





NAME _____

DATE _____

DATE _____

AGE _____

AGE _____

HEIGHT _____

HEIGHT _____

WEIGHT _____

WEIGHT _____

CHEST _____

CHEST _____

BICEPS _____

BICEPS _____

WAIST _____

WAIST _____

LEGS _____

LEGS _____

CALVES _____

CALVES _____

DATE _____

DATE _____

AGE _____

AGE _____

HEIGHT _____

HEIGHT _____

WEIGHT _____

WEIGHT _____

CHEST _____

CHEST _____

BICEPS _____

BICEPS _____

WAIST _____

WAIST _____

LEGS _____

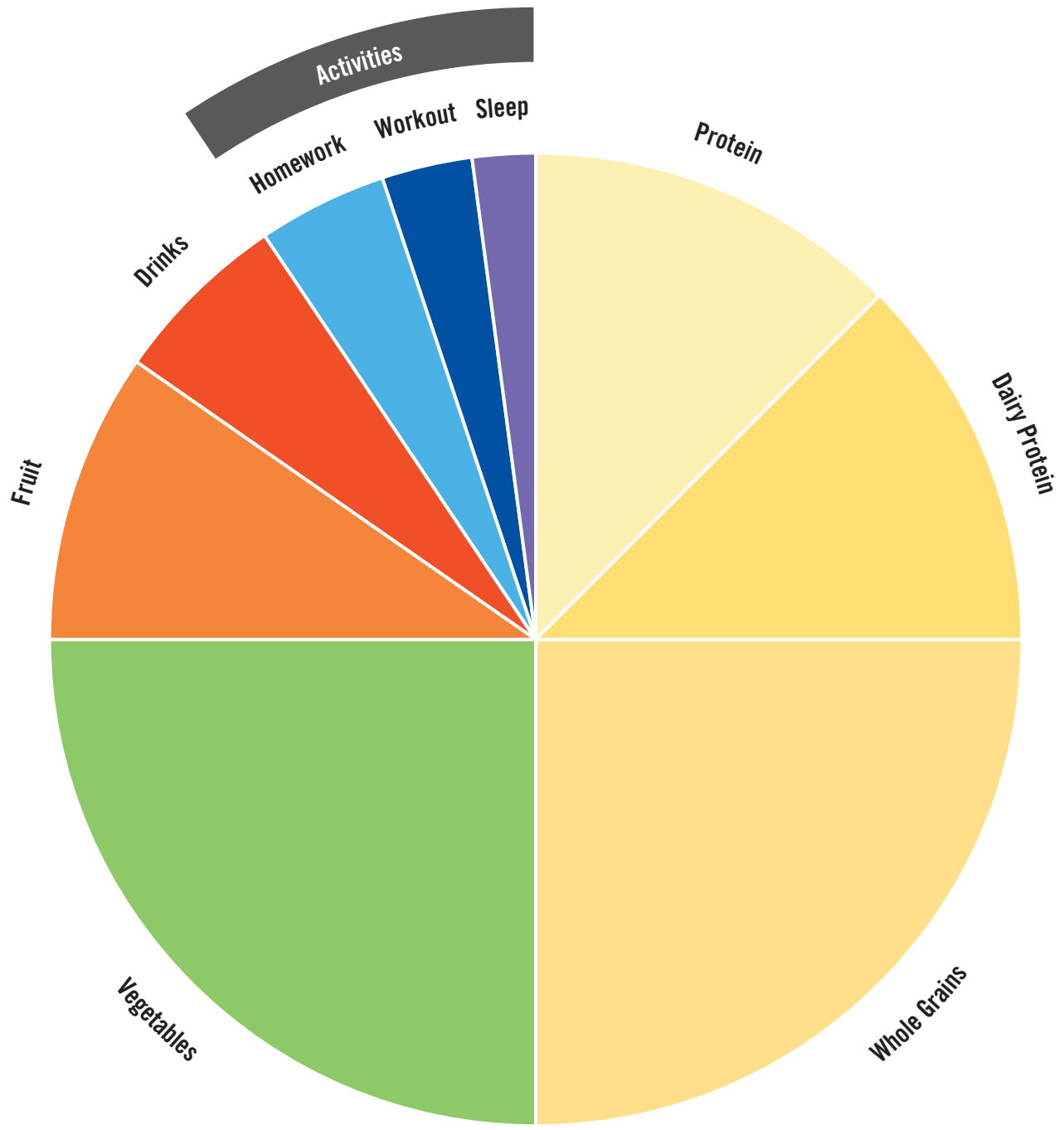
LEGS _____

CALVES _____

CALVES _____



MEAL # _____





MEAL #1	Calories	Protein	Carbohydrates	Fat
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total =

MEAL #2	Calories	Protein	Carbohydrates	Fat
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total =

MEAL #3	Calories	Protein	Carbohydrates	Fat
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Total =

WORKOUT VERSION "C" (WITH PYRAMIDING)



DAY 8 (MONDAY) CHEST & BACK

Body Warm-up (slow) • 5–10 minutes • (treadmill, bike, etc.)

(Low-weight warm-up INCLUDED in 1st set)

Barbell Bench Press	1st set	15 reps	_____ lbs.	(The 4th set depends on your level of strength that day.)
	2nd set	8–10 reps	_____ lbs.	
	3rd set	4–6 reps	_____ lbs.	
	4th set	4–6 reps	_____ lbs.	
	4th set	4–6 reps	_____ lbs.	
	4th set	8–10 reps	_____ lbs.	
Barbell Incline Bench Press	5th set	8–10 reps	_____ lbs.	
	6th set	8–15 reps	_____ lbs.	
	1st set	15 reps	_____ lbs.	
	2nd set	8–10 reps	_____ lbs.	
	3rd set	4–6 reps	_____ lbs.	
	4th set	4–6 reps	_____ lbs.	
Lat Pulldown Machine	5th set	8–10 reps	_____ lbs.	
	6th set	8–15 reps	_____ lbs.	
	1st set	15 reps	_____ lbs.	
	2nd set	8–10 reps	_____ lbs.	
	3rd set	4–6 reps	_____ lbs.	
	4th set	4–6 reps	_____ lbs.	
Barbell Bent-Over-Row	5th set	8–10 reps	_____ lbs.	
	6th set	8–15 reps	_____ lbs.	
	1st set	15 reps	_____ lbs.	
	2nd set	8–10 reps	_____ lbs.	
	3rd set	4–6 reps	_____ lbs.	
	4th set	4–6 reps	_____ lbs.	
	5th set	8–10 reps	_____ lbs.	
	6th set	8–15 reps	_____ lbs.	

*Core Work (Abdominal exercises, planks, etc.)

*Rotator Cuff exercises (2–3 sets) (Perhaps with a focus on external cuff muscles.)

*Light Stretching

*Intensity and reps vary from day-to-day based on soreness, etc. Use common sense and listen to your body.

WORKOUT VERSION "C" (WITH PYRAMIDING)



DAY 9 (TUESDAY) LEGS

Body Warm-up (slow) • 5–10 minutes • (treadmill, bike, etc.)

(Low-weight warm-up INCLUDED in 1st set)

Squats	1st set	15 reps	_____ lbs.
	2nd set	8–10 reps	_____ lbs.
	3rd set	4–6 reps	_____ lbs.
	4th set	4–6 reps	_____ lbs.
	5th set	8–10 reps	_____ lbs.
Leg Press	5 sets	8–12 reps	_____ lbs.
Leg Curls	5 sets	8–12 reps	_____ lbs.
Standing Calf Raises	5 sets	20 reps	_____ lbs.

**Core Work (Abdominal exercises, planks, etc.)*

**Light Stretching*

**Intensity and reps vary from day-to-day based on soreness, etc. Use common sense and listen to your body.*

WORKOUT VERSION "C" (WITH PYRAMIDING)



DAY 10 (WEDNESDAY) ARMS & SHOULDERS

Body Warm-up (slow) • 5–10 minutes • (treadmill, bike, etc.)

(Low-weight warm-up INCLUDED in 1st set)

Barbell Bicep Curls	1st set	15 reps	_____ lbs. (standing)
	2nd set	8–10 reps	_____ lbs.
	3rd set	4–6 reps	_____ lbs.
	4th set	8–10 reps	_____ lbs.
Seated Bicep Curls	4 sets	8–12 reps	_____ lbs. (dumbbells)
Overhead Triceps Extension	1st set	15 reps	_____ lbs. (curl bar)
	2nd set	8–10 reps	_____ lbs.
	3rd set	4–6 reps	_____ lbs.
	4th set	8–10 reps	_____ lbs.
Triceps Pushdown	4 sets	8–12 reps	_____ lbs. (machine)
Side Lateral Shoulder Raises	5 sets	8–12 reps	_____ lbs. (dumbbells)

**Core Work (Abdominal exercises, planks, etc.)*

**Rotator Cuff exercises (2–3 sets) (Perhaps with a focus on external cuff muscles.)*

**Light Stretching*

**Intensity and reps vary from day-to-day based on soreness, etc. Use common sense and listen to your body.*
