

Generated Workout

This LaTeX document was generated programmatically on 2020/03/06 20:24:34 using a random selection of 6 weight and calisthenics exercises from Vivek's Excel spreadsheet (bit.ly/2wAu1AB). (The order is completely random!)

Target Muscles: [Back, Shoulders]

Weights (Shoulder)

Name	Weight (lbs)	Sets	Reps/Time	Current Progression	Next Progression
Machine Shoulder Press	80	5	[3-8]	80lbs	100lbs

Bodyweight Push

Name	Weight (lbs)	Sets	Reps/Time	Current Progression	Next Progression
Diamond Pushups	0	10	[10]	100 reps at bodyweight	Add weight
Weighted Pushups	40	4	[5-10]	40lbs	50lbs
Handstand Pushups	0	4	[8-10]	Chest To Wall with limited ROM	Chest to Wall full ROM

Notes:

- Weighted Pushups → Use the heavy backpack in your room

Bodyweight Pull

Name	Weight (lbs)	Sets	Reps/Time	Current Progression	Next Progression
360 Pull	0	5	[3-8]	Half-Lay/Skin Cat	Full

Weights (Chest)

Name	Weight (lbs)	Sets	Reps/Time	Current Progression	Next Progression
Incline Bench Press	95	5	[3-8]	95lbs	105lbs