

gym log, v4

Warm Up				
foam rolling, yoga, body priming – 5+ minute				
Push Day				
exercise	sets	reps	rest	
today's date:				
a) Bench Press b) Incline Press c) Flyes	3	8-12	60s	wt
				reps
a) Squats b) Leg Press c) Lunges	3	8-12	60s	wt
				reps
a) Deadlifts b) Rows c) Pull-ups	3	8-12	60s	wt
				reps
a) Shoulder Press b) Lateral Raises c) Rear Delts	3	8-12	60s	wt
				reps
a) Bicep Curls b) Hammer Curls c) Cable Curls	3	8-12	60s	wt
				reps-
a) Tricep Dips b) Overhead Extension c) Pushdowns	3	8-12	60s	wt
				reps
Face Pulls	3	15	30s	
Calf Raises	3	20	45s	
Mets (Time/Cals):				
Notes:				

[illegible]

