

Chest		↓ = superset		Light Grey Box = Warm Up Set		Dark Box = Optional Set		Track as: "Weight - Reps", i.e. "135 - 15"	
Date									
Weight									
Time									
Notes									
Incline Dumbbell Press									
Incline Machine Press									
Pull Overs									
Flat Dumbbell Press									
Cable Flies (4th set drop)									
Dips									
Notes									
Morning Cardio									
Evening Abs									
Evening Cardio									



Back		↓ = superset		Light Grey Box = Warm Up Set		Dark Box = Optional Set		Track as: "Weight - Reps", i.e. "135 - 15"	
Date									
Weight									
Time									
Notes									
Wide Pull Down									
Rack Pulls									
Narrow Grip Cable Row									
Bent Over DB Rows									
Machine Pull Over									
Notes									
Morning Cardio									
Evening Abs									
Evening Cardio									



Shoulders	Day 4	↓ = superset	Light Grey Box = Warm Up Set	Dark Box = Optional Set	Track as: "Weight - Reps", i.e. "135 - 15"
Date					
Weight					
Time					
Notes					
Smith Machine Shrug					
Up Right Row					
Reverse Peck Deck					
Military DB Press					
Reverse Machine Press					
↓					
Wide Grip Bench Press					
Lateral DBs ↓					
Front Raise					
Notes					
Morning Cardio					
Evening Abs					
Evening Cardio					



Arms	Day 5	↓ = superset	Light Grey Box = Warm Up Set	Dark Box = Optional Set	Track as: "Weight - Reps", i.e. "135 - 15"
Date					
Weight					
Time					
Notes					
Preacher Machine Curl					
Strait Bar Curl					
Rope Push Down					
French Press					
Independent Cable Curl					
Scull Crusher ↓					
Narrow Press					
High Fly Curl					
Dips					
Hammer ↓					
Reverse Curls					
Notes					
Morning Cardio					
Evening Abs					
Evening Cardio					



Quads	Day 6	↓ = superset	Light Grey Box = Warm Up Set	Dark Box = Optional Set	Track as: "Weight - Reps", i.e. "135 - 15"
Date					
Weight					
Time					
Notes					
Leg Extensions (total destruction)					
Squats					
Legs Press - 30+ reps/ 30 sec/ Failure/ 30 sec/ Failure					
Sissy Squat					
Standing Calves, low rep, 30 second rests					
Seated Calves, high rep, 3 minute rests					
Notes					
Morning Cardio					
Evening Abs					
Evening Cardio					

