Training Log - Week 1 Starting Bench Press Max: 470 Pounds

Day 1- Chest Flat Bench Press ward Incline Bench Press 8 re Dumbbell Flys 8 re Day 2- Legs Squats 8-10 Leg Presses 8-10 Leg Extensions 10-1 Calf Raises 15-2 Day 3- Back	ght/Reps m up /10	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Flat Bench Press ward Incline Bench Press 8 re Dumbbell Flys 8 re Day 2- Legs Squats 8-10 Leg Presses 8-10 Leg Extensions 10-1 Leg Curls 10-1 Calf Raises 15-2 Day 3- Back Pull ups Until Bent Over Barbell Rows 8 re Pull Downs (In Front) 8 re Supplemental Lift 1 8 re	m up /10				
Incline Bench Press 8 re Dumbbell Flys 8 re Day 2- Legs Squats 8-10 Leg Presses 8-10 Leg Extensions 10-1 Leg Curls 10-1 Calf Raises 15-2 Day 3- Back Pull ups Unti Bent Over Barbell Rows 8 re Pull Downs (In Front) 8 re Supplemental Lift 1 8 re	m up /10				
Dumbbell Flys Day 2- Legs Squats Leg Presses Leg Extensions Leg Curls Calf Raises Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re		400/5-6	425/3-4	450/1-2	Burn out set
Day 2- Legs Squats Leg Presses Leg Extensions Leg Curls Calf Raises Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re	ps	5 reps	3 reps		
Squats Leg Presses Leg Extensions 10-1 Leg Curls Calf Raises 15-2 Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8-10 8-10 10-1	ps	8 reps	8 reps		
Leg Presses Leg Extensions 10-1 Leg Curls 10-1 Calf Raises 15-2 Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re					
Leg Extensions 10-1 Leg Curls 10-1 Calf Raises 15-2 Day 3- Back Pull ups Unti Bent Over Barbell Rows 8 re Pull Downs (In Front) 8 re Supplemental Lift 1 8 re) reps	8-10 reps	8-10 reps		
Leg Curls Calf Raises 15-2 Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re) reps	8-10 reps	8-10 reps		
Calf Raises 15-2 Day 3- Back Pull ups Unti Bent Over Barbell Rows 8 re Pull Downs (In Front) 8 re Supplemental Lift 1 8 re	12 reps	10-12 reps	10-12 reps		
Day 3- Back Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re	12 reps	10-12 reps	10-12 reps		
Pull ups Bent Over Barbell Rows Pull Downs (In Front) Supplemental Lift 1 8 re	20 reps	15-20 reps	15-20 reps		
Bent Over Barbell Rows 8 re Pull Downs (In Front) 8 re Supplemental Lift 1 8 re					
Pull Downs (In Front) 8 re Supplemental Lift 1 8 re	l failure	Until failure	Until failure		
Supplemental Lift 1 8 re	ps	8 reps	8 reps		
	ps	8 reps	8 reps		
Day 4- Shoulders	ps	5 reps	3 reps		
Front Military Press war	m up	6 reps	4 reps	2 reps	
Seated Dumbbell Presses 8 re	ps	6 reps	4 reps		
Shrugs 10 r	eps	10 reps	10 reps		
Supplemental Lift 1 8 re	ps	8 reps	8 reps		
Supplemental Lift 2 8 re	ps	8 reps	8 reps		
Day 5- Triceps/Biceps					
Close Grip Bench Press 8 re	ps	6 reps	4 reps		
Close Grip Weighted Dips until	failure	until failure	until failure		
Lying Tricep Extensions 8 re	ps	6 reps	4 reps		
Straight Bar Curls 8 re	ps	6 reps	4 reps		
Alternating DB Curls 8-10) reps	8-10 reps	8-10 reps		
Preacher Curls 10-1	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	405/5-6	425/3-4	455/1-2	Drop Set 315
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					

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	315/failure	365/failure	385/failure	405/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			1		
Flat Bench Press	warm up /10	410/5-6	430/3-4	465/1-2	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	This is your only light week for chest. Don't over do it.				
Flat Bench lower ½ reps	warm up /10	315/10	315/10	365/10	305/10 slow
Flat Bench upper ½ reps	315/10	315/10	365/10	305/10 slow	
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					

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EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	415/5-6	435/3-4	475/1-2	Drop set 315
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
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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	385/failure	385/failure	405/failure	405/failure	Burn out set
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					

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 315/6-8	Negatives 495/failure	Negatives 555/failure	Negatives 405/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					
Flat Bench Press	warm up /10	420/5-6	445/3-4	490/1-2	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					

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EXERCISE	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps	Weight/Reps
Day 1- Chest					
Flat Bench Press	warm up /10	425/5-6	450/3-4	500/1-2	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					