



UPPER

Day_____

Date_____

Time_____

Weight_____

Sleep_____

Stress_____

Mood/Notes _____

Exercise	Sets	Reps	Notes
A1 Incline barbell press*	2	6-8	*A1 and A2 are superset
Superset			
A2 neutral grip machine pull downs*	2	6-8	*A1 and A2 are superset
B1 flat DB press	2	6-8	**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)
Superset			
B2 chest supported tbar rows	2	6-8	*B1 and B2 are superset
C1 dips (option of chains if available)	2	6-8	*C1 and C2 are superset
Superset			
C2 DB hammers curls	2	6-8	*C1 and C2 are superset
D1 seated cable cross extensions	2	6-8	**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)
Superset			
D2 single-arm DB preacher curls	2	6-8	*D1 and D2 are superset

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