

Weight Log	Year:	Weeks:	Dates:	Cycle:
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Exercise	Date:																			
	Type:																			
	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs

Red																				
1	Squats 8-6-4																			
2	Romanian dead Lift 8-6-4																			
3	Silverback Shrugs 3x8																			
4	Box Step Ups 3x8 (same)																			
5	Calf Raises 8-6-4																			

Blue																				
1	Bench Press 8-6-4																			
2	Push Press 8-6-4																			
3	Weight Bar Squat & Press 2x8																			
4	Seated Cable Rows 8-6-4																			
5	Straight Arm Pulldown 8-6-4																			
7	Inverted Rows 3 x AMAP																			

Green																				
1	Barbell Bent Over Rows 8-6-4																			
2	Lat Pulldown 8-6-4																			
3	Face Pulls 3x12 (same weight)																			
4	Hang Cleans 8-6-4																			
5	Curls 8-6-4																			
6	Tricept Pushdowns 8-6-4																			
7	Weight Bar Russian Twist 2x12																			

Rest for all sets is 45 s. For all sets marked 8-6-4 start out with a manageable weight and increase the weight by either 2 1/2 or 5 pounds.
 For exercises marked 3x8 use the same weight for each set. Enjoy!