gym log, v4

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

Week 1	Week 2	Week 3	Week 4	
VVCCRI	WCCR Z	Weeks	WCCK 4	
a b c	a b c	аbс	a b c	
a b c	аbс	a b c	abc	
a b c	аbс	a b c	abc	
a b c	аbс	аbс	a b c	
a b c	a b c	a b c	abc	
a b c	a b c	a b c	аbс	