

Workout Sheet

Routine 1 - Upper

Date	Muscle	Exercise	Previous Weight	Today's Weight	Rep Range	Set 1	Set 2	Set 3	Set 4	Set 5
	Chest	Bench Presses			6 - 10					
	Biceps	Barbell Curls			8 - 12					
	Pectorals	Pullovers			8 - 12					
	Deltoids	Side Laterals			8 - 12					
	Shoulders	Military Press			6 - 10					
	Back	Upright Rowing			10 - 15					
	Triceps	Bench Extensions			8 - 12					
	Wrist	Wrist Curls			15 - 30					

Routine 2 - Lower

Date	Muscle	Exercise	Previous Weight	Today's Weight	Rep Range	Set 1	Set 2	Set 3	Set 4	Set 5
	Abdomen	Bench Crunches			15 - 100					
	Calves	Calf Raises			15 - 20					
	Hamstring	Leg Curls			10 - 15					
	Thigh	Leg Extensions			10 - 15					
	Thigh	Leg Press			10 - 15					
	Thigh	Lunge			10 - 15					

Alternatives

	Chest	Incline Presses			6 - 10					
	Chest	Decline Presses			6 - 10					
	Chest	Push Ups			6 - 10					
	Biceps	Pulley Curls			8 - 12					
	Biceps	Reverse Curls			8 - 12					
	Biceps	Dumbbell Curls			8 - 12					
	Pectorals	Flyes			8 - 12					
	Pectorals	Dips			8 - 12					
	Deltoids	Pulley Pull Downs			8 - 12					
	Shoulders	Shoulder Shrugs			8 - 12					
	Back	Back Stack			8-12					
	Back	Pulley Rows			8 - 12					
	Back	Hyperextensions			10 - 15					
	Triceps	Pulley Pushdowns			8 - 12					
	Triceps	Bench Barbell			8 - 12					
	Thighs	Squats			8 - 12					
	Wrist	Reverse Wrist Curls			15 - 30					