

WORKOUT DURATION:


INTENSITY:








CARDIO TODAY?

## DELTS AND LEGS

- \* 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.
- \* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.

\* AMAP = As many as possible

 = Cardio (between each set)

No	Exercise	Sets	Reps
01	<a href="#">Barbell Shoulder Press</a>	04	9-11
	<a href="#">Bench Step Ups</a>	01	1min
02	<a href="#">Alternating Dumbbell Press</a>	03	9-11
	<a href="#">Running In Place</a>	01	1min
03	<a href="#">Smith Machine Up-Right Row</a>	03	9-11
	<a href="#">Kettlebell Swings</a>	01	1min
04	<a href="#">Barbell Squats</a>	04	9-11
	<a href="#">Battling Ropes</a>	01	1min
05	<a href="#">Barbell Deadlift</a>	03	9-11
	<a href="#">Running In Place</a>	01	1min
06	<a href="#">Walking Lunges</a>	03	9-11
	<a href="#">Kettlebell Swings</a>	01	1min
07	<a href="#">Standing Calf Raises</a>	03	9-11
	<a href="#">Bench Step Ups</a>	01	1min

### TRAINING, NUTRITION & SUPPLEMENT NOTES:

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# LIFT.

Printable Workouts

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LIFT. DATE: \_\_\_\_\_ LIFT.

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