

Work Out Week 1

WORKOUT DAY 1								Date:
Bench Press - Chest • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Incline Dumbbell Chest Press - Chest • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Incline Dumbbell Chest Flyes - Chest • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Chest Fly Machine - Chest • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		

WORKOUT DAY 2								Date:
Assisted Pull Up Machine - Back • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Cable Lat Pull Down - Back • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Seated Cable Row With Wide Bar - Back • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		
Seated Cable Row - Back • Sets: 3 • Reps: 10 • Weight: • Speed: 4/4 • Rest: 60 sec								
	Weight	Reps		Weight	Reps		Weight	Reps
Set 1			Set 2			Set 3		