



TOTAL BODY A

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

| Exercise | Sets | Reps | Notes |
|--|------|-------|--|
| A1 Knee Dominant Heel Elevated Squat Superset | 2 | 6-8 | Form or muscular failure on 1-2 sets |
| A2 Chest Supported Dumbbell Row | 2 | 10-12 | Form or muscular failure on 1-2 sets |
| B1 Flat DB Press Superset | 2 | 6-8 | Form or muscular failure on 1-2 sets |
| B2 Seated Leg Curl | 2 | 10-12 | Form or muscular failure on 1-2 sets |
| C1 Wide Pull ups (upper back) Superset | 2 | 6-8 | Form or muscular failure on 1-2 sets |
| C2 Leg Press | 2 | 10-12 | Form or muscular failure on 1-2 sets |
| D1 Delt Cable Y Raise* | 2 | 6-8 | *Double drop sets on direct shoulder work for added volume |
| E1 Reverse Pec Deck* | 2 | 6-8 | *Double drop sets on direct shoulder work for added volume |
| F1 Dumbbell hammer curl | 6 | 6-10 | Last 2-3 sets should be close to failure from accumulative fatigue |
| G1 Overhead Cable Tricep Extension - rope attachment** | 6 | 6-10 | *Double drop sets on direct shoulder work for added volume |

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