

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	Barbell Shoulder Press	04	6-8
	Bench Step Ups	01	1min
02	Alternating Dumbbell Press	03	6-8
	Running In Place	01	1min
03	Smith Machine Up-Right Row	03	6-8
	Kettlebell Swings	01	1min
04	Barbell Squats	04	6-8
	Battling Ropes	01	1min
05	Barbell Deadlift	03	6-8
	Running In Place	01	1min
06	Walking Lunges	03	6-8
	Kettlebell Swings	01	1min
07	Standing Calf Raises	03	6-8
	Bench Step Ups	01	1min

TRAINING, NUTRITION & SUPPLEMENT NOTES:

LIFT.

Printable Workouts

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LIFT. DATE: _____

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