

# A Week of Hard Labor - Chest and Back

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 |
|-----------|-----------------------|--------|-------|-------|-------|-------|-------|
| Superset  | Twisting Press        | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
| Superset  | Pullovers             | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
| Superset  | One Arm Incline Press | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
| Superset  | One Arm Row           | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
| Giant Set | Close Grip Press      | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
|           | Push-ups              | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |
|           | Pull-ups              | Reps   |       |       |       |       |       |
|           | Weight                |        |       |       |       |       |       |
| Giant Set | Reverse Flys          | Reps   |       |       |       |       |       |
|           |                       | Weight |       |       |       |       |       |