

WORKOUT DURATION:

INTENSITY:

CARDIO TODAY?

CHEST DELTS BACK

* Please ensure to warm up properly before you start your working sets with these weights. The best way to warm up is to take the first exercise on your list for that day and put on a much lighter weight than you would normally use.

* AMAP = As many as possible

| No | Exercise | Sets | Reps |
|----|---|------|-------|
| 01 | Barbell Bench Press | 03 | 8 |
| 02 | Bent Over Barbell Row | 03 | 10-12 |
| 03 | Overhead Barbell Press | 03 | 10-12 |
| 04 | Underhand Cable Pulldowns | 03 | 10-12 |

TRAINING, NUTRITION & SUPPLEMENT NOTES:
