

## Exercise/workout tracker

**Date:** **Monday** **Workout time:** **45-60 min**

**Muscle Group** **Pectorals, front, middle and rear de**

Excercise	Set 1		Set 2		Set 3	
	Weights	Reps	Weights	Reps	Weights	Reps
Dumbbell bench press		15		15		15
Lat pull down		15		15		15
Dumbbell lateral raise		12		12		12
Tricep pushdown		12		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, rhombo**

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