Training Log - Week 1 Starting Bench Press Max: 255 Pounds					
EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	215/5-6	230/3-4	240/1-2	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					



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EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	220/5-6	230/3-4	245/1-2	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					

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EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
		5-6 reps	3-4 reps	1.2 ropo	
Incline Bench Press	warm up /10 205/failure	205/failure	205/failure	1-2 reps	
Flat Bench Press				205/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					

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	225/5-6	235/3-4	255/1-2	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					

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps		
Day 1- Chest	7	This is your only light week for chest. Don't over do it.					
Flat Bench lower ½ reps	warm up /10	205/10	205/10	205/10			
Flat Bench upper 1/2 reps	205/10	205/10	205/10				
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							

	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
EXERCISE	weight/Keps	weight/Keps	weight/Keps	weight/Keps	weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	230/5-6	240/3-4	265/1-2	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					

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	205/failure	225/failure	225/failure	205/failure	
Decline DB Flys	8 reps	8 reps	8 reps	200/10/10/10	
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					

	Woight/Dama	Woight/Dong	Woight/Dong	Woight/Done	Woight/Dama	
EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	
Day 1- Chest (Negatives)	Make sure you get a good stretch today.					
Flat Bench Press Negatives	warm up /10	Flat Bench 225/6-8	Negatives 315/failure	Negatives 295/failure	Negatives 245/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						

EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest	<u> </u>				
Flat Bench Press	warm up /10	235/5-6	250/3-4	280/1-2	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
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warm up /10 8 reps 8 reps 8 reps 8 reps 8-10 reps 8-10 reps 10-12 reps 10-12 reps 10-12 reps	240/5-6 5 reps 8 reps 8-10 reps 8-10 reps 10-12 reps	250/3-4 3 reps 8 reps 8-10 reps 8-10 reps 10-12 reps	290/1-2	Burn out set
8 reps 8 reps 8 reps 8 reps 8-10 reps 8-10 reps 10-12 reps 10-12 reps	5 reps 8 reps 8-10 reps 8-10 reps 10-12 reps	3 reps 8 reps 8-10 reps 8-10 reps	290/1-2	Burn out set
8 reps 8-10 reps 8-10 reps 10-12 reps 10-12 reps	8 reps 8-10 reps 8-10 reps 10-12 reps	8 reps 8-10 reps 8-10 reps		
8-10 reps 8-10 reps 10-12 reps 10-12 reps	8-10 reps 8-10 reps 10-12 reps	8-10 reps 8-10 reps		
8-10 reps 10-12 reps 10-12 reps	8-10 reps 10-12 reps	8-10 reps		
8-10 reps 10-12 reps 10-12 reps	8-10 reps 10-12 reps	8-10 reps		
10-12 reps	10-12 reps	•		
10-12 reps	•	10-12 reps		
	40.40			
45.00	10-12 reps	10-12 reps		
15-20 reps	15-20 reps	15-20 reps		
Until failure	Until failure	Until failure		
8 reps	8 reps	8 reps		
8 reps	8 reps	8 reps		
8 reps	5 reps	3 reps		
warm up	8 reps	5 reps	2 reps	
8 reps	6 reps	4 reps		
10 reps	10 reps	10 reps		
8 reps	8 reps	8 reps		
8 reps	8 reps	8 reps		
8 reps	6 reps	4 reps		
8 reps	6 reps	4 reps		
8 reps	6 reps	4 reps		
8 reps	6 reps	4 reps		
8-10 reps	8-10 reps	8-10 reps		
10-12 reps	10-12 reps	10-12 reps		
	8 reps 8 reps 8 reps warm up 8 reps 10 reps 8 reps	Until failureUntil failure8 reps8 reps8 reps8 reps8 reps8 reps8 reps5 reps8 reps5 repswarm up8 reps8 reps6 reps10 reps10 reps8 reps8 reps8 reps6 reps10 reps10 reps8 reps6 reps	Until failureUntil failureUntil failure8 reps8 reps8 reps8 reps8 reps8 reps8 reps8 reps8 reps8 reps5 reps3 reps8 reps5 reps3 repswarm up8 reps5 reps8 reps6 reps4 reps10 reps10 reps10 reps8 reps8 reps8 reps8 reps8 reps8 reps8 reps6 reps4 reps8 reps8 -10 reps8 -10 reps	Until failureUntil failureUntil failure8 reps8 reps8 reps8 reps8 reps8 reps8 reps5 reps3 reps8 reps5 reps3 reps9 warm up8 reps5 reps9 keps6 reps4 reps10 reps10 reps10 reps10 reps8 reps8 reps8 reps8 reps8 reps8 reps6 reps4 reps9 keps6 reps4 reps9 keps8 reps8 reps9 keps8 reps8 reps9 keps8 reps8 reps9 keps8 reps8 reps

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