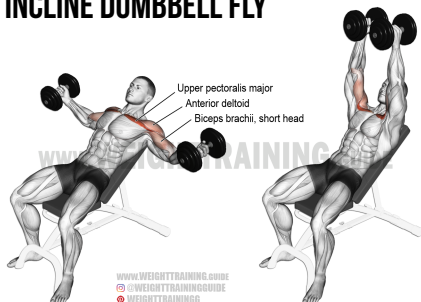


# Workout notebook

September 3, 2019

# INCLINE DUMBBELL FLY



MNT

DAY

WU

R1

R2

R3

R4

MAX

20

15

10

5

1RM

12

10

8

6

4

SRMIN 10

SRMAX 20

NOTES weight is the weight of a single dumbbell

MNT

DAY

WU

R1

R2

R3

R4

20

15

10

5

12

10

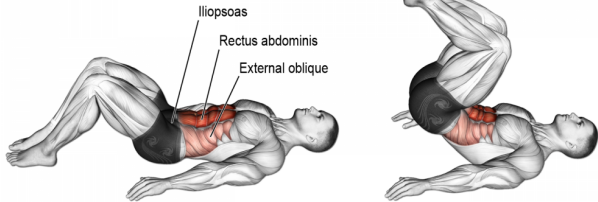
8

6

4

# REVERSE CRUNCH

www.WeightTraining.guide  
IG: @weighttrainingguide



MNT

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R3

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