



YOUR PLAN

WEEKS TRAINING



Superset or Single	Set Type	Day	1	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell front squat	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Legs - Glute	High step up	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Push	Dumbbell bench press	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
4	Set	Pull	Prone bench row	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
5	Set	Shoulders	Dumbbell shoulder press	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Pull	Dumbbell single arm row	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
7	Set	Arms - Tricep	Narrow push ups	4x8	120	1010	8 Reps	8 Reps	8 Reps	8 Reps			
		Total time (s)	3406										
		Total time (min and sec)	56min46sec										

How well did you train?



Training notes

Superset or Single	Set Type	Day	2	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Push	Dumbbell incline bench press	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
2	Set	Pull	Prone bench row	4x8	120	2010	8 Reps	8 Reps	8 Reps	8 Reps			
3	Set	Push	Push ups	3x12	90	2010	12 Reps	12 Reps	12 Reps				
4	Set	Pull	Bodyweight row	3x12	90	2010	12 Reps	12 Reps	12 Reps				
5	Set	Arms - Tricep	Dumbbell skull crusher	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Arms - Bicep	Dumbbell curls	3x12	90	2010	12 Reps	12 Reps	12 Reps				
7	Set	Shoulders	Lateral raises	3x12	90	2010	12 Reps	12 Reps	12 Reps				
		Total time (s)	3042										
		Total time (min and sec)	50min42sec										

How well did you train?



Training notes

