

Size and Strength Workout 1-

Name: _____

Date: _____

Start Time: _____

End Time: _____

WEIGHT, STRENGTH & RESISTANCE TRAINING

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>	<u>NOTES</u>
Flat Bench Press		3	8-12		
Incline Bench Press		3	8-12		
Pec Deck		3	8-12		
Incline DB Flye		3	8-12		
Close Grip Bench Press		3	8-12		
Dips		3	Max		
Rope Pressdowns		3	8-12		
Hanging Knee Raises		3	Max		
Abs Crunch (Machine)		3	15		

<u>EXERCISE</u>	<u>TIME/DISTANCE/ INTENSITY/SPEED/CALORIES</u>	<u>NOTES</u>

DIET & NUTRITION

<u>MEAL</u>	
PRE-WORKOUT:	
POST-WORKOUT:	

OVERALL WORKOUT RATING (1-10)	Workout Notes:
--------------------------------------	-----------------------