

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	04	6
02	Bent Over Dumbbell Row	04	8-10
03	Overhead Barbell Press	04	8-10
04	Close Grip Barbell Row	04	8-10

TRAINING, NUTRITION & SUPPLEMENT NOTES:
