

gym workout log^o

PHASE 1, PART 1 (WEEKS 1-3 & WEEKS 7-9)

NAME _____

PROGRAM TYPE TOTAL BODY: PHASE 1

	DATE												
MACHINE CHEST PRESS	SET 1												
PLUS SLIDE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
LAT PULL DOWN	SET 1												
PLUS ELBOW TO KNEE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
MACHINE SHOULDER PRESS	SET 1												
PLUS REVERSE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
OLYMPIC BAR SQUATS	SET 1												
PLUS BICYCLE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												



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PHASE 1, PART 1 (WEEKS 1-3 & WEEKS 7-9)

NAME _____

PROGRAM TYPE TOTAL BODY: PHASE 1

	DATE												
LYING LEG CURL	SET 1												
PLUS PLANK (30 SEC)	SET 2												
	SET 3												
	SET 4												
	SET 5												
STANDING TRICEP PUSH DOWN	SET 1												
SUPER SET WITH	SET 2												
DUMBELL BICEP CURL	SET 3												
	SET 4												
	SET 5												