Sunday – Muscle Group

Cardio: ____mins / ____cals

Example - Exercise : wt #/ reps/ sets .

One arm rows : ______#/_______/____
Close grip pulldowns: ______#/_______/____
Seated rows: ______#/_______/____
Twenty ones- biceps: ______#
Isolated bicep curls: ______#/_______/____
Abdominal Crunch: ______#/_______/____
Torso Rotation: ______#/_______/____
Hyperextension: _____
Back Extension: ______#/_______/____
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Monday - Muscle Group

Cardio: ____mins / ____cals

Flat Bench: ______#/_______/____
Incline Bench: ______#/_______/____
Dumbbell Flat Bench: ______#/_______/____
Dumbbell Flies: ______#/_______/____
Push Ups: ______
Overhead Extensions: ______#/_______/____
Seated Dips: ______#/_______/____
Rope Pulldowns: ______#/_______/____
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Tues - Muscle Group

Cardio: ____mins / ____cals

Barbell Squats: ______#/_______/____
Alternating Lunges: ______#/_______/____
Leg Press : ______#/_______/____
Leg Extensions: ______#/_______/____
Stiff Leg Drop Lifts: ______#/_______/____
Halfway Squats: ______#/_______/____
Inner Thigh Squeeze: ______#/_______/____
Outer Thigh Press: ______#/_______/____
Barbell Press: ______#/_______/____
Dumbbell Presses: ______#/_______/____
Side Lateral Raise : ______#/_______/____
Front Lateral Raise: ______#/_______/____
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Wednesday – Muscle Group

Cardio: ____mins / ____cals

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Name:__________
Contact Info:__________

Workout Log

Goals:__________
Dates:__________

Saturday – Muscle Group

Cardio: ____mins / ____cals

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Friday – Muscle Group

Cardio: ____mins / ____cals

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Thursday – Muscle Group

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