

Short term goal:	1 pull up by the end of the semester	
Long term goal:	3 pull ups by end of 2025	
Taking the class to build muscle		

Day	Date	Time of Day	Duration	Intensity	Type	Workout	Metric	Sets x Reps	Notes	HR Pre	HR Halfway	HR 5 mins post
Monday	1/20	Morning	1:25	Hard	Leg	Bulgarian Split Squats	20 lbs	3 x 8	felt rusty from not working out over winter break	75 BPM	135 BPM	104 BPM
						RDLs	25 lbs	3 x 8				
						Goblet squats	25 lbs	3 x 8				
						Thigh Abductor/Inductor	35 lbs / 30 lbs	3 x 8 / 3 x 8				
Wednesday	1/22	Morning	0:30	Medium	Pre-Test	Plank	1:05min	1 x 1				
						Pushups	10 reps	AMRAP				
						Mile	15:23	1x1	Post-leg day sore!			
Friday	1/24	Mid-afternoon	1:38	Hard	Push	Incline Bench Press	Moderate = 22.5lbs; Hard = 25lbs; Easy = 17.5	2 x 8 moderate; 2 x 5 hard; 1 x 15 easy		78 BPM	150 BPM	132 BPM
						Shoulder Press	15lbs	3 x AMRAP				
						Tricep Pulldowns	27lbs, until failure = 30lbs	3 x 8; 1 x until failure				
						Tricep Extensions	85lbs	3 x 8				
						Cardio	3 laps	1 lap walk, 1 lap run, 1 lap sprint	Post-leg day sore			

Day	Date	Time of Day	Duration	Intensity	Type	Workout	Metric	Sets x Reps	Notes	HR Pre	HR Halfway	HR 5 mins post
Sunday	1/26	Evening	1:46	All out	Pull	EZ Bar Curls	30 lbs	3 x 8, 3 second negatives	8 sec negatives c	68 BPM	130 BPM	104 BPM
						Half Kneeling Lat Pulldown	27 lbs, 30 lbs, 33 lbs	2 x 10 with 27lbs, 1 x 10 with 30 and 33lbs each				
						Preacher Curls	12.5 lbs	3 x failure each side				
						One Hand Dumbell Rows	25 lbs, 27.5 lbs	2 x 10 25 lbs, 1 x 10 27.5 lbs				
						Sittingn Lat Pulldown	55 lbs	3 x 8				
						Running		15 mins				
Wednesday	1/29	Evening	1:13	All out	Leg	Bulgarian Split Squats	20 lbs, 22.5 lbs	3 x 8, 2 with 20 lbs 1 with 22.5 lbs	PR!	65 BPM	167 BPM	98 BPM
						RDLs	25 lbs, 27.5 lbs	3 x 8, 1 with 25 bls, 2 with 27.5 lbs	PR !			
						Seated Calf Raises	25 lbs	3 x 10	First time doing, c			
						Goblet squats	25 lbs	3 x 8				
						Thigh Abductor/inductor	35 lbs / 30 lbs	3 x 8 / 3 x 8				
Saturday	2/1	Morning	0:55	Easy	Push	Incline Bench Press	Moderate = 20lbs; Hard = 25lbs; Easy = 17.5	2 x 8 moderate; 2 x 5 hard; 1 x 15 easy		71 BPM	133 BPM	105 BPM
						Shoulder Press	12.5lbs	3 x 8	I was sick :(
						Tricep Pulldowns	30 lbs	3 x 8; 1 x until failure				
						Tricep Extensions	55 lbs	2 x 8				
						Pec Fly	40 lbs	3 x 8				

Day	Date	Time of Day	Duration	Intensity	Type	Workout	Metric	Sets x Reps	Notes	HR Pre	HR Halfway	HR 5 mins post
Tuesday	2/4	Evening	1:37	All out	Pull	EZ Bar Curls	30 lbs	3 x 8, 3 second negatives		72 BPM	137 BPM	102 BPM
						Half Kneeling Lat Pulldown	30 lbs, 33 lbs, 33 lbs	3 x 8, (1 @ 30, 2 @ 33)				
						Preacher Curls	12.5 lbs	3 x failure each side				
						One Hand Dumbbell Rows	25 lbs, 27.5 lbs	1 x 8 25lbs, 2 x 8 27.5 lbs				
						Dead Hangs	until failure	5 reps	PR: 8 seconds			
						Inclined Curls	10 lbs	3 x failure				
						Cardio	Run/walk/sprint	15 mins				
Thursday	2/6	Evening	1:26	All out	Leg	Bulgarian Split Squats	20 lbs, 22.5 lbs	3 x 8, (2 @ 20, 1 @ 22.5)		70 BPM	156 BPM	92 BPM
						RDLs	27.5 lbs, 30lbs	3 x 8, (1 @ 27.5, 2 @ 30)	PR !			
						Seated Calf Raises	45 lbs	3 x 10				
						Goblet squats	25 lbs, 30 lbs	3 x 8 (1 @ 25, 2 @ 30)				
						Thigh Abductor/inductor	40 lbs / 35 lbs	3 x 8 / 3 x failure				
						Incline Bench Press	Moderate = 22.5lbs; Hard = 27.5lbs; Easy = 17.5	2 x 8 moderate; 2 x 5 hard; 2 x failure easy				
Saturday	2/8	Evening	1:14	Easy	Push	Shoulder Press	15 lbs	3 x 8		bad workout... w/ 69 BPM	127 BPM	84 BPM
						Tricep Pulldowns	30 lbs, 33 lbs	3 x 8; 1 x until failure @ 33 lbs				
						Tricep Extensions	85 lbs	3 x 8				
						Assisted Dips	110 lbs	3 x 5				