

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 (s) sec)											

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



Superset or Single	Set Type	Day	3	Sets x Reps	Rest	Tempo	1	2	3	4	5	6	Notes
1	Set	Legs - Quad	Dumbbell walking lunges	4x8	60	2010	8 Reps	8 Reps	8 Reps	8 Reps			Take the rest between each side AND before starting the next exercise
2	Set	Legs - Glute	Glute bridge	3x12	90	2010	12 Reps	12 Reps	12 Reps				
3	Set	Legs - Quad	Dumbbell front squat	4x7	120	3010	7 Reps	7 Reps	7 Reps	7 Reps			
4	Set	Calfs	Standing calf raise	3x11	90	3010	11 Reps	11 Reps	11 Reps				
5	Set	Abs	Swiss ball roll outs	3x12	90	2010	12 Reps	12 Reps	12 Reps				
6	Set	Abs - Rotational	Plate twist	3x12	45	2010	12 Reps	12 Reps	12 Reps				Take the rest between each side AND before starting the next exercise
		Total time (s)	2704										
		Total time (min and sec)	45min4sec										

How well did you train?



Training notes