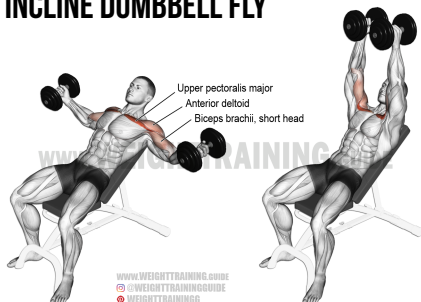


WORKOUT NOTEBOOK

September 5, 2019

INCLINE DUMBBELL FLY



MNT

DAY

WU

R1

R2

R3

R4

MAX

10

9

8

7

6

5

1RM

15

14

13

12

11

10

9

8

7

REPS 10 — 15

SETS 2 — 4

PROGR 10,11,13,15

WEIGHTS 5 — 10 (negative: false)

NOTES • Ciccio

MNT

DAY

WU

R1

R2

R3

R4

10

9

8

7

6

5

15

14

13

12

11

10

9

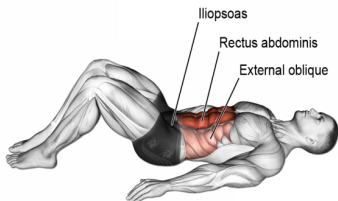
8

7

REVERSE CRUNCH

www.WeightTraining.guide

IG: @weighttrainingguide



MNT

DAY

WU

R1

R2

R3

R4

MAX

4

3

2

1

0

1RM

7

6

5

4

3

2

1

0

REPS 15 — 25

SETS 2 — 4

PROGR 10,11,13,15

WEIGHTS 0 — 4 (negative: false)

- NOTES
- Keep the movement slow and controlled. Do not use momentum.
 - Try to resist the lowering of your hips.
 - Keep your feet off the floor.
 - Keep your lower back straight so that it makes contact with the floor. If this is difficult for you, place your hands under your buttocks. This will help to straighten your lower back as well as support your pelvis. See video.

MNT

DAY

WU

R1

R2

R3

R4

4

3

2

1

0

7

6

5

4

3

2

1

0

(WEIGHT, REPS) TO 1RM

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2
2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	4	4	4
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