

Hunter B PPL Exercise Log

Day 1 - Push	Sets	Reps	Notes	Stretches
Flat Bench Press	3	4-6	Fail on set 2, cooldown on set 3	Pec Static stretch
Incline Bench Press	3	6-8	Fail on set 2, cooldown on set 3	Pec Static stretch
Cable Press Around	4	6-10	Fail nearly every set	Pec Static stretch
Cable Fly (ladder up)	3	6-10	Cool down, fail set 2, cooldown	Pec Static stretch
Shoulder Press	4	6-8	Fail on set 3, cooldown on set 4	Shoulder rotations + rotator cuff
Lateral Raises	4	8-12	Fail every set	Shoulder rotations + rotator cuff
Tricep Pressdown / Dips	3	6-12	Fail every set	Horizontal Stretch
JM press	4	6-8	Cooldown, fail set 4	Horizontal Stretch
Day 2 - Pull	Sets	Reps	Notes	Stretches
Lat Pulldown	4	6-10	Fail set 3, cooldown set 4	Static lat stretch
Crossbody Cable Row	4	6-10	Fail set 3, cooldown set 4	Static lat stretch
Bent over rows	3	4-6	Fail set 1-2, cooldown set 3	Static lat stretch
Pullover (cable or DB)	3	6-10	Fail set 2, cooldown set 3	Static lat stretch
Read Delt Flys	2	6-10	Fail every set	Static lat stretch
DB shrugs	1	Fail	Fail	Cycle arms
Preacher Curl	4	6-12	Fail set 3, cooldown set 4	Wall bicep stretch
Crossbody Curl	2	6-12	Fail every set	Wall bicep stretch
DB curl	2	6-8	Cooldown, fail set 2	Wall bicep stretch
Day 3 - Legs	Sets	Reps	Notes	Stretches (use any between sets)
Squat	4	6-8	Fail on set 3, cooldown	Side Lunge
Seated Leg Curl	4	6-12	Fail on set 3, cooldown	Butterfly
Leg extension	4	6-13	Fail on set 3, cooldown	Toe touch
Calf raises	4	Fail	Keep within lower partial	Side Lunge
Deadlift	2	2-4	Keep it easy on weight,	Butterfly
DB lunges	2	10	End on opposite foot	Toe touch