

A Week of Hard Labor - Shoulders & Arms

Fitness | Nutrition | Support



YourFitnessPath.com

Start Time		Finish Time		Month	
Aerobic		Time		Level	
				Day	
				Year	

How The Workout Went	Bad	Ok	Good	Great	
				Weight	
				Day	

Exercise		Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Giant Set	Lateral Raise	Reps					
		Weight					
	Front Raise	Reps					
		Weight					
	V Raise	Reps					
	Weight						
	Reverse V Raise	Reps					
		Weight					
Progressive Set	Hammer Curl	Reps					
		Weight					
	Rotating Press	Reps					
		Weight					
Superset	Incline V Curl	Reps					
		Weight					
	Half Circle	Reps					
		Weight					
Bicep Curls	Normal Grip	Reps					
		Weight					
	Wide Grip	Reps					
		Weight					
	Wider Grip	Reps					
		Weight					
Superset	Skull Crusher	Reps					
		Weight					
	Rear Fly	Reps					
		Weight					
Superset	Kickbacks	Reps					
		Weight					
	Tricep Push-ups	Reps					
		Weight					