

Exercise Log

Date 1/4/2016 1/11/2016 1/18/2016 1/25/2016 2/1/2016 2/8/2016 2/15/2016

Group A												
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
1A	Barbell Shoulder Press	5	6-8	90	45, 55, 55, 55, 60							
1B	Pull-ups	5	6-8	90	8, 8, 8, 8, 8							
2A	Dumbbell Upright Row	3	10-12	90	35, 45, 55							
2B	Dumbbell Swing	3	10-12	90	55, 55, 55							
3A	Close-Grip Bench	3	8-10	60	155, 165, 175							
3B	Incline Hammer Curl	3	8-10	60	20, 20, 25							

Group B												
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
1	Squat	4	6-8	120	185, 200, 225, 250							
2	Bulgarian Split Squat	2	8-12	90	45, 55							
3A	Behind-Back Wrist Curl	3	20	60	45, 45, 45							
3B	Reverse Crunch	3	20	60	BW, BW, BW							

Group C												
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
1A	Lying Barbell Triceps Extension	3	12-15	60	35, 40, 45							
1B	Incline Barbell Press	5	6-8	90	135, 145, 155, 165, 175							
2A	Barbell Curl	3	7-9	60	50, 55, 60							
2B	Dip	3	10-12	60	BW, BW, BW							

Group D												
#	Description	Sets	Reps	Rest	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
1A	Hang Clean	4	6-8	90	135, 155, 165, 185							
2	Deadlift	3	6-8	90	225, 250, 275							
2	Back Extension	3	8-10	120	BW, BW, BW							
2B	Snatch-Grip Barbell Shrug	3	8-10	120								
2A	Swiss-Ball Crunch	4	12-15	60	BW, BW, BW, BW							
2B	Single-Leg Calf Raise	4	20	60	BW, BW, BW, BW							

Notes / Goals