

Training Log



Day: Block B, Week 2, Day 1

Date: _____

Time: _____

Workout Target: Upper Body

Mood: _____

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Notes
Circuit Routine:	reps x wt	*					
Jumping Jacks	reps x wt	60	60	60			
Push-ups	reps x wt	20-25	20-25	20-25			
Small Arm Circles FWD (BW)	reps x wt	30	30	30			
Plank	reps x wt	1 Minute	1 Minute	1 Minute			
Small Arm Circles REV (BW)	reps x wt	30	30	30			
Chin-ups	reps x wt	12	12	12			
Plank Up-Downs	reps x wt	20	20	20			
Inverted Row	reps x wt	12 to 15	12 to 15	12 to 15			
Wide Stance Push-up	reps x wt	20-25	20-25	20-25			
Flutter Kicks	reps x wt	60	60	60			
Bear Crawl	reps x wt	100 Feet	100 Feet	100 Feet			
	reps x wt						
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	reps x wt						
	reps x wt						

Trainer's Tips: Arm Circles shall be done with palms facing out.
 While doing any kind of jumping, try to land as softly as possible on the balls of your feet.
 *Do set one entirely before proceeding to set two and so on. Finished with set 3 and still have time? Then add an extra set and see how far you can push yourself!