**Workout Log Master Document**

**April Log 2023**

4/3

Hip thrust 315 2x10, 1x10

Front squat 95lbs 1x12, 115 3x12

Ab rope 200lbs 3x12

Squat 225 3x6

Leg raise 25s 2x12

Single db dl 55s 1x8

4/4

Lat pull 190 2x5, 175 2x8

Tri rope 120 4x8

T bar row 135 3x8

Lat single pull 115 1x8, 1x6/ 90s 2x12

V bar pull down 145 3x12

Weighted pull-up 45s 2x3, SS BW 2x8

Db row 70s 2x12

Seated tri 70s 2x8

Lat pull standing 60s 1x6

4/5

LF Incline press 125 3x8, 90s 1x12

LF shoulder press 115 4x8

Bench 225 2x5, 205 2x6

lateral raise 27.5 3x12

Upright row 65s 3x8

Chest fly 90lbs 3x8

Plate raise 45lbs 2x8

Seated dip machine 90lbs 3x12

Push press 135 2x5

Pull-ups 24R

4/7

Hip thrust 315 2x8, 225 1x12

Front squat 155 4x6

Leg raise 30s 2x12

Ab rope 200lbs 3x12

Squat 225 3x8, 1x4

Single dl 55s 2x8

Situp 50R

Curtsy lunge 25s 2x5

Kg goblet 24KG 2x12

4/8

Tri rope 110 4x8

Lat pull 175 3x8, 160 1x8

V bar pull down 160 3x10

T bar row 135 3x8

Shrugs 90s 2x8

Seated tri 75s 3x8

High row 90s 2x12, 115 1x8

Dorian Deadlift 135 2x12

Push-up 90R

Skull db 27.5 3x12

Db row 80s 3x8

4/10

Incline press 135 1x5, 3x6

Cambered curl 60s 3x12

Db press 100s 1x8, 1x7

Hammer curl 30s 2x10

Bench 225 2x8, 205 2x8

Concentrated curl 30lbs 3x8

Dip seated 135 2x5, 115 1x5

Bicep curl 55lbs 2x12

Seated Cable cross 70lbs 2x1/

4/11

Seated db press 55s 3x12

Lateral raise 25s 3x12, 30s 2x8

Decline crunch 3x12

Push press 135 3x5

Front raise 25s 4x8

Military press 95s 2x12

Bent over rows 55s 3x8

Upright row 60s 3x8

Versa 250yd 3:43, 143 2 min

4/12

Hip thrust 315 3x8

Front squat 155 2x5, 135 2x8

Ab crunch 200lbs 3x12

Split squat 25lbs 2x8

Squat 185 3x8

Leg raise 25s 3x8

Kg goblet squat 24kg 1x12

4/13

Lat pull down 175 4x8

Tri rope 120 3x8

Lat iso pull 115 3x8, 90s 1x8

Back extension 45s 3x8

V bar pull 160 3x12

Tri extension 90lbs 3x12

Ab crunch 130 lbs 3x8

T bar row 135 3x8, 1x5

Db skull crush 25s 3x12

Pull-up 8R

4/14

Front squat 135 4x8

Reverse lunge 55s 5x5

Squat 185 3x10

Standing calf 360 4x20

Leg extension 6R 3x8

Lying leg curl 80s 2x8, 50s 2x12

Rotary calf 13r 3x12

Goblet db 65 3x12

Bulgarian SS 25s 1x8

4/15

SP DB 50s 3x15

Ab rope 140 2x8, 160 2x8

Ab crunch machine 100lbs 3x25

Cable lateral 30s 4x12

Upright row db 65s 4x8

Front raise 25s 2x12

4/17

Lat pull down 175 4x8

T bar row 135 4x8

V bar pull down 190 2x8, 145 1x12

Tri rope 110 4x12

Barbell row 135 3x8

Pull-ups 16R

Tri seated 70s 3x8

Seated cable pull 85lbs 3x30

High row

4/18

Front squat 155 4x8

Leg raise 25lbs 2x15

Squat 225 4x8

Ab rope 200lbs 3x12

Single dl 55s 3x8

Situp 100R

Reverse lunge 55s 2x5

Plank 1 min x2

4/19

Incline Press 135 5x5

Bicep Curl 70 5x8

Seated Dips 90s 2x12, 115 2x8

Seated flys 110 4x8

Hammer curl 45s 3x8

Bench 225 5x3

Z curls 35s 3x8

ISO curl 27.5 1x8

4/20

ISO SP 115 3x8, 135 2x8

Lat pull down 175 3x8

Front raise 25s 4x8

Lat iso pull 90s 3x12, 115 1x8

Lateral raise 30s 3x12, 1x8

Upright db row 60s 2x8

Back exemption BW 60R

V bar pull down 145 3x12

4/21

Front squat 135 1x8, 155 3x8

Squat 225 2x8, 245 1x6, 1x3

Extension 95lbs 4x15

Lying ham 50lbs 3x8

Calf raise 90s 3x15

Glute machine 12R 3x8

Single dl 70s 1x8

4/22

Incline iso press 100lbs 1x12, 135 3x8

Curl 65s 3x12

Bench 225 3x8

Hammer curl 40s 3x8

Db flys 75s 3x8

Incline curl 25s 2x8

Decline crunch 60R

Pec fly 115 3x15

4/24

Lat pull down 190 2x8, 175 2x8

Tri rope 120 5x8

ISO lat pull 115 3x8

Row 90lbs 4x8

V bar pull down 175 3x8

Back extension 24R

Hoist SP 135 3x8, 155 1x4

Front raise 27.5 3x8

Tricep machine 8R 3x10

1000 meter row

4/25

Front squat 175 3x3, 155 2x5

Ab rope 200lbs 3x8

Ab roller 3x15

Squat 245 3x5, 225 1x5, 135 1x12

Leg raise 25s 3x8

Single DL 70s 3x8

Perfect push-up 70R

Reverse lunge 45s 2x5

4/26

Incline press 135lbs 5x5

Bicep curl machine 90lbs 5x5

Seated dips 115 3x8

Z curl 42.5 3x8

Flys 120 4x8

Iso curl 30s 3x8

Bench 225 3x8

4/27

Lat pull down 175 3x8

Tri rope 135 3x8

Shoulder press 135 3x8

Front raise 27.5 3x8

V bar 190lbs 4x6

Lateral cable 30s 2x12, 40s 1x8

ISO lat pull 125 3x6, 90s 1x12

Back extension 3x12

T bar row 135 3x8

Tricep machine 10R 3x10

Pull-up 23R

Reverse pec fly 70 3x12

4/29

Incline hoist 135 4x8

Front plate raise 35s 4x8

Wide press 90lbs 1x8, 135 2x8

Lateral raise 30s 3x8

Db flys 75s 3x8

SP DB 55s 3x12

Upright row 60lbs 3x8

Bench 225 2x8

Front raise db 27.5 3x8

Pec fly 145 1x8

4/30

Front squat 155 3x5

Squat 255 2x5, 225 3x5

Glute machine 13R 3x8

Quad extension 110 4x12

Calf raise 90lbs 2x12, 115 2x8

Single dl 65s

**March log 2023**

3/3

Deadlift 275 3x3

Push Press 145 2x3, 155 2x2

Pull-up w/45s 3x5

Db row 75s 3x8

Lateral raise 25lbs 3x12

Plank 1min x1

3/4

Front squat 135 3x8, 145 1x3

Single leg DL 55s 3x8

Squat 225 2x5, 1x5

185 1x8

Bulgarian SS 30s 2x8

Flute machine 10R 3x8

Standing squat 395 3x12

Push-up 125R

Pull-up 24R

3/5

Incline db press 95s 3x8

Reverse curl 30lbs 2x10

Hammer curl 45s 2x8

Bench 225 9R, 205 2x6

Curl bar 65s 3x8

ISO wide lateral 90lbs 3x15

Db flys 75s 1x8, 1x6; 50s 1x12

Dips 3x12

Back extension 24BR

Military press 95lbs 3x8

Lateral raise 30s 1x8

3/6

Deadlift 275 3R

Pull-ups w/25s 5x5

Db row 80s 3x8

Ab wheel 39R

Bent over fly 50s 3x8

3/7

Hip thrust 275 3x8

Front squat 155 3x6

Kb rotate 20kgs 3 sets

Leg raise BW 36R

Squat 225 3x5, 185 2x8

Single dl thrust 55s 2x8

Leg raise w/25s 2x8

Plank 1 min x2

3/9

Incline db 85s 3x8

Hammer curl 45s 3x8

Db flys 75s 3x10

Ab wheel 24R

Incline curl 25s 3x8

Bench 225 1x4

21s 3R

Military press 95s 1x8

Incline reverse fly 30s 3x8

Lateral raise 30s 3x8

Upright cable 90 3x8

3/10

Deadlift 295 3x2

Pull-ups w/45s 3x5

Ab wheel 2x12

Tri extension db 60lbs 3x8

Tri rope 110 4x8

Low cable row 200lbs 1x8, 3x12

3/11

Squat 225 2x3, 185 1x8

Goblet db 65lbs 2x12

Reverse lunge 55lbs 1x8

Front squat 135 2x6

3/12

Lat pull down 175 3x8

Tri rope 110 3x8

