

# Training Log - Week 1

Starting Bench Press Max: 115 Pounds

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	70/5-6	85/3-4	100/1-2	
Incline Bench Press	8 reps	5 reps	3 reps		
Dumbbell Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Front Military Press	warm up	6 reps	4 reps	2 reps	
Seated Dumbbell Presses	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Bench Press	8 reps	6 reps	4 reps		
Close Grip Weighted Dips	until failure	until failure	until failure		
Lying Tricep Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					



## Training Log - Week 2

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	75/5-6	85/3-4	105/1-2	
Incline Bench Press	8 reps	5 reps	3 reps		
Nautilus Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Seated DB Presses	warm up	6 reps	4 reps	2 reps	
Front Military Press	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Weighted Dips	until failure	until failure	until failure		
Close Grip Bench Press	8 reps	6 reps	4 reps		
Pushdowns	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 3

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Incline Bench Press	warm up /10	5-6 reps	3-4 reps	1-2 reps	
Flat Bench Press	55/failure	55/failure	55/failure		
Cable Crossovers	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Shrugs	10 reps	10 reps	10 reps		
Front Military Press	8 reps	6 reps	4 reps		
Seated DB Press	8 reps	6 reps	4 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Bench Press	8 reps	6 reps	4 reps		
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Lying Tricep Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 4

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	80/5-6	90/3-4	115/1-2	
Incline DB Presses	8 reps	8 reps	8 reps		
Incline DB Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Front Military Press	Warm up	8 reps	5 reps	2 reps	
Seated DB Presses	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Close Grip Bench Press	8 reps	6 reps	4 reps		
Rope Pushdowns	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 5

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>	<i>This is your only light week for chest. Don't over do it.</i>				
Flat Bench lower ½ reps	warm up /10	55/10	55/10	55/10	
Flat Bench upper ½ reps	55/10	55/10	55/10		
Any chest machine	10 reps	10 reps	10 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Seated DB Presses	Warm up	8 reps	5 reps	2 reps	
Front Military Press	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Bench Press	8 reps	6 reps	4 reps		
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Rope Pushdowns	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 6

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	85/5-6	100/3-4	125/1-2	
Incline DB Presses	8 reps	8 reps	8 reps		
Cable Crossovers	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Front Military Press	Warm up	8 reps	5 reps	2 reps	
Seated DB Presses	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Close Grip Bench Press	8 reps	6 reps	4 reps		
Incline Tricep Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 7

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Incline Bench Press	warm up /10	5-6 reps	3-4 reps	1-2 reps	
Flat Bench Press	55/failure	65/failure	75/failure	65/failure	
Decline DB Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Shrugs	10 reps	10 reps	10 reps		
Seated DB Press	8 reps	6 reps	4 reps		
Machine Presses	8 reps	6 reps	4 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Lying Tricep Extensions	8 reps	6 reps	4 reps		
DB Overhead Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 8

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest (Negatives)</b>	<i>Make sure you get a good stretch today.</i>				
Flat Bench Press <b>Negatives</b>	warm up /10	Flat Bench 75/6-8	Negatives 135/failure	Negatives 185/failure	Negatives 105/failure
Incline Bench Press (Light)	8-10 reps	8-10 reps	8-10 reps	8-10 reps	
Any Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Front Military Press	10 reps	10 reps	10 reps		
Seated DB Press	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Bench Press	8 reps	6 reps	4 reps		
Close Grip Weighted Dips	Until failure	Until failure	Until failure		
Bent Over Rope Pushdowns	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					



## Training Log - Week 9

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	90/5-6	115/3-4	140/1-2	
Incline Bench Press	8 reps	5 reps	3 reps		
Decline DB Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Seated Dumbbell Presses	warm up	8 reps	6 reps	4 reps	
Front Military Press	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Weighted Dips	until failure	until failure	until failure		
Close Grip Bench Press	8 reps	6 reps	4 reps		
Lying Tricep Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					

## Training Log - Week 10

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
<b>Day 1- Chest</b>					
Flat Bench Press	warm up /10	95/5-6	115/3-4	150/1-2	
Incline Bench Press	8 reps	5 reps	3 reps		
DB Flys	8 reps	8 reps	8 reps		
<b>Day 2- Legs</b>					
Squats	8-10 reps	8-10 reps	8-10 reps		
Leg Presses	8-10 reps	8-10 reps	8-10 reps		
Leg Extensions	10-12 reps	10-12 reps	10-12 reps		
Leg Curls	10-12 reps	10-12 reps	10-12 reps		
Calf Raises	15-20 reps	15-20 reps	15-20 reps		
<b>Day 3- Back</b>					
Pull ups	Until failure	Until failure	Until failure		
Bent Over Barbell Rows	8 reps	8 reps	8 reps		
Pull Downs (In Front)	8 reps	8 reps	8 reps		
Supplemental Lift 1	8 reps	5 reps	3 reps		
<b>Day 4- Shoulders</b>					
Front Military Press	warm up	8 reps	5 reps	2 reps	
Seated DB Press	8 reps	6 reps	4 reps		
Shrugs	10 reps	10 reps	10 reps		
Supplemental Lift 1	8 reps	8 reps	8 reps		
Supplemental Lift 2	8 reps	8 reps	8 reps		
<b>Day 5- Triceps/Biceps</b>					
Close Grip Bench Press	8 reps	6 reps	4 reps		
Pushdowns	8 reps	6 reps	4 reps		
Lying Tricep Extensions	8 reps	6 reps	4 reps		
Straight Bar Curls	8 reps	6 reps	4 reps		
Alternating DB Curls	8-10 reps	8-10 reps	8-10 reps		
Preacher Curls	10-12 reps	10-12 reps	10-12 reps		
<b>Day 6- Off</b>					
<b>Day 7- Off</b>					