

This routine is performed during weeks 1, 2, 3, 9, and 11. Use the spaces provided for each exercise to record the number of reps performed and, when using dumbbells, the weight lifted. If using a band, indicate its color along with the number of reps performed. This is a "repeat" workout, so for each exercise use the top line for the first round and the bottom line for the second round.

R = REPS W = WEIGHT

	WEEK 1	WEEK 2	WEEK 3	WEEK 9	WEEK 11
01 Standard Push-Ups	R _____ R _____				
02 Wide Front Pull-Ups	R _____ R _____				
03 Military Push-Ups	R _____ R _____				
04 Reverse Grip Chin-Ups	R _____ R _____				
05 Wide Fly Push-Ups	R _____ R _____				
06 Closed Grip Overhand Pull-Ups	R _____ R _____				
07 Decline Push-Ups	R _____ R _____				
08 Heavy Pants	R _____ W _____ R _____ W _____				
09 Diamond Push-Ups	R _____ R _____				
10 Lawnmowers	R _____ W _____ R _____ W _____				
11 Dive-Bomber Push-Ups	R _____ R _____				
12 Back Flys	R _____ W _____ R _____ W _____				