

Training Log - Week 1

Starting Bench Press Max: 220 Pounds

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	185/5-6	200/3-4	205/1-2	Burn out set
Incline Bench Press	8 reps	5 reps	3 reps		
Dumbbell Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					



Training Log - Week 2

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	190/5-6	200/3-4	210/1-2	Burn out set
Incline Bench Press	8 reps	5 reps	3 reps		
Nautilus Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 3

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Incline Bench Press	warm up /10	5-6 reps	3-4 reps	1-2 reps	
Flat Bench Press	175/failure	175/failure	175/failure	175/failure	
Cable Crossovers	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 4

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	195/5-6	205/3-4	220/1-2	Burn out set
Incline DB Presses	8 reps	6 reps	4 reps		
Incline DB Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 5

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest	<i>This is your only light week for chest. Don't over do it.</i>				
Flat Bench lower ½ reps	warm up /10	175/10	175/10	175/10	
Flat Bench upper ½ reps	175/10	175/10	175/10		
Pullovers	8-10 reps	8-10 reps	8-10 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 6

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	200/5-6	210/3-4	230/1-2	Burn out set
Incline DB Presses	8 reps	6 reps	4 reps		
Cable Crossovers	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 7

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Incline Bench Press	warm up /10	5-6 reps	3-4 reps	1-2 reps	
Flat Bench Press	175/failure	175/failure	185/failure	185/failure	
Decline DB Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 8

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest (Negatives)	<i>Make sure you get a good stretch today.</i>				
Flat Bench Press Negatives	warm up /10	Flat Bench 185/6-8	Negatives 225/failure	Negatives 275/failure	Negatives 305/failure
Incline Bench Press (Light)	8-10 reps	8-10 reps	8-10 reps		
Any Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 9

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	205/5-6	225/3-4	245/1-2	Burn out set
Incline Bench Press	8 reps	5 reps	3 reps		
Decline DB Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					

Training Log - Week 10

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	210/5-6	225/3-4	255/1-2	Burn out set
Incline Bench Press	8 reps	5 reps	3 reps		
DB Flys	8 reps	8 reps	8 reps		
Day 2- Legs					
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		
Day 3- Back					
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		
Day 4- Shoulders					
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		
Day 5- Triceps/Biceps					
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		
Day 6- Off					
Day 7- Off					