



## DELTS, TRICEPS, CALVES

Day\_\_\_\_\_

Date\_\_\_\_\_

Time\_\_\_\_\_

Weight\_\_\_\_\_

Sleep\_\_\_\_\_

Stress\_\_\_\_\_

Mood/Notes \_\_\_\_\_

Exercise	Sets	Reps	Notes
<b>A1</b> lying cuff lateral raises	3	5-8	**Double Drop set on this last set. (First set will be in the prescribed 12-15 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
<b>B1</b> reverse pec dec	2	5-8	
<b>C1</b> machine shoulder press	2	5-8	
<b>D1</b> single-arm cuff cable extensions	2	5-8	**Double Drop set on this last set. (First set will be in the prescribed 8-12 rep range. For each drop set, drop the weight enough to hit at least 10 reps each drop)
<b>E1</b> hip loaded calf raise	2	5-8	

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Complete as giant set.

<b>A1</b> rope delt face-pull	3	15	3 rounds, 30 seconds rest between supersets
<b>A2</b> rope rear delt row	3	15	3 rounds, 30 seconds rest between supersets
<b>A3</b> rope upright row	3	15	3 rounds, 30 seconds rest between supersets
<b>A4</b> rope front raise	3	15	3 rounds, 30 seconds rest between supersets
<b>A5</b> rope front delt voodoo press	3	15	3 rounds, 30 seconds rest between supersets

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