

Workout Sheet

WORKOUT #1 Date: _____	A 1 @ _____ x 6 set weight reps	B 2 @ _____ x 5 sets weight reps	C 2 @ _____ x 4 sets weight reps
WORKOUT #2 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 2 sets weight reps	C NEGATIVE ONLY 1 @ _____ x ½ set weight rep
WORKOUT #3 Date: _____	A 1 @ _____ x 6 set weight reps	B 2 @ _____ x 5 sets weight reps	C 2 @ _____ x 4 sets weight reps
WORKOUT #4 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 2 sets weight reps	C NEGATIVE ONLY 1 @ _____ x ½ set weight rep
WORKOUT #5 Date: _____	A 1 @ _____ x 6 set weight reps	B 2 @ _____ x 5 sets weight reps	C FAILURE TEST 1 @ _____ x <input type="checkbox"/> set weight reps
WORKOUT #6 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 2 sets weight reps	C NEGATIVE ONLY 1 @ _____ x ½ set weight rep
WORKOUT #7 Date: _____	A 2 @ _____ x 5 sets weight reps	B 2 @ _____ x 3 sets weight reps	C FAILURE TEST 1 @ _____ x <input type="checkbox"/> set weight reps
WORKOUT #8 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 1 sets weight rep	C NEGATIVE ONLY 1 @ _____ x 1 set weight reps
WORKOUT #9 Date: _____	A 2 @ _____ x 5 sets weight reps	B 2 @ _____ x 3 sets weight reps	C FAILURE TEST 1 @ _____ x <input type="checkbox"/> set weight reps
WORKOUT #10 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 2 sets weight reps	C 1 @ _____ x 1 set weight rep
WORKOUT #11 Date: _____	A 2 @ _____ x 5 sets weight reps	B 2 @ _____ x 3 sets weight reps	C FAILURE TEST 1 @ _____ x <input type="checkbox"/> set weight reps
WORKOUT #12 Date: _____	A 2 @ _____ x 3 sets weight reps	B 2 @ _____ x 2 sets weight reps	C 1 @ _____ x 1 set weight rep
WORKOUT #13 Date: _____	A 1 @ _____ x 5 set weight reps	B 2 @ _____ x 3 sets weight reps	C 2 @ _____ x 2 sets weight reps
WORKOUT #14 Date: _____	A 1 @ _____ x 3 set weight reps	B 1 @ _____ x 2 set weight reps	C MAX TEST 1 @ _____ x 1 set weight rep

Always warm up with three to four progressive sets before each workout!