

GYM EXERCISES

DATE:

Exercises to develop the back muscles

	Deadlifts			Pullups/lat pulldowns			Bent over rows		
	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status
Set 1									
Set 2									
Set 3									

Exercises to develop the chest muscles

	Bench press			Flyes			Dumbbell pullovers		
	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status
Set 1									
Set 2									
Set 3									

Exercises to develop the shoulder muscles

	Shoulder press			Lateral raises			Rear delt flyes		
	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status
Set 1									
Set 2									
Set 3									

Exercises to develop the arm muscles

	Barbell curl			Preacher curl			Tricep pushdown			Overhead extension		
	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status
Set 1												
Set 2												
Set 3												

Exercises to develop the leg muscles

	Squat/leg press			Lunges			Hamstring curls			Calf raises		
	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status	Weight	Reps	Status
Set 1												
Set 2												
Set 3												