

WORKOUT LOG

Start Date:

My Stats

Name:

Age:

Weight:

Bf%:

Exercise	Sets	Reps	Weight	Time	Rest period
BICEPS:					
1. 21's - EZ bar curls (Wide grip: 7 half reps. 7 half reps. 7 full reps.)	1	10 – 12			45 seconds
	2	10 – 12			
	3	10 – 12			
	4	10 – 12			
	5	10 – 12			
2. Single Arm Concentrated Curls	1	10 – 12			45 seconds
	2	10 – 12			
	3	10 – 12			
3. Seated Close Grip EZ Bar Curls	1	10			45 seconds
	2	10			
	3	10			
4. FST-7 SET! Cable Hammer Curls With Rope (Turnout at the top)	1	10 – 12			45 seconds
	2	10 – 12			
	3	10 – 12			
	4	10 – 12			
	5	10 – 12			
	6	10 – 12			
	7	10 – 12			
TRICEPS:					
1. Tricep Cable Rope Push Downs (Turn out out the bottom to work the outer tricep)	1 (warm up)	12 - 15			45 seconds
	2 (warm up)	12 – 15			
	1	10 – 12			
	2	10 – 12			
2. Tricep Cable Rope Push Downs (Keep hands together at the bottom)	3	10 – 12			45 seconds
	4	10 – 12			
	1	10 – 12			
	2	10 – 12			
	3	10 – 12			
	4	10 – 12			

3. FST-7 SET! Single Arm Cable Pushdowns	1	10 – 12			30 seconds
	2	10 – 12			
	3	10 – 12			
	4	10 – 12			
	5	10 – 12			
	6	10 – 12			
	7	10 – 12			