Db row 75s 3x8

Curl bar 65s 2x8

T bar row 135lbs 2x5, 90lbs 3x10

21s w/45s 2sets

Isolated curl 27.5 2x8

Seated pull 115 4x12

Back extension 4x10

Standing lat pull down 50lbs 3x8

3/13

Incline db press 90s 3x6

Db flys 75s 3x8

Kb rotate 26kgs 2x6

Kb twists 16kgs 2x5 each side

SP db 65s 1x5, 50lbs 3x8

Lateral raise 25s 3x8

Push Press 135 3x5

Cable cross 40lbs 2x15

Upright row 100lbs 3x8

Push-up 50R

Front raise 25s 2x10

3/14

Hip thrust 295 3x6

Front squat 135 3x8

Squat 225 3x5, 255 1x3

Leg raise 25lbs, BW SS 8R x2

Split squat 20lbs 2x8

3/15

Incline db press 100lbs 2x5, 1x3

Hammer curl 32.5 3x8

Decline press 90s 3x12

Curl bar 60s 3x12

Bicep machine 95lbs 3x8

Bench 225 2x3 225 2x3

Seated pec fly 50s 3x6

3/16

Deadlift 295 3x2

Db row incline 75s 3x8

Shoulder press db 55s 4x8

Incline reverse flys 25s 2x8

Front raise 25s 3x8

Pull-up w/45s 2x3 w/25s 2x8

Military press 95lbs 3x8

Low row 200lbs 2x20

3/18

Front squat 135 2x8, 155 2x6

Squat 225 3x5, 185 2x8

Push press 135 2x5

Seated press 70lbs 3x12

RG press 10R 3x12

3/19

Incline db 95s 3x8

Straight bar curl 70s 3x8

Bench 225 2x4, 205 1x6

Hammer curl 40s 3x8

Db flys 75s 3x8

Db curls 30s 3x8

ISO curl 27.5 3x8

Incline hoist 105lbs 1x8

3/20

Pull-ups wide 3x8, w/10lbs 1x8, 1x6

Dorian deadlifts 185 3x8

High face pull 130lbs 2x8

Rope pull down 90 1x12, 120 1x12, 150 1x12

Bent over barbell 95lbs 1x12, 145 2x8

3/21

Hip thrust 295 3x8

Ab wheel 2x12

Front squat 135 1x8, 155 3x6

Squat 225 2x7, 185 1x8

Reverse lunge 55s 3x3

Standing curl 30s 3x8

Curtsy lune BW 3x8

21s w/65s x3

Single dl db 55s

3/22

Push press 135 2x5

Military press 95lbs 3x12

Shoulder press seated 55s 3x12

Incline press 95s 1x8, 1x7

Lateral raise 27.5 3x8

Bench 225 2x5, 205 1x8

Front raise 40s 3x8

Upright pull 120lbs 3x8

Db flys 75s 3x8

Seated SP 70lbs 2x12

Shrug 90lbs 2x8, 115

3/23

Front squat 155 4x5

Squat 225 3x8

Leg extension 115 2x8, 130 2x8

Calf extension 280 3x8

leg curl 8R 2x8

Standing calf 135ES 2x12, 180ES 2x12

Reverse lunge 55s 2x5

Db single dl 55lbs 2x8

3/24

Lat pull down 190 2x8, 175 1x8, 1x6

High row 90lbs 3x8

Barbell row 135 3x8, 90lbs 1x12

Pull-up 36R

V bar row low 195 3x20

Lat pull standing 40lbs 3x8

Db row 90s 2x8

3/26

Db incline 100s 2x8, 80s 1x12

Barbell curl 70s 4x8

Pec fly 145 3x15

Bench 225 1x7, 1x5, 1x3

Curl db 30s 3x8

Wide press 90s 2x15

Upright row 55s 3x8

Seated SP 60s 3x12

Push press 135 2x5

Shrug 90s 3x12

ISO curl 27.5 3x8

Db flys 75s

3/27

Front squat 135 3x8

Reverse lunge 55s 3x6

Squat 225 3x5, 185 1x5

Leg extension 95lbs 2x12, 110 2x12

Glute machine 12R 3x8

Leg press toe raise 227 3x20

Calf raise 395 3x12

3/28

Lat pull 190 2x5, 175 1x8, 1x6

Tri rope 110 3x12

Yates DL 185 2x8, 135 1x8

Lat single pull 80lbs 2x8, 90s 1x8

Weighted pulls 45s 1x5, 1x3

Barbell row 95 2x12

T bar row 90 3x8

Lat pull standing 110 3x8

Seated tri press 50s 2x12, 75 2x8

V bar pull down 145 2x10

3.29

Incline db press 100s 3x4

Db curl 35s 3x8

Db flys 80s 3x8

Bench 225 4x5

Curl 50lbs 4x10

Perfect push-up 62R

Ab rope crunch 200lbs 3x8

Cable curl 50s 2x8

3/30

Hip thrust 315 3x8

Front squat 155 4x5

Curtsy lunge BW 2x8

Squat 225 3x5, 185 2x8

Ab roller 40R

Leg raise 20lbs 2x12

Dl single leg 55s 2x8

3/31

Db seated press 40s 1x15, 50s 1x12, 1x10

60s 3x8

Situp 100R

Ab rope 140 3x12

Seated MP 95lbs 1x12, 115 3x1/

Plank 1 min x2

Landmine press 70lbs 3x8

Cable upright row 120 3x8

Front plate raise 25lbs 1x12

**February 2023**

2/1

Incline db 85s 3x8

Curl bar 50lbs 1x5, 2x8

Ab rope 200lbs 3x8

Db flys 70s 3x8

Ab roller 50R

Bench 225 3x3

Plank 1min x2

2/2

Hip thrust 295 5x5

Front squat 135 5x3

Reverse lunges 30s 3x8

2/6

Incline db 85s 3x8

Hammer curl 40s 3x8

Db flys 75s 2x8

21s w/45 2 sets

Bench 225 2x3, 185 2x8

Incline curl 30s 2x6, 1x8

Versa 400 yd

Push press 135 3x3

Lateral raise 30s 3x8

Seated sp 50lbs 3x8

Bent over flys 50s 2x8

2/7

Hip thrust 295 3x8

Reverse lunges 50s 3x3

Plank 1 min x2

Deadlift 295 2x3, 315 1R

Pull-ups w/45s 2x5, 25s 3x8

Push-up 160R

Rope crunch 200lbs 3x8

Wide pull-ups 16R

Db row 80s 3x8

2/8

Front squat 135 4x5

Squat 185 2x8

Sit-ups 100R

Leg raise 25lbs 3x8

2/9

Incline db 85s 3x8

Black skills rope curl 3x8

Ab wheel 3x12

Db flys 75s 3x8

Hammer curl 45s 2x8

Bench 225 3x1, 185 3x8

Versa 10 min 681 yd

2/11

Lat pull 160 3x8

Close grip pull down 160 3x8

Push press 135 2x5

Front raise 25s 2x20

Military press 95lbs 3x8

Seated db press 60s 3x8

Single up db row 55s 3x8

T bar 135 3x8

Shrug 90s 3x8

2/12

Db incline 95s 3x7

Curl bar 65s 4x8

Bench 225 2x3, 185 3x8

Db flys 75s 1x8, 1x7, 1x5

2/13

Pull-up w/25s 3x8

Rope crunch 200lbs 3x10

Wide pull-up 16R

Incline row 80s 2x5, 60s 2x8

Row 80s 2x8

Crunch 50R

2/14

Hip thrust 275 3x8

Front squat 135 3x5

Ab roller 32R

Squat 185 3x8

Leg raise 25lbs 3x8

2:47, 2:42 200 yards versa

Tri rope 100lbs 4x10

2/15

Db incline press 100lbs 1x4, 80s 2x8

Hammer curl 40s 3x8

Db flys 75s 3x8

Bench 225 1x5, 1x4

185 3x8

Curls 25s 4x8

Seated SP 55s 3x8

Lateral raise 20s 2x12

Db row single 55s 3x8

Push-up 65R

2/16

Deadlift 315 2x1, 225 2x5

Pull-up w/25s 3x8

Incline row 75s 1x8

2/17

Push press 135 3x5

Bench 225 1x5, 2x4

Lateral raise 27.5 3x12

Wide chest press 135 3x8

Side crunch 45s 2x8

Seated press 12R 3x8

Db flys 75s 3x8

Upright row 55s 1x8

2/18

Front squat 135 3x5

Single dl 60s 3x8

Squat 225 2x3, 185 3x8

Crunch 30R

Bulgarian split 30s 2x8

Leg extension 9R 3x8

Calf raise 355 3x10

Curl bar 65s 3x8

Rear glute 10R 1x5

2/20

Lat pull down 175 3x8

Tri rope 90s 3x12

T bar row 135 3x8

Pull-ups 24R

High row 90s 3x12

Seated row 115 3x8

Tri push down 10R 3x8

Skull crushers 30s 2x8

2/21

Incline db 90s 1x4, 2x5

Db flys 75s 3x8

Bench 225 1x4, 2x8

145 w/chains 3x12

Seated press 55s 3x12

Upright db row 55s 3x8

Ab wheel 3x12

Cable cross (8.5 length) 70lbs 3x8

Plank 1min x2

2/22

