

Printable Workout Log

Rest between Sets and Exercises = 120 Seconds

Week 1		Target Reps	Workout 1	Workout 2	Workout 3
#	Exercise		Set 1	Set 1	Set 1
1	Squats	12 to 15			
2	Bench Press	12 to 15			
3	Rom Deadlift	12 to 15			
4	Pull Ups	12 to 15			
5	Stand Calf Raise	15 to 20			
6	Pendlay Rows	12 to 15			
7	Overhead Press	12 to 15			
8	Alt DB Curls	15 to 20			
9	Dips	12 to 15			
10	Pinwheel Curls	12 to 15			

Notes:

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Rest between Sets and Exercises = 90 Seconds

Week 2		Target Reps	Workout 1		Workout 2		Workout 3	
#	Exercise		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
1	Squats	12 to 15						
2	Bench Press	12 to 15						
3	Rom Deadlift	12 to 15						
4	Pull Ups	12 to 15						
5	Stand Calf Raise	15 to 20						
6	Pendlay Rows	12 to 15						
7	Overhead Press	12 to 15						
8	Alt DB Curls	15 to 20						
9	Dips	12 to 15						
10	Pinwheel Curls	12 to 15						

Notes:

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Rest between Sets and Exercises = 90 Seconds

Week 3		Target Reps	Workout 1		Workout 2		Workout 3	
#	Exercise		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
1	Squats	8 to 12						
2	Bench Press	8 to 12						
3	Rom Deadlift	8 to 12						
4	Pull Ups	8 to 12						
5	Stand Calf Raise	12 to 15						
6	Pendlay Rows	8 to 12						
7	Overhead Press	8 to 12						
8	Alt DB Curls	12 to 15						
9	Dips	8 to 12						
10	Pinwheel Curls	12 to 15						

Notes:

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Rest between Sets and Exercises = 90 Seconds

Week 4		Target Reps	Workout 1		Workout 2		Workout 3	
#	Exercise		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
1	Squats	8 to 12						
2	Bench Press	8 to 12						
3	Rom Deadlift	8 to 12						
4	Pull Ups	8 to 12						
5	Stand Calf Raise	12 to 15						
6	Pendlay Rows	8 to 12						
7	Overhead Press	8 to 12						
8	Alt DB Curls	12 to 15						
9	Dips	8 to 12						
10	Pinwheel Curls	12 to 15						

Notes:

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Rest between Sets and Exercises = 90 Seconds

Week 5		Target Reps	Workout 1		Workout 2		Workout 3	
#	Exercise		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
1	Squats	6 to 8						
2	Bench Press	6 to 8						
3	Rom Deadlift	6 to 8						
4	Pull Ups	6 to 8						
5	Stand Calf Raise	8 to 12						
6	Pendlay Rows	6 to 8						
7	Overhead Press	6 to 8						
8	Alt DB Curls	8 to 12						
9	Dips	6 to 8						
10	Pinwheel Curls	8 to 12						

Notes:

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Rest between Sets and Exercises = 90 Seconds

Week 6		Target Reps	Workout 1		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	6 to 8			
2	Bench Press	6 to 8			
3	Rom Deadlift	6 to 8			
4	Pull Ups	6 to 8			
5	Stand Calf Raise	8 to 12			
6	Pendlay Rows	6 to 8			
7	Overhead Press	6 to 8			
8	Alt DB Curls	8 to 12			
9	Dips	6 to 8			
10	Pinwheel Curls	8 to 12			

Notes:

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Week 6		Target Reps	Workout 2		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	6 to 8			
2	Bench Press	6 to 8			
3	Rom Deadlift	6 to 8			
4	Pull Ups	6 to 8			
5	Stand Calf Raise	8 to 12			
6	Pendlay Rows	6 to 8			
7	Overhead Press	6 to 8			
8	Alt DB Curls	8 to 12			
9	Dips	6 to 8			
10	Pinwheel Curls	8 to 12			

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Rest between Sets and Exercises = 90 Seconds

Week 6		Target Reps	Workout 3		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	6 to 8			
2	Bench Press	6 to 8			
3	Rom Deadlift	6 to 8			
4	Pull Ups	6 to 8			
5	Stand Calf Raise	8 to 12			
6	Pendlay Rows	6 to 8			
7	Overhead Press	6 to 8			
8	Alt DB Curls	8 to 12			
9	Dips	6 to 8			
10	Pinwheel Curls	8 to 12			

Notes:

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Rest between Sets and Exercises = 120 Seconds

Week 7		Target Reps	Workout 1		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	4 to 6			
2	Bench Press	4 to 6			
3	Rom Deadlift	4 to 6			
4	Pull Ups	4 to 6			
5	Stand Calf Raise	6 to 8			
6	Pendlay Rows	4 to 6			
7	Overhead Press	4 to 6			
8	Alt DB Curls	6 to 8			
9	Dips	4 to 6			
10	Pinwheel Curls	6 to 8			

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Rest between Sets and Exercises = 120 Seconds

Week 7		Target Reps	Workout 2		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	4 to 6			
2	Bench Press	4 to 6			
3	Rom Deadlift	4 to 6			
4	Pull Ups	4 to 6			
5	Stand Calf Raise	6 to 8			
6	Pendlay Rows	4 to 6			
7	Overhead Press	4 to 6			
8	Alt DB Curls	6 to 8			
9	Dips	4 to 6			
10	Pinwheel Curls	6 to 8			

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Rest between Sets and Exercises = 120 Seconds

Week 7		Target Reps	Workout 3		
#	Exercise		Set 1	Set 2	Set 3
1	Squats	4 to 6			
2	Bench Press	4 to 6			
3	Rom Deadlift	4 to 6			
4	Pull Ups	4 to 6			
5	Stand Calf Raise	6 to 8			
6	Pendlay Rows	4 to 6			
7	Overhead Press	4 to 6			
8	Alt DB Curls	6 to 8			
9	Dips	4 to 6			
10	Pinwheel Curls	6 to 8			

Notes:

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Rest between Sets and Exercises = 150 Seconds

Week 8		Target Reps	Workout 1		Workout 2		Workout 3	
#	Exercise		Set 1	Set 2	Set 1	Set 2	Set 1	Set 2
1	Squats	4 to 6						
2	Bench Press	4 to 6						
3	Rom Deadlift	4 to 6						
4	Pull Ups	4 to 6						
5	Stand Calf Raise	6 to 8						
6	Pendlay Rows	4 to 6						
7	Overhead Press	4 to 6						
8	Alt DB Curls	6 to 8						
9	Dips	4 to 6						
10	Pinwheel Curls	6 to 8						

Notes: