



UPPER

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 machine flat press*	1	5	*A1 and A2 are superset
Superset			
A2 chest supported machine row*	1	5	*A1 and A2 are superset
B1 Pulldown*	1	5	*B1 and B2 are superset
Superset			
B2 incline smith (high incline - bench 45 degrees or above)*	1	5	*B1 and B2 are superset
C1 machine preacher curls	1	5	

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