Hip thrust 295 3x8

Front squat 135 1x3, 3x5

Squat 185 4x8

Single dl 55s 3x8

2/24

Deadlift 275 2x3

Pull-up w/25s 2x8, w/45s 2x3

Push press 135 4x5

Lateral raise 25s 3x12

Incline db row 75s 3x8

Front raise 25s 2x15

Bent over row 50s 4x8

Upright row 90lbs 3x8

Wide pull 21R

2/25

Bench 225 1x4, 2x5, 2x3

Hammer curl 35s 3x8

21s w/45s x3

Db flys 70s 3x10

Pull-up 20R

Seated curl 10R 2x8

Wide iso press 135 1x3, 2x5

90lbs 2x10

Incline db curl 27.5 2x8

2/27

Hip thrust 225 3x8

Front squat 135 5x5

Situp 2x25

Ab roller 3x12

Squat 185 3x8, 195 1x5

Leg raise 30s 3x8

Single dl 55s 3x8

200 yd 2:50 versa, 200 2:36

2/28

Deadlift 275 3x3

Pull-up w/25s 3x8

Incline db row 75s 3x8

Push press 145 3x2

Lateral raise 30s 3x8

2/29

Incline db press 85s 3x8

Hammer curl 45s 3x8

Ab wheel 3x15

Bench 225 2x3, 185 1x8

21s w/45s x3

Db flys 75s 3x8

Curls 25s 2x12

January 2023

1/2

Lat pull down 175 4x5

Tri curl rope 100s 3x8

T bar row 135 4x5

Tri seated 65s 3x8

Swimmer press 45s 1x8, 2x12

Deadlift 245 5R, 275 1x2

1/3

Incline db press 95s 1x4, 2x5

Hammer curl 40s 3x8

Plank 1min x3

Db flys 3x8

21s w/45 3x8

Bench 225 1x3, 205 1x3, 1x5

Hanging leg raise 3x8

1/4

Hip thrust 255 5x5

Front squat 135 2x5, 185 2x2

Reverse lunge 45s 3x8

Ab rope 200lbs 2x8

1/5

Incline db press 100lbs 5R, 80s 2x8

Push Press 135 4x3

MBall press 3x8

Db fly 75s 3x8

Push-up 25R

Crunch 25R

Plank 1min x2

Bench 205 1x5

1/7

Pull-up w/45s 3x5

Barbell row 135 3x8

T bar row 135 3x8

21s 45lbs x2

Lat pull down 160lbs 2x8, 130

Biceps seated curl 8R 2x8

1/8

Front squat 155 3x5

Squat 225 3x5

Reverse lunge 65s 2x2, 2x3, 1x2

Push Press 135 2x5

ISO shoulder 90lbs 2x8

Push-up 50R

Calf raise 115s 3x8, 90s

Standing calf 375 4x8

1/9

Db press 75s 2x12

Pull-ups 24R

Db flys 75 3x8

Side crunch 55lbs 2x8

Dips 24R

Back extension 180lbs 3x8

Leg raise 12R

Bench incline smith 185 3x8

Push-up 25R

1/10

Deadlift 245 3x5, 275 2x3

Pull-ups w/45s 4x5

Plank 1min x3

Curl bar 50lbs 4x8

Leg raise 3x12

Rope crunch 200lbs 3x8

200 Versa 2:11, 2:09

Pull-ups 24R

Push-ups 75R

Lat pull down 125 1x8

1/11

Hip thrust 275 5x5

Front squat 155 4x3

BG split squat 25lbs 2x8

Reverse lunge 55s 2x3

Squat 225 2x3, 135 1x8

1/12

Incline db press 100lbs 7R, 75s 2x10

Ab rope crunch 200lbs 3x8

Hammer curl 45s 2x8

Curls 30s 2x8

Db fly 75s 3x8

Leg raise 30s 3x8

Bench 205 8R, 225 9R

21s w/45 x2

Incline curls db 25s 2x8

Push-up 50R

Crunch 75R

1/13

Push Press 135 10R

Pull-up w/45s 2x5, w/25s 2x8

Bent over fly 50s 3x8

Deadlift 275 3x3

Tri pull down 120lbs 3x8

Lateral cable 30s 3x8

1000 m row 6min

Versa 200yd 2:48, 2:08, 2:24

1/14

Hip thrust 275 5x5

Front squat 155 3x3

Squat 225 7R, 135 1x8

Ab rope 200lbs 3x8

Bulgarian split 30s 2x8

Reverse lunge 18 kgs 2x5, RDL 2x8

Crunch 65R

1/15

Bench 225 1x4, 1x5, 1x4

21s w/45 x3

ISO lateral wide press 140 2x8, 160 1x8

Hammer curl 40s 1x8, 45s 2x8

Db flys 75s 3x8

ISO curl 30s 3x6

1/16

Pull-up 4x8

Hammer curl 30s 3x12

Kettle bell swing 20kgs 2x12

Dips 3x12

ISO curl 30s 1x8, 35s 2x5

Front raise 20s 3x10

Curl 35s 2x5

1/17

Deadlift 275 1x1, 3x2

Pull-ups w/45s 8R, w/25s 2x5

Db row 75s 3x8

Db bent over fly 50s 3x5

Crunch 100R

Barbell row 135 3x8, 155 1x6, 1x5

Push-up 50R

Versa 200 2:52, 2:28, 2:12

1/19

Hip thrust 295 1x3, 3x5

Front squat 135 5x5

Bulgarian split 30s 3x8

Squat 225 3x5

Leg raise 2x12

Reverse lunge 55s 3x3

1/21

Incline bench 205 3x3, 155 1x12

Curl bar 60s 4x8

Db flys 75s 3x8

Hammer curl 32.5 3x8

Bench 225 4x4, 185 2x10

1/22

Reverse lunge 55s 2x4, 1x3

Front squat 155 1x3, 2x5

Squat 225 2x5, 245 2R

Seated calf 80lbs 3x8

1/24

Deadlift 255 2x2, 275 1x3

Pull-up w/25 3x8, w/45s 1x4

Db row 80s 3x8

Db curls 25s 3x10

Push press 135 3x3

Cable lateral 35s 2x8

1/25

Db incline press 100s 1x2, 2x3

Ab wheel 2x12

Db flys 80s 2x8

Plank 1 min x3

Bench 225 2x3

1/26

Push press 155 1R, 135 3x3

Tri cable 110 5x8

Lateral raise 35s 3x8

Db shoulder raise 50s 3x12

Db flys 30s 2x8, 35s 2x8

Leg raise 25s 3x8

Shrug 185 2x8

1/31

Deadlift 255 4x2

Pull-ups w/45s 2x5, w/25s 2x8, BW 33R

M ball slam 3x8

Incline db row 60s 3x8

Push Press 135 3x5

Lateral raise 35s 3x8

Cable upright row 80s 3x8

December 2022

12/2

Hip thrust 285 3x5

Front squat 135 3x5, 155 2x3

Reverse lunge 60s 1x5, 3x3

Squat 205 2x5

3B 10R, 3db1lb 3R

Box jump 12R

Plank 2min

12/3

Incline press 95s 1x5, 1x4

Bench 225 3x3

Hammer incline 90s 3x10

Db flys 75s 3x5

Calf raise 335 3x12

Push-up 100R

Plank 1min x2

Seated calf 115 2x8

12/4

Deadlift 225 3x3

Crunch 125R

Pull-ups w/45s 3x3

M ball slam 3x12

Incline row 75s 1x6, 80s 3x3

Pull-ups regular 2x8

12/5

Hip thrust 225 2x6, 245 3x5

Front squat 135 2x3, 155 2x3, 175 2x3

Reverse lunge 60s 4x3, 70s 2x2

Situp 65R

Ab wheel 2x12

3db1lb 6R

Box jump 14R

Curl 30s 2x12

Push-up 70R

12/6

Db incline press 95s 3x3

Plank 1min x3

Cable crunch 150 3x8

Flat db flys 75s 4x5

Hanging leg raise 25s 3x8

Bench 185 1x8

12/7

Pull-up w/45s 3x5

M ball slam 3x8

Deadlift 225 2x5, 275 2x2

Crunch 100R

Pull-up 28R

Incline db row 70s 4x8

Bent over row 45s 3x8

21s barbell 3 sets

12/8

Incline bench 185 3x5, 205 3x2

Curl 65s 3x8

Hammer curls 45s 2x8

ISO curl 30s 2x8

Db flys 75s 4x5

Pull-ups AMRAP 20, 10, 16, 16

Hammer press 135 3x5

12/9

Hip thrust 255 4x5

Push-up 100R

Cable crunch 160lbs 1x8, 180 2x8

Reverse lunge 70s 3x2, 60s 2x3

Front squat 155 3x3, 135 2x5

Dips 16R

750 meters row 4:31

12/10

Pull-up w/45 3x3

MBall slam 3x15

.13 mile (200 m) run 1:07 min, 1:04

Deadlift 275 3x1, 225 AMRAP 5R

Push press 135 2x3, 1x5

MBall press 3x12

Db row 2x10

12/11

200m run 1:07, 1:04, 1:08

Incline db 95s 2x4, 75s 1x8

Plank 1min x3

Bench 205 2x3

Versa 200ft 2:29

12/12

Hip thrust 245 4x5

Front squat 155 4x3

Crunch 100R

Reverse lunge 60s 3x2, 40s 2x5

Ab roller 3x15

Squat 225 3x3

32kgs kb, fan bike 1 min, 15 push-ups, 15 sit-ups (3R)

