**Advanced Upper Body Workout**

|  |  |  |  |
| --- | --- | --- | --- |
| **DAY:** | **DATE:** | **TIME:** | **am/pm** |
|  |  |  |  |
| **LENGTH OF WORKOUT:** | **WEIGHT:** |

In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 50 kg for 10 reps, you would write "50 X 10".

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **EXERCISE** | **Set #1** | **Set #2** | **Set #3** | **Set #4** **(Optional)** |
| **Bench Press** |   |   |   |   |
| **Deadlifts** |   |   |   |   |
| **Dumbbell Flies** |   |   |   |   |
|  **Seated Rows** |   |   |   |   |
|  **Triceps Pressdown** |   |   |   |   |
| **Military Presses** |   |   |   |   |

**Training and Nutrition Notes** (eg. Improvements, Pre & Post workout meals,Vertical or horizontal workout, etc.)**:**