

Exercise/workout tracker

| | | | | | |
|------------------------|---|---------------|-----------|---------|-----------------|
| Date: | Monday | Workout time: | 45-60 min | | |
| Muscle Group | Pectorals, front, middle and rear delts | | | | |
| Excercise | Set 1 | Set 2 | Set 3 | | |
| | Weights | Reps | Weights | | |
| Dumbbell bench press | | 15 | | 15 | |
| Lat pull down | | 15 | | 15 | |
| Dumbbell lateral raise | | 12 | | 12 | |
| Tricep pushdown | | 12 | | 12 | |
| | | | | | |
| Cardio exercises | Distance | Duration | Speed | Incline | Calories Burned |
| Treadmill | | 10-20 | 3-4 | 0 | |

| Date: | Wednesday | | Workout time: | | 30-45 min | |
|-------------------------|------------------------------------|---------|---------------|---------|-----------|---------|
| Muscle Group | Glutes, hamstrings, quads, Calfs a | | | | | |
| Exercises | Set 1 | | Set 2 | | Set 3 | |
| | Weights | Reps | Weights | Reps | Weights | Reps |
| Goblet squat | | 15 | | 15 | | 15 |
| Barbell RDL | | 15 | | 15 | | 15 |
| Dumbbell Glute bridge | | 12 | | 12 | | 12 |
| Alternating BW step ups | | 10/side | | 10/side | | 10/side |
| Standing BW calf raises | | 15 | | 15 | | 15 |
| Core Exercises | Set 1 | | Set 2 | | Set 3 | |
| | Weight | Reps | Weight | Reps | Weight | Reps |
| Dumbbell side Bends | | 8/side | | 8/side | | 8/side |

| | | | | | | |
|--------------------------|--|------|----------------------|------|------------------|------|
| Date: | Friday | | Workout time: | | 30-45 min | |
| Muscle Group | Deltoids, pectorals, bicep, rhomboids | | | | | |
| Exercises | Set 1 | | Set 2 | | Set 3 | |
| | Weights | Reps | Weights | Reps | Weights | Reps |
| Neutral grip DB press | | 15 | | 15 | | 15 |
| Seated machine chest fly | | 15 | | 15 | | 15 |
| Dumbbell bent over row | | 15 | | 15 | | 15 |
| Dumbbell bicep curls | | 12 | | 12 | | 12 |
| | | | | | | |
| Core Exercises | Set 1 | | Set 2 | | Set 3 | |
| | Weight | Reps | Weight | Reps | Weight | Reps |
| Ancord sit-ups | | 10 | | 10 | | 10 |

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Disclaimer

This is only a guide, real results come with the right support and accountability. with me as your coach, you'll stay on track, make faster progress, and follow a program built around your lifestyle.

For more free tips, workouts, and motivation follow me on instagram: @powerhouse30303