12/13

Incline db press 95s 2x5

Pull-ups w45 5x5

Plank 1min x3

Push press 135 2x3

Push-up 90R

Row 1000m 5:31 min

12/14

Db flys 75s 4x5

Bench 205 4x3

incline push-up 45R

Ab roller 3x12

12/16

Deadlift 255 2x3

Pull-up 24R

MBall slam 45R

Db row 80s 2x8

12/18

Incline db 75s 3x8

Db flys 75s 3x8

Plank 1min x3

Bench 215 3x2

Leg raise 1x8

12/19

T bar row 135 3x8

Curl 70s 3x8

High rows 90s 3x12

Shrugs 90s 3x8

Push-up 110R

Lat pull down 160lbs 2x8

12/21

Incline db press 80s 3x6

Plank 1min x3

Db flys 70s 3x8

Decline crunch 45s 3x10

Bench 185 2x8

12/22

Reverse lunge 45s 5x3

Hip thrust 225 3x8

Deadlift 255 2x2, 225 1x5

Pull-up 8R x3

MBall slam 15R x3

Dip 16R

Situp 50R

12/23

Front squat 95lbs 1x8, 135 2x5

Db dl 65s 3x8

Crunch 75R

Squat 205 2x3

Push-up 50R

Bench 205 3x5, 225 1x2

Db flys 75s 3x8

Decline crunch 45s 2x8

Chest press 11R AMRAP 26R, 17R

12/24

Military press 95lbs 3x8

Push press 135 2x3

MBall press 4x8

Ab wheel 3x8

Plank 1 min x2

12/25

Row 1K meter 6:14

Deadlift 225 16R

Pull-up 4x8

MBall slam 4x8

Db rows 80s 3x8

Ab crunch 170lbs 2x12

12/26

Incline press 95s 1x6, 2x5

Hammer curl 40s 3x8

Bench 205 1x5, 225 3x3

Db flys 75s 3x8

Reverse curl 45s 2x8

Curl 30s 2x8

Hammer press 115 4x8

Curl bar 50lbs 3x8

Tri rope 110 2x8

12/27

Hip thrust 255 5x5

Front squat 135 1x3, 4x5

Reverse lunge 55s 2x3

12/28

Deadlift 225 3x3, 255 1x3

Pull-up 3x8

MBall slam 3x8

Hammer curls 35s 3x8

Ab crunch rope 180s 3x8

Barbell row 135 3x8

Leg raise 25s 2x8

Bent over lateral 50s 1x8

12/29

Front squat 135 2x5, 155 2x3

Reverse lunge 50s 4x5

Push-up 150R

Squat 205 2x5, 185 2x5

Glute machine 7R 3x8

Calf raise 335 4x8

12/30

Incline db press 95s 3x6

Db flys 75s 3x8

Curls 60s 4x12

Ab crunch 45s 2x8

Bench 225 3x3, 185 1x8

ISO curl 32.5 3x5

Curls seat 8R 4x8

November 2022

11/12

Deadlift 225lbs 3x3

MBall Slam 25lbs 4x15

Bosu push-up 50R

Pull-up 25lbs 3x8

Push Press 95lbs 1x8, 115 2x3

MBall Throw 25lbs 2x8

11/13

Front squat 115lbs 2x5, 135lbs 2x5

Reverse lunge 50lbs 4x5

Plank 1 min x1

Squat 205 2x3, 185 1x5

Db incline press 95lbs 1x5, 1x3, 75s 1x8

Decline bench 185 2x5

Hammer strength 115lbs 3x5, 135 1x3

11/15

Pull-up w/45s 3x3

Med hall slam 25lbs 3x12

Ab rope 170lbs 2x12

Barbell row 135 1x5, 155 2x5

Deadlift 225 2x5, 285 1R

11/16

Incline db press 90s 2x5, 1x3

Plank 1 min x3

Db flys 70s 3x5

Single arm press 75s 1x5, 1x4

Situp 100R

Bench 205 2x5, 185 3x5

11/17

Front squat 135 1x3, 155 3x3

Hip thrust 225 1x6, 245 4x5

Reverse lunges 60s 2x3

Plank 1 min x2

11/19

Lat pull 175lbs 2x8, 190 1x3

T bar row 135 3x5, 160lbs 1x2

High rows 115lbs 3x5

V bar rows 115 1x12

Pull-up w/45s 2x5, 1x3, W/25s 1x6 , BW 12R

11/21

V bar row 175s 3x8

Lat row 90lbs 3x8

Pull-ups 95R

Push-up 140R

Plank 1 min x2

Lat pull down 185lbs 3x8

Dips 65R

11/23

1000 m row

175 lbs pull down 3x6

T bar row 135lbs 3x7

Lateral raise 25s 1x8, 1x12

SS

Air bike 75 C

Kb swing 26lbs 3x15, 44lbs 2x8

Push-up 125R

Crunch 25R

11/25

Bench 135 1x8, 185 3x5

Hammer curls 35s 2x8

Back extension 45s 3x5

Push Press 115 4x5

M ball press 30lbs 4x12

Pull-ups 32R

Dips 38R

Push-ups 50R

11/27

Hip thrust 225 1x5, 255 3x5

Crunch 160 3x8

Front squat 135 2x5, 155 3x3

Reverse lunge 60s 3x3

3 blue stack single leg hop 12R

Plank 1min x3

Versa 2min 163ft

11/29

Db press 90lbs 3x4

Plank 1min x4

Db flys 70s 3x5

Bench 185 4x8

Push Press 135 3x3

MBall press 25lbs 3x8

Versa 300ft 3:35 x2

11/30

Deadlift 225 1x5, 255 2x3, 285 1x1

Pull-ups w/45 12R

M ball slam 3x8

Upright row 110 3x8

Tri rope 80s 3x8

Ab wheel 36R

Curl 50s 3x8

Kb row 36kg

October 2022

10/1

Reverse lunge 50s 5x5

Front squat 95lbs 1x5, 135 2x5, 1x3

155 1x2

Squat 205 3x3, 225 1x3

Push-up 30R x4

Glute machine 8R 2x8, 10R 2x3

Seated calf 115 2x8

Pull-ups 2x10

10/3

Bench 205 3x3, 215 3x3

Push-up 30R x5

Military press 115 1x5, 3x3

Ab crunch 170lbs 2x8

Plank 1.15 min x1

10/4

Deadlift 185 1x3, 225 2x3

Pull-ups w/45s 5x5

Row 3min 596 m

Barbell row 135lbs 3x8

Versa 2min 150ft, 2min 161ft, 2min 177ft, 2min 171ft

Push-up 120R

Situp 75R

Db clean 45s 2x5

10/5

Db incline 75s 2x5, 90s 3x3

Hip thrust 185 1x5, 235 3x5, 285 1x3

Resistance punch Jx90, Cx90

Db flys 75s 3x8

Reverse lunges 45s 2x5, 60s 3x3

Plank 1.15 min x2

Versa 2min 156ft

Bench 225 3x2, 205 2x5

Dips 16R

10/6

Front squat 95lbs 2x5,

Crunch rope 180

10/7

Incline db 75s 3x5

Pull-ups w/25s 3x5

Bench 225 2x2

Plank 1 minx2

Crunch 60R

10/8

Pull-ups w/45s 3x5, w/50 1x4

Lateral raise 27.5 2x8

Military press 115lbs 4x5

Dips 100R

Back extension w/25s 3x8

T bar row 115lbs 4x5

Push-ups 90R

Pull-ups 50R

Lat pull 175R 2x4, 1x3

Seated military 70lbs 2x12

10/10

Bench 205 3x3, 225 2x2

Db flys 70s 5x5

Incline db press 80s 5x5

Plank 1 min x2

Versa 2min 154ft, 174ft

10/12

Pull-ups 6x12

Bench 205 4x5

Hammer curls 27.5 2x12

Incline bench 85s 3x5

Curl bar 50s 2x12

Flat db flys 70s 3x5

6 tire flips x 2

110 push-up

10/13

Lat pull down 175lbs 5x5

T bar row 135lbs 3x5, 90lbs 1x12

Db row 80s 3x8

Pull-ups 3x12

Push-ups 3x30

Max effort fan bike 1 min x3

10/14

Reverse lunge 52.5 1x4, 3x3

Front squat 95lbs 1x8, 115 2x5

Squat 135 1x10, 1x8

Calf raise 225lbs 3x12

Crunch decline 45s 2x10

Clap push 4x10

Fanbike max 1 min x2

Ski erg max 1 min x2

10/15

Pull-ups 4x8, 6x12

Push-up 270R

Pull down 175lbs 2x8 190 2x4

T bar row 115 3x8

Incline db row 75s 2x8

Barbell row 90lbs 2x12

Shoulder hammer press 70s 1x8, 80s 2x5

90s 3x5, 100 1x3

10/16

Incline db press 90s 3x5

Hammer curl 40s 3x8

Bench 205 3x5

Curl bar 45lbs 2x12

Hammer press 135lbs 3x8

Front raise 25lbs 3x12

Incline curl 25s

10/17

Hip thrust 225 4x5, 275 1x3

Shoulder press 95lbs 3x8

Reverse lunges 55 3x3, 40s 2x5

Versa 2min 139ft, 3min 202 ft, 2min150ft

15 clap push-up x3

10/18

Ab rope 160lbs 2x5, 200lbs 1x3

Incline press 90s 3x3

Db flys 75s 4x5

Single leg jump (2blueblocks) 3x8

Plank 1 min x3

Depth jumps 2x8

Box jump 3x8

Dips 12Rx2, w/25s 3x6

J,C,RH 1 min x2

J,C,S 1 min x2

1,2,slip,2,slip 1 min x2

10/19

V: 3 min 192ft

Pull-up w/50lbs 3x4

Med ball slams 25lbs 5x8

Military press 115 4x3

Overhead med ball 4x8

Deadlift 185 2x5

10/20

Front squat 95lbs 1x5, 115 1x3, 135 lbs 4x3

Rope crunch 180lbs 3x8

Hip thrust 135 1x8, 225lbs 5x5

Reverse lunge 60s 4x3

Single leg jump 3x8

Incline press 90s 2x5

Crunch 100R

Flat db flys 70s 2x8

Weighted vest 40lbs dips 2x5

10/21

Deadlift 225 2x3, 275 2x3

Med ball slam 25lbs 4x8

Military press 115 1x3, 135 3x2

Med ball press ups 25lbs 3x8

Pull-ups w/50s 3x5, pull-up AMRAP 17R

10/22

Heavy kick workout 10min

KB swing 32KGs AMRAP 8R, 12R, 8R

J,C,Slip,C,slip 2 min x 2

J,C,RH 2 min

AMRAP push-up 30R, 30R

Switch Kick 2 min

1,2, check, RH 2 min

10/23

Incline press 90s 3x5

Crunch decline 45lbs 2x8 SS crunch 2x8

Pull-ups w50s 3x5, BW 75R

Bench 225 3x2

Db flys 75s 2x8, 1x5

V bar row 130lbs 3x8

Bosu push-up 60R

Incline row 65s 3x8

10/24

Front squat 95lbs 1x5, 145 2x5, 155 1x1

Hip thrust 225 4x5

Reverse lunge 60s 3x3

Plank 1min x2

Squat 185 1x5, 225 2x3

Pull-ups 24R

10/25

Pull-ups 50lbs 1x3, 28kgs 3x2,

Med ball slam 7x8

Deadlift 225 1x3, 245 1x2, 1x3

Military press 115 2x3, 95lbs 1x8

Med ball press ups 4x8

Db row 80s 3x8

10/26

Db incline press 95s 2x3

Ab crunch 180lbs 3x8

Bench 225 2x1, 185 1x5

Clap push-up 4x8

10/27

Versa 2min 153ft, 2min 163ft, 2min168ft

Hip thrust 225 5x5

Single leg jump 3x8

Reverse lunge 65s 2x2, 50s 3x3

Depth jumps 3x8

Plank 1min x3

Crunch 60R

10/28

Pull-ups w/25s 3x8, w/50s 3x5

Incline db press 80s 5x5

Db flys 70s 3x5

Ab wheel 2x18

10/29

Front squat 135 4x5

Reverse lunge 65s 3x3

Back squat 225 3x2

Stiff leg DL 185 2x5, 135 1x5

Push-ups AMRAP 50

Glute machine 7R 3x8

Leg press 360lbs 1x6

10/30

Lat pull down 160lbs 2x6, 145 1x8

Straight pull down 50s 2x8, 40s 1x8

T bar row 135lbs 2x8, 90s 2x12

Pull-ups 12Rx2

High row 115 2x7, 90s 1x8

Curl 65s 2x7

Weighted pulls 50lbs 2x2

10/31

Versa 191 ft 3 min, 216 ft 3min, 206ft 3min, 206ft 3min

Ab rope 140 lbs 3x12

Plank 1 min x2

11/3

Push-ups 110R

Squat 100R

11/5

Pull-ups 100R

Leg raise 10R

Push-up 105R

11/6

Pull-ups 40z

Push-ups 100R

Squat 62R

11/6

Push-ups 70R

Squat 25R

11/7

Push-up 60R

Jump lunge 2x8

Crunch 60R

September 2022

9/1

Pull-ups w/25lbs 3x8

Ab roller 100R

Db row 85lbs 3x8

Plank 1 min x3

Versa climber 125 ft 2 min, 139 2 min

Sit-ups 25R

9/6

Incline db 80s 3x8

Plank 1 min x3

Db flat fly 75s 3x8

Ab roller 36R

Flat bench 185 3x8

Versa climber 5min 307ft, 5min 345, 6min 400

PM workout

Push-up 25R

Pull-up 30R

Db hammer 30s 3x10

9/7

Front squat 95lbs 2x5, 3x8

Push-up 250R

Reverse lunge 45lbs 5x5

Hip thrust 225 3x8

Versa - 6 min/394ft, 6min 402ft, 6min 462ft

Pull-ups 30R, w/45 1x5

Db hammer 35s 1x8, 1x5

9/8

Weighted pull-ups w/45s 3x5, w/25s 3x8

Push-up 175R

Db row 80s 3x8

Versa 7min 420ft, 7min 441ft, 7min 451ft

Situp 50R

9/11

Squat 185lbs 5x5

Situp 100R

Standing calf 355lbs 3x12

Glute machine 8R 3x8

Seated calf raise 90lbs 4x12

Push-up 100R

Pull-ups 30R

Reverse lunge 45s 1x3

9/12

2 min 120ft, 10min 585 ft, 10min 658ft

Db incline 80s 3x8

Ab roller 5x12

Plank 1min x4

Db flys 75lbs 3x8

Bench 185 2x8, w/chains 2x4

9/13

Versa 4min/204ft, 4min/224ft, 10min/621ft, 10min/670ft

Pull-ups w/25s 2x8, w/40lbs Vest 2x8

Weighted situp 25lbs EA 3x8

Barbell row 95lbs 1x12, 115lbs 2x8

Single leg deadlift KB 12kgs 3x5

Reverse flys 45lbs 3x8

Hammer curl 35lbs 3x8

9/15

Incline db 80s 3x8

Deadlift 185lbs 5x5

Db flys 75s 2x8

Decline bench

1000ft 16 min versa

Heavy bag

Jab cross roundhouse

Jab cross switch

Lead teap knee

Power roundhouse

Power switch kick

Jab lead check switch kick

Jab cross round house

Jab cross rear check round house

Jan cross switch kick

9/16

Db incline press 80s 3x8

Hammer curl 35s 3x8

Lat pull down 160lbs 3x8

Db row 80s 3x8

Push-up 90R

Pull-up w/45s 1x7, 1x3

Pull-ups 16R

Dips 4x12

Row cable 130 3x8

9/18

Front squat 95lbs 2x8, 115 2x5

Reverse lunge 45s 3x5

Single leg dl 12kgs 3x8

Hip thrust 225lbs 3x8

Versa 10 min 587ft, 3min 173ft

Jab cross roundhouse

Jab cross switch

Lead teap knee

Power roundhouse

Power switch kick

Jab lead check switch kick

Jab cross round house

Jab cross rear check round house

Jan cross switch kick

9/19

2min 100ft, 15min 800ft

Incline Db press 80lbs 3x8

Situp 75R

Db flys 75lbs 3x8

Decline bench 185lbs 3x8

9/20

Versa 2min 100ft, 5min 263ft, 8min 523ft

Deadlift 185lbs 3x8

Pull-up w/25s 3x8

Barbell row 115lbs 1x8

Ab rope 110lbs 1x8

Jab cross roundhouse

Jab cross switch

Lead teap knee

Power roundhouse

Power switch kick

Jab lead check switch kick

Jab cross round house

Jab cross rear check round house

Jan cross switch kick

9/21

