

Get REAL

Resistance

Training

Exercise

Logs

Get REAL Resistance Training Menu

Get REAL Note: EC=Extra Challenge Option

CHEST

- Chest Press
- Dumbbell Fly
- Pec Deck
- **EC**-Push Ups

SHOULDERS

- Lateral Raises
- Front Raises
- Upright Rows
- **EC**-Shoulder Press

TRICEPS

- Dumbbell Kickback
- Press Downs
- One or Two-Arm Overhead Extensions
- **EC**-Dips

BICEPS

- Supported Angle Dumbbell Curl
- Double Dumbbell Curls (splits or together)
- Hammer Curls
- **EC**-Push Ups

BACK

- Lawn Mowers
- Bent-Over Row
- Seated Dumbbell Row
- Bent-Over Fly or Dead Lift
- **EC**-Superman

ABDOMINALS

- Legs Up Crunch
- 3 Way Slow Crunch
- Double Knee or Bicycle Crunch
- Legs Up – Oblique Twist Crunch
- **EC-** Side Crunch, Leg Curl Up or Isometric

LEGS, HIPS & BUTTOCKS

- Squats/Plies or Lunges (Alternate or do both)
- Elbows and Knees Series
- Core Floor Series
- **EC-**Standing Floor Routine

CALVES

- Calves Series (Non-Weighted and Weighted)

“Build Your Own” Exercise Log

Day 1

Day 2

CHEST	Set/ Rep	Wt.	LEGS	Set/ Rep	Wt.
SHOULDER	Set/ Rep	Wt.	BACK	Set/ Rep	Wt.
TRICEPS (Back of arm)	Set/ Rep	Wt.	BICEPS (Front of arm)	Set/ Rep	Wt.
ABDOMINALS	Set/ Rep	Wt.	ABDOMINALS	Set/ Rep	Wt.
CALVES	D-1	D-2	CALVES	D-1	D-2

2 Day FULL BODY Home WORKOUT LOG

DAY 1

DAY 2

CHEST	Set/ Rep	Wt.	LEGS	Set/ Rep	Wt.
Chest Press Dumbbell Fly			Squats/Plies Lunges		
Pec Deck			Inner/Outer Leg Lifts Thigh Blasters		
Push Up			Elbow/Knees Series		
SHOULDERS	Set/ Rep	Wt.	BACK	Set/ Rep	Wt.
Side Laterals			Lawn Mowers- One- Arm Rows		
Front Raises			Bent-Over Rows		
Upright Rows			Seated Rows		
Overhead Press			Bent-Over Fly		
TRICEPS (Back of arm)	Set/ Rep	Wt.	BICEPS (Front of arm)	Set/ Rep	Wt.
Dumbbell Kickback			Supported Angle Curl Ups		
One-Arm Overhead Extension			Double Dumbbell Curls		
Two-Arm Overhead Extension			Hammer Curls		
Dips			Push Up		
ABDOMINALS	Set/ Rep	Wt.	ABDOMINALS	Set/ Rep	Wt.
Legs Up Crunch			Legs Up Crunch		
3 Way Slow Crunch			3 Way Slow Crunch		
Double Knee or Bicycle Crunches			Double Knee or Bicycle Crunches		
Legs Up–Oblique Twist			Legs Up–Oblique Twist		
CALVES	Rt.	Lt.	CALVES	Rt.	Lt.
Toes Parallel			Toes Parallel		
Toes In			Toes In		
Toes Out			Toes Out		
Weighted			Weighted		

2 Day FULL BODY Gym WORKOUT LOG

DAY 1 **DAY 2** ***Gym Only Addition**

CHEST	Set/ Rep	Wt.	LEGS	Set/ Rep	Wt.
*Bench Press			Squats Lunges		
*Incline/Decline Dumbbell Fly			*Outer Leg Raise (Cables) Inner Leg Cross		
*Incline Dumbbell Press			*Leg Extension Machine		
Pec Deck Fly or*Pec Deck Machine			*Hamstring Curl Machine		
Push Up			*Leg Press Machine		
SHOULDERS	Set/ Rep	Wt.	BACK	Set/ Rep	Wt.
Side Laterals			Lawn Mowers (One- Arm Row)		
Front Raises			Bent-Over Row		
Upright Rows			*Seated Pulley Rows		
Overhead Press			*Wide Grip Pull- Down		
*Dumbbell Rear Laterals			*Pull Ups		
TRICEPS (Back of arm)	Set/ Rep	Wt.	BICEPS (Front of arm)	Set/ Rep	Wt.
Dumbbell Kickback			Single Dumbbell Curl (Options)		
Overhead Extension (One or Two Arm)			*Seated Incline Dumbbell Curls		
*Cable Press Down			*Standing Barbell Curl		
Dips			*Cable Pull Up		
DAILY			DAILY		
ABDOMINALS	D-1	D-2	CALVES	D-1	D-2
Crunches (Options)			Toes Parallel		
Double Knee Crunch			Toes In		
Leg Curl Up Crunch			Toes Out		
Side Crunches (Options)			DATE		