

DATE _____ WK# _____ START TIME _____ FINISH TIME _____

SET	EXERCISE	TBS	PLANNED WEIGHT/REPS	TiI	ACTUAL WEIGHT/REPS	AiI	
BACK	1 One-Arm Dumbbell Rows		/12	2	/		
	2	60	/10	3	/		
	3	60	/8	4	/		
	4	60	/8+	5	/		
	5 Dumbbell Pullover	★ }	60	/10	4	/	
	6		0	/10+	5	/	
SHOULDERS	7 Reverse Dumbbell Flies	60	/12	2	/		
	8	60	/10	3	/		
	9	60	/10	4	/		
	10	0	/8+	5	/		
ARMS	11 Lying Dumbbell Triceps Extensions	60	/12	2	/		
	12	60	/10	3	/		
	13	★ }	60	/8	4	/	
	14		0	/8+	5	/	
	15 Dumbbell Biceps Curls	60	/12	2	/		
	16	60	/10	3	/		
	17	★ }	60	/8	4	/	
	18		0	/8+	5	/	

POST WORKOUT 1 RECORD 2 PROJECT 3 REFLECT