Db incline press 85s 5x5

Db flys 75s 3x8

Cable crunch 120lbs 2x12, 140lbs 1x8

Decline bench 205lbs 1x4, 185 2x8

Plank 1 min x 3

Hammer curl 35lbs 2x12

Versa 1000ft 15:30 min

9/22

Pull-ups 70R

Lateral raise 20s 3x20

Db clean press 50lbs 5x5

4 min 150+ watt bike x2

9/23

Single deadlift KB 17lbs 3x8

Front squat 115lbs 5x3

Versa 2min 118ft

Rev lunge 45s 5x5

Jab cross roundhouse

Jab cross switch

Lead teap knee

Power roundhouse

Power switch kick

Jab lead check switch kick

Jab cross check round house

Jab cross rear check round house

Jan cross switch kick

9/25

Lat pull down 175lbs 4x6

Tri cable 100lbs 4x8

T bar row 115 3x8

Hammer curls 40lbs 3x8

High row 115lbs 3x8

Curl bar 60s 3x8

Seated calf raise 90lbs 1x12, 115 1x8

Push-up 40R

Pull-ups 10R

9/26

Incline db press 80s 3x8

Versa 2min 144ft, 5min 340ft, 2min 127ft

Pull-ups w/25s 3x8

Bench 185 3x8

Db flys 75lbs 2x8

9/27

Barbell row 95lbs 3x8

Pull-ups weighted 39 lbs 3x8

Fan bike 150+ watts 2min x3

Kb swing 52lbs 3x12

Versa 3min 225ft, 3min 190ft

9/28

Plank 1 min x3

Hip thrust 225lbs 3x8

Single leg DL 20kgs 1x3

Cable crunch 130lbs 1x8, 150lbs 2x8

10 Kg situp 2x8

Reverse lunge 45lbs 5x5

Side plank 15sec x2

2 min row 140 watts x2

Push-up 125

Deadlift 225lbs 2x8, 275lbs 1x5, 315 1x3

Incline db row 70s 3x8

9/29

4 min 200 watts bike x3

Pull-ups 70R

Db clean 50Lbs 3x5

9/30

Versa 3min 197ft

Incline db press 90s 2x5, 80s 3x5

Plank 1 min x3

Crunch rope 150lbs 3x8

Db flys 75s 3x8

Ab roller 3x8

Hammer curl 35s 3x8

Bench 205 2x5, 225 1x2, 135 w/ chains

Weighted pull-ups w/25s 3x8

Versa 2min 168ft, 164ft, 163ft

Row 2min 100+ watt

August 2022

8/1

Deadlift 225 3x3, 185 3x6

Plank 1 min x4

Pull-ups w/45lbs 2x3, 25lbs 2x6

Hanging leg raise 20lbs 3x8

Hip thrust 185 3x8

8/2

Db incline 85s 1x8, 2x6

Db flys 65lbs 3x8

Reverse lunges 60lbs 3x3

Squat 205 2x5, 185 2x5

Seated calf raise 90lbs 1x15, 125 3x8

Wide chest press 90lbs 1x12, 135 lbs 2x8

Glute machine 7R 2x7

8/3

Lat pull down 160 lbs 3x8

Tri cable 100lbs 3x8

Row 80lbs 3x8

T bar row 125lbs 3x8

Back extension 3x12

8/4

Db incline 80s 3x8

Plank 1 min x3

Db flys 70lbs 3x8

Side plank 15 sec x3

Crunch 75R

Decline bench 185 2x8

8/5

Barbell row 135 3x8

Db curl 25s 2x8, 30s 2x8

Pull-ups w/25s 3x8, BW 3x8

Push-ups 175R

Decline crunch 45lbs 3x8

Incline db row 70s 3x8

Crunch 50R

Bent over fly 40s 3x8

8/6

Incline db 90lbs 1x8, 2x6

Flat db flys 70lbs 3x8

Straight curl 60s 3x8

Hammer curls 32.5lbs 2x8

Decline bench 205 2x5, 185 2x5

Seated calf 115lbs 3x8

Standing calf raise 295lbs 3x8, 335lbs 2x8

Push-up 75R

glute machine 8R

8/7

Squat 195lbs 2x6, 185 3x8

Reverse lunge 60lbs 5x3

Deadlift 225 4x5

Weighted pull-ups 25lbs 1x8, 45s 2x5

8/8

Db incline 85s 5x5

Ab roller 3x12

Plank 1 min x3

Db flys 70s 3x8

Decline bench 185 3x8

Crunch 50R

8/9

Pull-ups w/45lbs 3x5, w/25s 1x8

Barbell row 95lbs 2x12, 115 2x8

Incline db row 70s 2x8

Plank 1 min x3

Sit-up 100R

Lateral raise 25lbs 3x12

Hammer curl 35s 3x8

8/10

Db incline 100s 2x5, 85s 1x8

Curl 60s 3x10

Db flys 70s 3x8

Hammer curl 32.5lbs 2x12

Decline bench 205 2x6, 185 1x6

8/15

Pull-up 9x8

Bent over row 135 2x8, 95lbs 2x8

Push-up 125R

Crunch 75R

Db row 80s 2x8

Plank 1 min x3

Bent over flys 35lbs 3x12

8/16

Db press incline 90s 1x5, 80s 2x5

Plank 1 min x4

Crunch 75R

Flys 70lbs 1x5, 2x8

Pull-ups 4x8

Bench 185 3x5

8/18

Pull-ups 6x8, w/44lbs 3x5

Db row 75lbs 3x8

Decline crunch 2x8

Plank 1 min x 4

Barbell row 95lbs 2x15

Push-up 125R

Curls 30s 1x8

8/19

Squat 205 2x5, 185 3x5

Push-up 150R

Sit-up 150R

Calf standing raise 355 4x10

Reverse lunge 60lbs 3x3

Glute machine 8R

8/20

Incline press 85s 3x8

Curl bar 65s 3x8

Db flys 70lbs 3x8

Curls 35lbs 2x8

Hammer curl 35lbs 2x8

Bench 205 2x5, 185 1x7

KB situp 15lbs 3x8 each side

60 pull-ups

8/21

Lat pull down 175lbs 3x7

Tri cable 100lbs 4x8

T bar row 115lbs 2x8, 135lbs 2x8

V bar seated row 130lbs 2x12

Kb sit-up 15lbs 2x8, 2x10 each side

Pull-up 4x12

Isolated curl 30s 3x8

Incline db curl 27.5

8/22

Reverse lunge 44lbs 5x5

Db dl 60lbs 3x8

Plank 1min x3

Weighted pull-ups 44lbs 3x5, pull-up 2x12

Push-up 50R

Versa climber 2 mins x 2

8/23

Db incline press 80s 3x8

Ab roller 3x12

Db flys 70s 3x8

Decline bench 185 2x8

Side plank 15 secs x3

Plank 1min

Crunch 100R

Diamond push-up 2x15

Versa 2 mins 130ft, 146ft, 137ft, 135ft

8/26

Pull-up w/44lbs 5x5

Plank 1min x4

Push-up 125R

Db row 75s 3x8

8/27

Incline db press 95lbs 1x7, 1x3

85lbs 1x8, 1x5

Curl bar 65lbs 3x8

Bench 205 1x6, 1x5, 1x4

185 2x8

Hammer curl 35s 3x8

Flat db flys 75lbs 2x8

Kb sit-ups 10kgs 3x8

Pull-ups 45R

8/28

Lat pull down 175lbs 3x7

T bar row 135lbs 2x6, 90 3x8

High row 115lbs 3x8

Jackknife 2x12

Pull-ups 3x15

KB sit-up 10kgs 1x8

8/29

VersaC 30min 1423 ft

ab rollers 100R

Hammer curl 30lbs 2x12

Bench 205 1x3

8/30

Incline db 75lbs 3x8

Pull-ups 80R

Db flys 75lbs 4x6

Bench 205 3x5, 185 1x6

8/31

2mins 124 ft, 10min 610 ft, 10min 629ft

40lbs reverse lunge 5x5

Sit-ups 100R

Front squat 95lbs 3x8

Ab roller 1x25, 1x12

July 2022

7/2

Push-up 75R

Crunch 75R

Bar overhead 2x5

7/3

Deadlift 195 4x6

Pull-up w/25s 3x8

Hammer curl 25s 3x8, 30s 1x8

Db row 80s 3x8

7/4

Incline db press 95lbs 1x4, 1x3

85lbs 2x6

Front raise 20lbs 3x10

Flat db fly 65s 3x8

Lateral raise 25s 3x10

High cable cross 80lbs 8R SS push-up 15R (3 sets)

