

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

* FALAP = For as long as possible

No	Exercise	Sets	Reps
01	Standing Shoulder Press	05	3
02	Weighted Pull Ups	05	3
03	Barbell Bench Press	04	10
04	Seated Cable Rows	04	10

TRAINING, NUTRITION & SUPPLEMENT NOTES:
