

# Size and Strength Workout 2-

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>
Pull Ups		3	Max		
Close Grip Cable Row		3	8-12		
LatPulldown		3	8-12		
DB Shrugs		3	8-12		
EZ Bar Curls		3	8-12		
DB Curls		3	Max		
DB Hammer Curls		3	8-12		
Hanging Straight Leg Raises		3	Max		
Weighted Decline Sit ups		3	15		

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

## DIET & NUTRITION

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

<b>OVERALL WORKOUT RATING (1-10)</b>	<b>Workout Notes:</b>
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