7/6

Lat pull down 160lbs 4x8

Tri cable 110 3x8

Db row incline 70s 3x8

V bar row 110lbs 1x12, 130 2x8

Straight bar pull down 30lbs 2x12

BW back extension 3x12

Row 90lbs 3x8

7/7

Db incline press 95lbs 1x5, 1x4

80s 3x8

Straight bar curl 70s 3x5

Db flys 65s 3x8

Hammer curl 30lbs 2x8

Bench 205 1x5, 1x4

185 1x6

Reverse curl 30lbs 2x12

7/8

Reverse lunge 50lbs 3x5

30s 2x8

Squat 135 3x8

Crunch 50R

Military press 95lbs 3x8

Seated db MP 65s 2x8

Front raise 25s 2x8

Seated calf raise 90lbs 1x10

7/9

T bar row 125lbs 3x8

V bar row 130lbs 2x8, 160 2x8

Front raise 35lbs 3x8

Lat pull down 145lbs 1x8, 160 2x8

Straight pull down 40lbs 3x8

Tri cable 110s 4x8

High row 90lbs 1x8, 115lbs 2x5

7/10

Incline db 90s 2x8, 70s 1x8

Hammer curl 35s 3x8

Db flat fly 70s 1x8

Cambered curl bar 55lbs 3x10

Decline crunch 45s 3x8

Wide chest press 125lbs 3x8, 135 1x8

Reverse grip curl 40s 3x8

7/11

Deadlift 225 3x5, 275 2x3

Pull-up w/25s 5x5

Incline db row 70lbs 3x8

Push-up 100R

Pull-up BW 3x10

Db row 70lbs 2x8

7/12

Reverse lunge 55lbs 5x5

Squat 205 3x5, 225 1x2, 135 2x8

Seated calf raise 115s 3x8, 90s 2x8

Glute raise 4R 3x8

Ham extension 110 1x8

7/13

Incline db 90s 2x4, 1x3 / 65s 2x12

Db flys 70s 3x8

Decline bench 185 3x8

Ab roller 2x12

7/14

Lat pull down 130lbs 2x8, 145 2x8

Tri cable 110 2x8

T bar row 135lbs 4x6

Reverse curl 45s 3x8

Incline db row 75s 3x8

Incline db curl 25s 3x8

High row 90s 2x12

Weighted pull-ups 25s 2x8

Hammer curl 30s 2x12

7/15

Incline db 80s 3x8

Db fly 70s 3x8

Plank 1 min x 3

Side plank 15 sec (each side) x2

Jackknife crunch 2x12

Decline bench 185 3x8, 205 1x3

7/16

Reverse lunge 60s 5x5

Squat 205 2x6, 185 2x6

Glute raise 5R 3x8

Seated calf 70lbs 2x12, 115 2x8

Plank 1 min x2

Leg extension 8R 3x8

7/17

Deadlift 205 3x5

Push-up 125R

Diamond push-up 45R

Weighted pull-ups 35lbs 3x6, 45s 1x5

Lat pull down 165lbs 3x8

Back extension BW 3x12

Tricep cable 110lbs 3x8

T bar row 125lbs 2x6, 135lbs 3x5

Shrugs 115lbs 3x8

7/20

Incline db 50lbs 3x15

Pull-ups 5x8

Incline flys 50lbs 3x12

7/23

Plank 1 min x 3

Leg extension 126lbs 2x8

Hammer curl 30s 2x12

Push-up 4x25

Pull-ups 3x8

7/24

Deadlift 205 3x6

Weighted pull-ups 35lbs 1x8

45lbs 2x5

Lat pull down 175lbs 2x6, 145lbs 2x8

Concentrated curl 27.5lbs 1x8, 25 1x8

T bar row 125 lbs 2x8, 90lbs 2x8

Single row 90lbs 2x8

Curl bar 65s 3x8

Push-up 75R

7/25

Leg rolling

Incline dbs 80lbs 2x8, 70lbs 2x8

Decline bench 185 3x8

Plank 1 min x3

Flys 65lbs 3x8

7/26

Squat 185 4x5

Back extension 2x12

Glute master 6R 4x6

Leg extension 125lbs 3x8

Seated calf 115 3x8, 125 2x5

Reverse lunge 60lbs 4x3

7/27

80lbs incline db 4x6

Plank 1 min x3

Db flys 65lbs 2x8

Decline bench 185 2x8

Ab roller 4x12

Curl db 30s 1x8

Diamond push 1x12

7/28

Lat pull 160lbs 3x8

T bar row 125lbs 3x6

Db row 70lbs 3x8

Calf raise 90lbs 2x12, 125 3x8

Standing calf raise 315 3x8

Shoulder press 60lbs 1x8

Hammer curl 27.5lbs 1x8y

June 2022

6/1

Db incline press 80s 4x6

Crunch regular 4x20

Db flys 60s 3x8

Jack knife crunch 3x12

Bench 195 3x6

Weighted leg raise 25s 2x8

6/2

Hip thrust 185 3x8

Squat 205 3x5, 185 2x5

Rev lunge 45s 5x5

6/3 5:30 AM

Deadlift 135 1x8, 185 3x8

Weighted pull-ups 12kg 3x8

Barbell rows 115 3x8

10 min 1740 meter row

Pull-up 6x8

Push-up 6x25

Front raise 15lbs 3x8

Ab roller 2x12

6/5

Incline db press 85s 3x8

Db flys 65s 3x8

Decline crunch 45s 3x8

Isolated curl 27.5 3x8

21s 40 lbs 2 sets

Dips 3x12

6/6

DL 205 5x5

Weighted pull-ups 12kgs 3x8

Barbell row 135 2x8

Hip thrust 225

6/7

Squat 135 1x8, 205 4x5

Reverse lunge 40s 4x6

Crunch regular 4x25

Push-up regular 8x25

Leg extension 7R 3x8, 10R 1x8

Leg press 360lbs 3x8

Calf raise 235 3x8

Seated calf raise 90lbs 3x8

Lying leg curl 50lbs 3x8

6/8

Incline db 85s 1x8, 1x6 / 70s 2x8

Flat db fly 60s 2x8

Lateral raise 25s 3x8

Front raise 15s 2x8, 20s 1x8

Bench 205 3x3, 185 3x6

Military press 95lbs 3x8

6/9

Lat pull down 145 3x8, 160 1x8

Tri cable 80s 3x8, 90s 1x8

High row 90s 1x8, 100s 2x8, 115 1x6

Straight bar pull down 40s 3x8

Back extension 25lbs 3x8

T bar row 115 2x8, 135 2x6

Cable vbar row 130 2x8

6/10

Squat 185 2x8, 225 2x3, 185

Reverse lunge 45s 5x5

RDL 135 1x8, 155 2x8

Leg extension 8R 1x8

6/11

Incline press 90s 1x8, 1x6

80s 1x8

Flat db flys 65s 3x8

55s curls bar 3x10

Flat bench 205 2x5

Hammer curl 40s 2x8

Chair dip 12R 3x8

Push-up 75R

Pull-up 30R

Sit-up 75R

6/13

Deadlift 205 3x8

Barbell row 135 3x8

Db rows 75s 3x8

Pull-up 2x12, 2x8

Incline db row 55s 3x8

6/14

Hip thrust 135 1x8, 225 3x8

Squat 135 1x8, 195 3x8

Leg raise 25lbs 3x8

Reverse lunge 60s 3x3, 40s 3x5

Crunch regular 75R

6/15

Incline db press 90s 5x5

Lateral raise 20s 3x12

Db flat flys 65s 3x8

Ab roller 4x8

Flat bench 200lbs 2x5, 185 2x8, 135 1x15

Leg raise 25s 2x8

6/16

Deadlift 225 5x5

Pull-up 12kg 3x8

Barbell row 135

6/17

195 squat 3x8, 225 lbs 3x3

60s rev lunge 7x3

RDL 135 1x8, 185 2x5

6/19

Pull-ups BW 4x12, 1x8

Lateral raises 15s 3x20

Front raise 15s 1x12

60lbs Cable upright row 3x8

Push-up regular 6x25

6/20

Incline db press 90s 2x8, 1x6

Curl bar 65lbs 4x8

Flat db fly 65s 3x8

Flat bench 205 3x6, 225 1x3, 1x2, 1x1

Isolated curl 30s 4x5

Seated dip 13R

6/21

Deadlift 225 4x3, 2x5

Barbell row 135 3x8

Tricep cable 110 5x8

Pull-up w/12kgs 1x5, 1x8

6/22

Squat 195 3x8

Hip thrust 225 3x8

Sit-up 2x25

60lbs rev lunge 6x3

KN front squat 24kgs 3x8

6/23

Db incline press 90s 2x7, 1x6

Push-up regular 5x25

Db flat flys 65lbs 3x8

Dips BW 4x8

Military press 95lbs 3x8

Front raise 20lbs 2x8, 25lbs 1x8

6/24

Lat pull down 160lbs 2x8, 175 1x8

Straight pull down 80lbs 3x8

T bar row 90lbs 1x8, 135 2x8

Wide 90lbs 1x8

Incline db row 65lbs 3x8

Single tri db ext 25lbs 2x8

V bar row 115lbs 2x8, 1x20

Diamond push-up 3x20

Pull-up 2x10

Tri cable 100lbs 2x10

6/26

Barbell row 135 3x8

Bosu ball push-up 3x25

Db row 28kgs 1x15, 1x12, 1x10

Pull-up 3x10

Tri curl 27.5kgs 2x8

Low row machine 80lbs 3x8

Lat pull down 55kg 3x8

6/27

Reverse lunge 4x5 24kgs

Bosu push up 100R

Diamond push-up 1x25, 2x20

Db Squat 26kgs 3x12

Leg extension 40kgs 2x10

Db shoulder standing 12kgs 3x10

Chest machine fly 50kgs 3x8

Chest press 65lbs 3x8, 80kgs 1x8, 100kgs 1x8

Db flys 26kgs 4x8

Front raise 10kgs 3x8

Push-up 1x25

6/29

Db flys 26kgs 4x12

Push-ups 150R

Lateral raise 10kgs 4x12

Db incline 26kgs 1x18

Front plate 10KGs 2x20

Lateral raise 7.5Kgs 3x12

Upright cable row 20kgs 2x12

Front raise 10kgs 2x12

Db hammer 10kgs 2x12

Pec machine 40kgs 3x12

Pull-up 3x12, 1x8

6/30

Barbell row 80lbs 2x8, 100lbs 1x8

Low row machine 65kgs 3x8, 75kgs 2x8

Lat machine 55kgs 3x8, lat pull down 60kgs 2x8

March 2022

3/1

Squat 185 3x8, 225

Reverse lunge 40s 5x5

Hip thrust 135 3x8

RDL KB 32 kgs 2x5

3/2

Incline db 80s 3x8

Flat db fly 60s 3x8

Ab roller 3x12

Flat Bench 195 3x8

Decline Crunch 45/BW 2x8

Incline DB fly 60s 3x8

Crunch regular 50R

3/3

Military Press 105 3x5

95 2x8

Front raise 20s 3x8

Deadlift 185

3/4

Incline DB 75lbs 3x8

Incline db 60s 2x8

Curl bar 55lbs 5x5

Bench 185 3x8

3/5

Squat 205 5x5

Reverse lunges 45lbs 5x5

Military press 105 4x5

Leg extension 7R 3x8

Skull crusher db 25s 3x8

Standing bar tri 40lbs 3x8

Leg press 450lbs 3x6

Tri cable 80lbs 3x8

3/6

Lat pull down 145 lbs 3x8

Straight Barr pull down 80lbs 3x8

Curl bar 65 lbs 4x8

T bar row 125 3x8

Incline db row 65s 3x8

3/7

115 3x5

Front raise 20s 3x8

Lateral raise 35lbs 3x8

Upright cable row 100lbs 3x8

3/8

Deadlift 185 3x8

Weighted pull-ups 26lbs 4x5

3/9

Squats 185 3x8

Reverse lunge 55s 5x5

Hip thrust 185 3x8

RDL 135 x12

Front raise 25 lbs

3/10

Military Press 95lbs 3x8

Hammer curl

3/11

Incline bench 80s 3x8

Flat fly 70lbs 3x8

Bench 205 3x6

Wide press 90lbs 3x8

Curl bar 55s 4x8

3/13

Deadlift 225 5x5

Lat pull down 160 3x8

Tri curls 3x8 60lbs

T bar row 115 3x8

Rack pull 185 2x8

3/14

Incline DB 75lbs 3x8

Bench 185 3x8

Db flys 60lbs 3x8

3/15

Squat 195 3x8

Hip thrust 185 3x8

