

Exercise Log

↓ No Band/High/Mid/Low		Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
UPPER BODY		Date			Date			Date			Date			Date		
NB	Push-Up															
NB	Bicep Curl															
	Tricep Kickback															
	Shoulder Press															
	Tricep Extension															
H	Face Pull															
H	Trcep Pushdown															
M	Chest Fly															
M	Internal Rotation															
M	External Rotation															
CORE		Date			Date			Date			Date			Date		
NB	Crunch															
NB	Reverse Crunch															
NB	Sit-Up															
NB	Lying Oblique Crunch															
NB	Side Plank															
NB	Bicycle															
NB	Alternating V-Ups															
H	Kneeling Crunch															
L	Reverse Wood Chop															
L	Side Bend															
BACK		Date			Date			Date			Date			Date		
	Pull Apart															
	Split Row															
	Bent-Over Row															
M	Squat Row															
M	Lying Pullover															
LOWER BODY		Date			Date			Date			Date			Date		
	Squat															
	Calf Raise															
	Lunge															
	Donkey Kick															
	Glute Bridge															
M	Lateral Lunge															
L	Hip Abduction															
L	Romanian Deadlift															
L	Hip Adduction															
L	Hamstring Curl															
TOTAL BODY		Date			Date			Date			Date			Date		
	Thruster															
	Mountain Climber															
	Sumo Squat Pull															
	Swing															
L	Pull Through															