONS

Set 1 2 3 4  
Weight \_\_\_\_\_

### MAX CHIN UPS

Set 1 2 3 4  
Weight \_\_\_\_\_

### MAX PUSH UPS

Set 1 2 3 4  
Weight \_\_\_\_\_

## WEDNESDAY

### FLAT BENCH PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### CABLE ROW

Set 1 2 3 4  
Weight \_\_\_\_\_

### SINGLE ARM DUMBBELL PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SINGLE ARM LAWN-MOWER PULLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### CABLE FLIES

Set 1 2 3 4  
Weight \_\_\_\_\_

### SHRUGS

Set 1 2 3 4  
Weight \_\_\_\_\_

### LAT PULL DOWN

Set 1 2 3 4  
Weight \_\_\_\_\_

### BACK EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### LOW FLIES

Set 1 2 3 4  
Weight \_\_\_\_\_

**HEIGHT:**

**WEIGHT:**



# WORKOUT SCHEDULE

4 sets of 8 reps

## THURSDAY

### FRONT PLATE RAISES

Set 1 2 3 4  
Weight \_\_\_\_\_

### GOBLIN SQUATS

Set 1 2 3 4  
Weight \_\_\_\_\_

### STANDING PULLY RAISES

Set 1 2 3 4  
Weight \_\_\_\_\_

### DUMBBELL STEP UP

Set 1 2 3 4  
Weight \_\_\_\_\_

### REVERSE FLYS

Set 1 2 3 4  
Weight \_\_\_\_\_

### HAMSTRING CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### LAYING REAR DELT RAISE

Set 1 2 3 4  
Weight \_\_\_\_\_

### ONE LEG DUMBBELL LUNGES

Set 1 2 3 4  
Weight \_\_\_\_\_

## FRIDAY

### SINGLE HANDED CABLE CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SINGLE HANDED CABLE TRICEP EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### REVERSE GRIP EZ BAR CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### REVERSE GRIP CABLE TRICEP EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### PREACHER CURLS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SCKULL CRUSHERS

Set 1 2 3 4  
Weight \_\_\_\_\_

### MAX CHIN UPS

Set 1 2 3 4  
Weight \_\_\_\_\_

### MAX PUSH UPS

Set 1 2 3 4  
Weight \_\_\_\_\_

## SATURDAY

### INCLINE BENCH PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SEATED ROW

Set 1 2 3 4  
Weight \_\_\_\_\_

### CHEST PRESS

Set 1 2 3 4  
Weight \_\_\_\_\_

### 5 MIN ON ROW MACHINE

Set 1 2 3 4  
Resistance \_\_\_\_\_

### INCLINE FLIES

Set 1 2 3 4  
Weight \_\_\_\_\_

### ONE ARM SHRUGS

Set 1 2 3 4  
Weight \_\_\_\_\_

### SINGLE ARM LAT PULL DOWN

Set 1 2 3 4  
Weight \_\_\_\_\_

### BACK EXTENSION

Set 1 2 3 4  
Weight \_\_\_\_\_

### TRIANGLE PUSHUPS

Set 1 2 3 4  
Weight \_\_\_\_\_

**REST UP...**

**NO WORKOUT ON SUNDAY**