

Template 1			Week			Week			Week			Week			Notes
			Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	Session 1	Session 2	Session 3	
Exercise	Body part targeted	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)	Set 4 (r x w)		
1	Flat dumbbell press	Chest, shoulders, triceps													
2	Pull-ups	Upper back, biceps, core													
3	Deadlifts	Primarily back and core; all body													
4	Back squat	Primarily lower back and legs; all body													
5	Leg raises	Core													

Notes

- Record the number of repetitions and weight you use on your fourth and last set (r x w) for each exercise.
- At the end of each month you can make a note of your progress.

Additional notes