



HALF BODY A UPPER

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Incline DB Press	2	6-8	Form or muscular failure on 1-2 sets
B1 Flat Machine Press	2	6-8	Form or muscular failure on 1-2 sets
Superset			
B2 Roller Cable Fly**	2	6-8	**drop set added for extra volume
C1 Single Arm Cable Pulldown	2	6-8	Form or muscular failure on 1-2 sets
D1 Chest Supported Dumbbell Row	2	6-8	Form or muscular failure on 1-2 sets
Superset			
D2 Cable Rope Pullover**	0	6-8	**drop set added for extra volume
E1 Delt Cable Y Raise*	2	8-12	*double drop set for added volume
Superset			
E2 Incline Cable Curl*	2	8-12	*double drop set for added volume

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