

## / / Back and Chest

Iso-Lateral Bench Press		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

One-Arm Row		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Lat Pulldown		
lb.	reps	sets
Sets Complete:		
Time Interval		
Notes		

Core Circuit		sets
Cat/Cow	lb.	reps
Superman	lb.	reps
Plank	lb.	reps
Side Plank	lb.	reps
Time Interval(s):		
Sets Complete:		
Notes		