Reverse lunge 50lbs 5x3

Ab roller 4x12

3/16

Deadlift 205 4x6

Pull-up weighted 25lbs 4x5

Db row 80lbs 3x8

Incline DB row 55s x8

3/17

Incline db press 75lbs 3x8

Ab roller 3x12

Flat db fly 65s 3x8

Bench 195 2x8

135 2x12

3/18

Squat 195 2x5

185 3x8

Reverse lunge 50s 5x5

Leg press 450lbs

Crunches 100R

3/19

Lat pull down 145 3x8

Straight bar pull down 90lbs 3x8

Seated db 65s 3x8

Front raise 22.5 3x8

High row pull 90lbs 3x8

Rear delt fly 30s 3x8

Upright cable row 100lbs 3x8

3/20

Bench incline 185 5x5

Decline press 90lbs 4x8

Flat db fly 70s 3x8

Seated cable 60lbs 3x10

3/21

Barbell row 95lbs 3x8

Lat pull down 145 2x8

115 1x12

Straight Bar pull down 80s 3x8

Db row 80s 3x8

High rows 90lbs 3x8

3/22

Smith military 50lbs 2x12

75lbs 3x8

Lateral raise 25s 3x8

Front raise 20s 3x8

Sp seated 60lbs 3x8

Hammer curl 32.5 3x8

Incline rear fly 25s

Straight bar curl 70s

3/23

Incline db press 90lbs 2x5

75s 2x8

Flat db fly 60s 3x8

Flat bench 185 3x6

Incline iso press 90lbs 2x8

70lbs x8

3/24

Shoulder press 65s 3x8

Lat pull down 160 3x8

Lateral cable raise 30s 3x8

Front raise 35s 3x8

High row pull 90s 1x12

115 2x8

MP 90lbs 3x8

3/25

Incline db 80s 3x8

Rev lunges 35s 3x8

Incline db flys 60s 3x8

Incline ISO press 90lbs 3x8

Bench flat 205 2x5, 2x8

Goblet db squat 55 3x12

Calf raise 360lbs x12

Push-up regular 25

3/26

Squat 205 3x3

185 4x5

Reverse lunge 50s 5x3

Leg extension 8R 3x8

3/27

Deadlift 185 2x5

225 3x3

Pull-ups w/35 4x5

Lat pull down 145 3x8

Straight bar pull down 3x8 90s

T bar row 100lbs 3x10

Curl bar 70s 4x5

3/28

Military press 95lbs 1x7, 115 4x5

Abs Tasha

Front raise 20s 3x8

Lateral raise 30s 3x8

3/29

Deadlift 205 3x3, 235 x3

Db row 75lbs 3x8

Pull-up w/25s 4x5, BW 1x8

3/30

Incline db 80s 4x5

Flat db flys 60s 3x8

Flat bench 195 1x8, 2x6, 1x5

Ab roller 3x12

3/31

Deadlift 185 3x8

Pull-up w/25s 3x6

February 2022

2/1

Hip thrust 165 5x5

Squat 185 3x8

225 2x3

Reverse lunge 40s 5x5

2/2

Db incline press 85s 1x8

70s 2x8

Db flys 70s 3x8

Roller ab 3x12

Bench 205 3x3

185 1x8

Flat db fly 50s x12

2/3

Deadlift 185 3x8

235 3x3

Pull-ups 25lbs 5x5

Db rows 75s 3x12

Rack pull 145 2x87

2/4

Squat 185 3x8

Lateral raise 25s 3x8

Reverse lunge 45s 5x5

Military press 95lbs 4x8

Seated military db 65s 3x7

Front raise 22.5 3x&

Leg press 360 1x8

450 2x6

2/5

Bench 205 3x3

215 3x3

Hammer curl 30s 2x12

Curl bar 55s 3x8

Wide chest press 95lbs 3x12

Db flys

2/6

T bar row 90s 2x8

115 3x8

Lat Pull down 130 2x8

160 2x8

V bar pull 115

2/7

Squat 135 3x8

185 3x3

Db reverse lunge 45s 5x3

30s x8

2/8

Incline db press 70s 3x8

Incline db fly 60s x8

Ab crunch rope 110 3x12

Crunch regular 100

Bench 195 3x6

Flat fly 70s 3x7

2/9

Military Press 115 2x5

105 x8

Upright cable row 100lbs x8

2/10

Deadlift 135 2x8

185 3x6

Pull-up 25lbs 4x5

Db row 80s 2x8

2/11

Squat 185 3x6

Db reverse lunge 45s 5x5

90lbs seated calf 3x12

RDL 95lbs 3x12

KB front squat 24kgs x12

2/12

Incline db press 90s 2x6

80s 2x8

Hammer curl 35s 3x7

Flys 65s 3x7

Curl cambered 65lbs x8

2/13

Lat pull down 160lbs 4x6

Upright cable row 80lbs 3x8

T bar row 115 5x5

Pull-ups x8

2/14

Military Press 115 3x3

95 lbs 3x8

Db lateral 20s 3x8

Db front raise

2/15

Squat 135 1x8

185 4x5

Reverse lunge 50s 3x5

2/16

Deadlift 185 3x8

Pull-ups w/25s x8

DB rows 80s 3x8

Db incline rows 60s 3x8

Deadlift 255 2x1

2/17

Incline DB press 70s 2x8

80s 2x6

Swiss ball jackknife 3x10

Incline flys 60s 3x8

Ab roller 3x12

Bench 195 3x6

185 2x8

Ab crunch 110 lbs 3x10

2/18

Squat 135 1x8, 185 5x5

225 3x1,

Reverse lunge 30s 3x8

Military press 95lbs 2x8

Leg press 450 lbs x6

2/19

Lat pull down 4x6, 160lbs

Low Pull down 90lbs 3x8

Tricep pulls 90lbs 3x8

T bar row 105 3x8

2/20

Db incline press 85lbs 3x8

Hammer curl 32.5lbs 3x8

Decline bench 185 3x8

Flys flat db 65s 3x8

Wide chest press 115 ES 3x8

2/21

Squat 185 x8

Reverse lunge 40s x8

2/22

Rhombus 135 1x8

185 2x5

Pull-up 25s 3x6

Db row 80lbs 3x8

2/23

Military Press 100lbs 4x8

Front raise 20s 3x8

Lateral raise 35s 2x8, 30s 1x8

Cable upright row 80s x8

2/24

Db incline press 85s 3x4

70s 3x8

Flat db flys

2/25

Deadlift 135 1x5

185 5x5

Pull-up 25lbs 3x8

Db row 80s 3x8

Rack pull 185 3x8

2/26

Squat 185 3x5

205 2x3

Leg press 450 2x6, 1x4

270 x8

Reverse lunges 35s 3x8

Front SP iso machine 70lbs 3x8

Lateral raise 25s 3x8

2/27

Db incline 90s 3x6

Incline flys 60s 3x8

Hammer curl 27.5 2x8

Bench 205 2x5

175 x8

Curl bar 60s 3x8

Wide chest press 90lbs 3x8

ISO curl 30s 3x8

2/28

Deadlift 185 3x8

Rack pull 185 3x5

January 2022

1/9

Squat 135 2x8

185 5x5

Reverse lunge db 45s 3x5

35s 2x5

25s 2x8

Military Press 105 3x3

95lbs 3x8

Leg press 270lbs 3x8

360 3x5

Lateral raise 22.5 4x10

Front raise 17.5 4x10

Romanian Deadlift 95lbs 4x8

Shoulder press 60s 4x5

Calf raises 90lbs 2x8

105 lbs 3x5

1/10

DB incline press 80lbs 4x7

Incline db flys 60s 4x7

Rope crunch 120lbs 3x12

Incline db curls 20s 2x8

25s 2x8

Landmine 45lbs 3x10

Cable curl 90s 1x8

100s 2x8

High cable fly 50lbs 1x8

60s x8

Hammer curl 30s 3x8

Bench 205 x3

1/11

Deadlift 185 2x6

245 2x3

Weighted pull-ups 35lbs 3x5

Long Seated Pull 115 4x12

Incline db rows 70s 3x10

Db rows 80s

1/12

Squat

135 1x8

185 3x8

4x3

Hip Thrust 135 4x8

Db reverse lunge 45s 3x5

35s 2x5

1/13:

Db incline press 80lbs 3x8

Db incline flys 60lbs 3x8

Landmine 45lbs 3x10

High cable flys 70lbs 3x8

Bench 185 x8

1/14 Shoulders

Military Press 100lbs 4x8

Lateral raise 25lbs 4x8

Reverse fly 25lbs 3x8

Cable single UR 90lbs 3x8

MP 105 2x5

1/15

Deadlift 185 2x8

245 2x4

275 2x2

Pull-up weighted 35lbs 2x8

25lbs

Single tri extension 22.5 2x8

Incline db row 70lbs 4x8

Lat pull down 145s 3x8

1/16

Incline Db press 85s 3x8

Incline db fly 65s 3x8

Crunch decline 45s 2x8

Hammer curl 35s 3x8

Flat db press 95lbs 2x5

Bench 205 2x5

185 3x5

21s 40lbs 2 sets

ISO curl 30lbs 2x8

25s 1x8

Wide Chest ISO 105 each side x8

1/17

Squat 185 5x5

Reverse lunge 45s 2x6

25s 2x6

Romanian DL 135 3x8

Leg press 270 lbs 2x8

360 3x6

Standing calf raise 315 4x8

1/18

Deadlift 185 3x8

245 1x2

W/Pull-ups 35lbs 3x6

Incline DB row 75lbs 4x6

1/19

Military press 115 lbs 5x3

Lateral raise 25s 2x8

30s 1x8

Rear delt fly 25s 3x8

Seated db press 65s 2x5

50s x8

Front raise 20s 3x8

1/20

Incline Db press 85s 3x8

Incline db fly 65s 3x8

Landmine 90lbs 3x8

Bench 185 5x5

High cable fly 80lbs 3x8

1/21

Deadlift 185 3x8

245 3x3

W/Pull-ups 35lbs 3x6

Incline DB row 75lbs 2x8

60lbs 1x12

Lat pull down 160lbs 3x8

High row 90lbs 2x10

Low Vbar 195 3x12

1/22

Squat 185 3x8, 205 2x5, 135 2x8

Leg press 360 2x8, 450 2x6

Reverse lunge db 40s 5x5

Romanian DL 135

Front raise db 22.5 3x10

Lateral raise db 30s 3x8

Shoulder press db 65s 3x8

1/23

Incline db 85s 3x8

Incline db fly 65s 3x8

Bench 185 5x5

Wide Chest Press 115lbs 3x8

Wide flys 120lbs 4x8

Decline crunch BW 3x12

1/24

Deadlift 205 5x5

Weighted pull-ups 25lbs 3x8

Ab roller 3x15

Db row 75lbs 3x8

Barbell row 135 3x8

1/25

Db lateral raise 25s 3x8

Db front raise 15s 3x12

Military press 115 5x5

Upright row 80s 4x8

1/26

Squat 185 3x8, 205 x3

Hip thrust 135 2x8, 185 2x5

Reverse lunges 50lbs 5x5

Romanian deadlift 135 3x8

1/27

Incline db 85s 3x8

Incline db fly flys 65s 3x8

Ab roller 4x12

Bench 185 3x8

Cable high fly 80s 3x8

Hanging leg raise 3x12

1/28

Deadlift 205 3x5

235 2x5

Weighted pull-ups 35lbs 3x7

T bar row 90lbs 3x12

Lat pull down 156lbs 3x8

T bar pull 145lbs 4x8

Wide Lat pull down 30lbs 2x8

Incline db row 70s 2x8

1/29

Squat 185 3x8

225 2x3

Reverse lunge 50s 4x5

Lateral raise 25s 3x8

Military press 115 4x3

Romanian dL 185 2x8

Sp db 65s 3x8

Front raise 22.5 3x8

Upright row 100lbs 3x8

Leg press 360lbs 3x8

1/30

Db incline press 3x8

Hammer curl 35s 3x8

Incline db flys 70s 3x8

Bench 205 2x5

185 2x5

Lateral fly machine 115 2x12

Wide iso press 90lbs x8

1/31

Deadlift 185 3x8

225 3x3

Pull-ups 25lbs 4x5

Db row 70s 3x8