**­­­Workout**

October 19, October 20

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| **October 20**  Chest and Triceps | Running | 10 minutes as warmup | | |
| *15 Minutes of Offensive Wrestling Instead* | *­­­­­* |  |
| Dumbbell Bench Press Incline | 3 sets, 10 repetitions (+ 1 warmup set) | | |
| *Barbell Alternative; 95 lbs; last 2 set has 8 reps* |  |  |
| Dumbbell Bench Press Decline | 3 sets, 10 repetitions (+ 1 warmup set) | | |
| *20 lbs each side; consistent* |  |  |
| Butterfly | 3 sets, 10 repetitions | | |
| *90 lbs; 90 lbs; 80 lbs* |  |  |
| Barbell Bench Press | 3 sets, 10 repetitions (+ 1 warmup set) | | |
| *95 lbs; last set has 8 reps* |  |  |
| Triceps Dips | 3 sets, 10 repetitions | | |
| *100 lbs assisted; 110 assisted; last set has 8 reps of 110 assisted* |  |  |
| Scull Crusher | 3 sets, 10 repetitions (+ 1 warmup set of 5 reps) | | |
| *30 lbs; consistent* |  |  |
| Triceps Pulldown | 3 sets, 10 repetitions | | |
| *25 lbs; 25 lbs; 20 lbs* |  |  |
| **October 19**  Legs | Running | 10 minutes as warmup | | |
| *0.82 Miles* |  |  |
| Barbell Deadlift | 4 sets, 4-6 repetitions | | |
| *Skipped* |  |  |
| Dumbbell Rear Lunge | 4 sets, 15 repetitions each side | | |
| *20 lbs each side; consistent* |  |  |
| Hack Squat | 3 sets, 8-12 repetition | | |
| *45 + 45 = 90 lbs; 10 reps; consistent* |  |  |
| Seated Leg Curl | 3 sets, 8-12 repetitions | | |
| *100 lbs; 10 reps; consistent* |  |  |
| Leg Extensions | 3 sets, 15 repetitions | | |
| *90lbs; consistent* |  |  |
| Seated Calf Raises | 4 sets, 20 repetitions | | |
| *25 + 25 = 50 lbs; consistent* |  |  |