Total body fat burning

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| Deadlifts | 12345 | 1210 864 |  |  |  |
| Bent over (T Bar) rows close grip (Palms facing each other) | 12345 | 10866 |  |  |  |
| Seated cable rows | 1234 | 121086 |  |  |  |
| One arm dumbbell rows palms facing forwards | 1234 | 101088 |  |  |  |
| Wide grip bent over rows | 1234 | 121086 |  |  |  |
| **TRISET:** |
| Front lat pull downs | 123 | 12108 |  |  |  |
| Lat pull downs behind the neck |  |  |  |
| Lat pull downs palms facing towards you |  |  |  |
| Pull ups wide grip | 123 |  |  |  |  |
| Pull ups reverse grip | 123 |  |  |  |  |

Extra:

* Stretch the back out on each side.
* Lie on your back over a bench with your arms extended behind you (as if you wold do a dumbbell pullover) and stretch as far back as you can.