

# A Week of Hard Labor - Total Body

Fitness | Nutrition | Support



YourFitnessPath.com

Start Time		Finish Time		Month			
Aerobic		Time		Day			
			Level	Year			

How The Workout Went	Bad	Ok	Good	Great			
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			Weight		Day		
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Exercise		1 Rep	2 Reps	3 Reps	4 Reps	5 Reps	6 Reps	7 Reps	8 Reps
Up the Ladder	Deadlift	Weight							
	Front Rows	Weight							
	Decline Push-ups	Weight							
	Lateral Raises	Weight							
	The Combo	Weight							
Down the Ladder	The Combo	Weight							
	Front Raises	Weight							
	Narrow Push-ups	Weight							
	Reverse Rows	Weight							
	Deadlift	Weight							