



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Endurance)

Exercise	Sets	Reps	Rest
Barbell Back Squat	2	12 - 15	2 minutes
Lat Pulldown	2	12 - 15	30 seconds
Lying Leg Curl	2	12 - 15	2 minutes
Dumbbell Bench Press	2	12 - 15	30 seconds
Hanging Knee Lift	3	8 - 10	2 minutes

If possible, also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2
Barbell Back Squat		
Lat Pulldown		
Lying Leg Curl		
Dumbbell Bench Press		
Hanging Knee Lift		

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes):

Exercise's Protocol – Cardiovascular Training

Exercise	Sets	Reps	Rest
Push-ups	3	5	N/A
Jump Squats	3	10	N/A
Pull-ups	3	5	N/A
Side Lunges	3	10	N/A
Mountain Climbers	3	20	N/A
Sprints (50 yards)	3	N/A	N/A

Do each exercise in the order listed, so start with 1 set of 5 pushups, then 1 set of 10 jump squats, 1 set of pull-ups, and so on. Repeat the process **2 times**. Also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2	Set #3
Push-Ups			
Jump Squats			
Pull-Ups			
Side Lunges			
Mountain Climbers			
Sprints			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full Body Workout (Endurance)

Exercise	Sets	Reps	Rest
Barbell Bench Press	2	12 - 15	2 minutes
Romanian Deadlift	2	12 - 15	30 seconds
Pull-Ups	2	5 - 10	2 minutes
Dumbbell Sumo Squat	2	12 - 15	30 seconds
Woodchopper	3	8 - 10	2 minutes

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3
Barbell Bench Press			N/A
Romanian Deadlift			N/A
Pull-Ups			N/A
Dumbbell Sumo Squat			N/A
Woodchopper			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Muscle Growth)

Exercise	Sets	Reps	Rest
Barbell Back Squat	3	10 - 12	2 min.
Lat Pulldown	3	10 - 12	1 min.
Lying Leg Curl	3	10 - 12	2 min.
Dumbbell Bench Press	3	10 - 12	1 min.
Hanging Knee Lift	3	8 - 10	2 min.

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3
Barbell Back Squat			
Lat Pulldown			
Lying Leg Curl			
Dumbbell Bench Press			
Hanging Knee Lift			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol – Cardiovascular Training

Exercise	Sets	Reps	Rest
Push-ups	3	6	N/A
Jump Squats	3	10	N/A
Pull-ups	3	6	N/A
Side Lunges	3	10	N/A
Mountain Climbers	3	20	N/A
Sprints (75 yards)	3	N/A	N/A

Do each exercise in the order listed, so start with 1 set of 6 pushups, then 1 set of 10 jump squats, 1 set of 6 pull-ups, and so on. Repeat the process **3 times**. Also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2	Set #3
Push-Ups			
Jump Squats			
Pull-Ups			
Side Lunges			
Mountain Climbers			
Sprints			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Muscle Growth)

Exercise	Sets	Reps	Rest
Barbell Bench Press	3	10 - 12	2 min.
Romanian Deadlift	3	10 - 12	1 min.
Pull-Ups	3	10 - 12	2 min.
Dumbbell Sumo Squat	3	10 - 12	1 min.
Woodchopper	3	8 - 10	2 min.

If possible, also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2	Set #3
Barbell Bench Press			
Romanian Deadlift			
Pull-Ups			
Dumbbell Sumo Squat			
Woodchopper			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Strength)

Exercise	Sets	Reps	Rest
Barbell Back Squat	4	6 - 8	2 min.
Lat Pulldown	4	6 - 8	1 min.
Lying Leg Curl	4	6 - 8	2 min.
Dumbbell Bench Press	4	6 - 8	1 min.
Hanging Knee Lift	4	6 - 8	2 min.

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4
Barbell Back Squat				
Lat Pulldown				
Lying Leg Curl				
Dumbbell Bench Press				
Hanging Knee Lift				

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol – Cardiovascular Training

Exercise	Sets	Reps	Rest
Push-ups	3	7	N/A
Jump Squats	3	10	N/A
Pull-ups	3	7	N/A
Side Lunges	3	10	N/A
Mountain Climbers	3	20	N/A
Sprints (100 yards)	3	N/A	N/A

Do each exercise in the order listed, so start with 1 set of 6 pushups, then 1 set of 10 jump squats, 1 set of 6 pull-ups, and so on. Rest for 2 min., then repeat the process **4 times**. Also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2	Set #3
Push-Ups			
Jump Squats			
Pull-Ups			
Side Lunges			
Mountain Climbers			
Sprints			

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Strength)

Exercise	Sets	Reps	Rest
Barbell Bench Press	4	6 - 8	2 min.
Romanian Deadlift	4	6 - 8	1 min.
Pull-Ups	4	6 - 8	2 min.
Dumbbell Sumo Squat	4	6 - 8	1 min.
Woodchopper	4	6 - 8	2 min.

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4
Barbell Bench Press				
Romanian Deadlift				
Pull-Ups				
Dumbbell Sumo Squat				
Woodchopper				

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Power)

Exercise	Sets	Reps	Rest
Barbell Back Squat	5	3 - 5	2 min.
Lat Pulldown	5	3 - 5	1 min.
Lying Leg Curl	5	3 - 5	2 min.
Dumbbell Bench Press	5	3 - 5	1 min.
Hanging Knee Lift	5	3 - 5	2 min.

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Barbell Back Squat					
Lat Pulldown					
Lying Leg Curl					
Dumbbell Bench Press					
Hanging Knee Lift					

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Duration of Workout (in minutes): _____

Exercise's Protocol – Cardiovascular Training

Exercise	Sets	Reps	Rest
Push-ups	5	8	N/A
Jump Squats	5	10	N/A
Pull-ups	5	8	N/A
Side Lunges	5	10	N/A
Mountain Climbers	5	20	N/A
Sprints (100 yards)	5	N/A	N/A

Do each exercise in the order listed, so start with 1 set of 6 pushups, then 1 set of 10 jump squats, 1 set of 6 pull-ups, and so on. Rest for 2 min., then repeat the process **5 times**. Also do 30 minutes of low intensity cardio training.

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Push-Ups					
Jump Squats					
Pull-Ups					
Side Lunges					
Mountain Climbers					
Sprints					

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)



Day (Circle One)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Did You Do Cardio Today? (Circle One)

Yes No

Duration of Workout (in minutes):

Exercise's Protocol – Full-Body Workout (Power)

Exercise	Sets	Reps	Rest
Barbell Bench Press	5	3 - 5	2 min.
Romanian Deadlift	5	3 - 5	1 min.
Pull-Ups	5	3 - 5	2 min.
Dumbbell Sumo Squat	5	3 - 5	1 min.
Woodchopper	5	3 - 5	2 min.

If possible, also do 30 minutes of low intensity cardio training

Workout Log

Exercise	Set #1	Set #2	Set #3	Set #4	Set #5
Barbell Bench Press					
Romanian Deadlift					
Pull-Ups					
Dumbbell Sumo Squat					
Woodchopper					

Training Notes (i.e. Did you take any supplements?, Did You Eat Before/After Your Workout, etc.)