[](http://www.fitnish.com)Total body fat burning

Workout Log

**Start Date:**

**My Stats**

Name:

Age:

Weight:

Bf%:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Exercise | Sets | Reps | Weight | Time | Rest period |
| Deadlifts | 1  2  3  4  5 | 12  10  8  6  4 |  |  |  |
| Bent over (T Bar) rows close grip (Palms facing each other) | 1  2  3  4  5 | 1  0  8  6  6 |  |  |  |
| Seated cable rows | 1  2  3  4 | 12  10  8  6 |  |  |  |
| One arm dumbbell rows palms facing forwards | 1  2  3  4 | 10  10  8  8 |  |  |  |
| Wide grip bent over rows | 1  2  3  4 | 12  10  8  6 |  |  |  |
| **TRISET:** | | | | | |
| Front lat pull downs | 1  2  3 | 12  10  8 |  |  |  |
| Lat pull downs behind the neck |  |  |  |
| Lat pull downs palms facing towards you |  |  |  |
| Pull ups wide grip | 1  2  3 |  |  |  |  |
| Pull ups reverse grip | 1  2  3 |  |  |  |  |

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.