

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			
TRISSET:					
Front lat pull downs	1	12			
Lat pull downs behind the neck	2	10			
Lat pull downs palms facing towards you	3	8			
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 would do a dumbbell pullover) and stretch as far back as you can.