

gym log, v4

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

[illegible]

