

Day 2 - CHEST



Pre-workout Feelings

How did you sleep last night?

How did you eat so far today? POOR / OK / GOOD / GREAT

What is your energy level pre-workout? _____/10

Do you feel tightness/soreness anywhere? _____

RESISTANCE

Exercise	Sets	Reps	Equipment	Intensity	Rest
Flat Dumbbell Press	4	12-15	Dumbbells	hard	60 sec
Flat Dumbbell Flies	4	12-15	Dumbbells, Bench	hard	60 sec
Cable Cross-Over	4	12-15	cable cross- over machine	hard	60 sec
push-ups	4	10	-	hard	60 sec

CARDIO - choose 1

Exercise	Intensity	Speed	Time
Uphill Treadmill Walking	7.0~10.0 incline	3.6 ~ 4.0mph	20mins
Stairclimber	65steps/min IF 2 at a time	95 steps per min IF 1 at a time	20mins

NOTES
