

Pushups

Using 100 Pushup App



Shoulder Shrugs ^{40lbs}



Set 1



Set 2



Set 3



Shoulder Press ^{20lbs}



Set 1



Set 2



Set 3



Lateral Raise ^{10lbs}



Set 1



Set 2



Set 3



Delt Raise

^{10lbs}



Set 1



Set 2



Set 3



Front Raise ^{10lbs}



Set 1



Set 2



Set 3



Bicep Curl ^{20lbs}



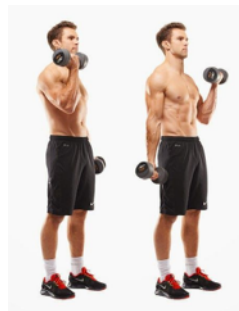
Set 1



Set 2



Set 3



Hammer Curl ^{20lbs}



Set 1



Set 2



Set 3



Tricep Kickback ^{10lbs}



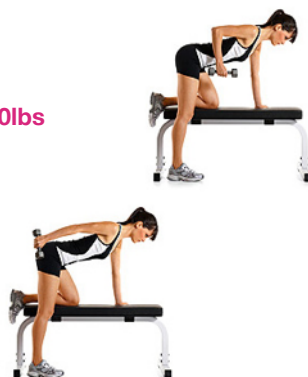
Set 1



Set 2



Set 3



Tricep Extension ^{10lbs}



Set 1



Set 2



Set 3



Forearm Curl

10lbs

☐ Set 1

☐ Set 2

☐ Set 3

Top



Forearm Curl

20lbs

☐ Set 1

☐ Set 2

☐ Set 3

Bottom



Deadlift

40lbs

☐ Set 1

☐ Set 2

☐ Set 3



Dumbbell Row

30lbs

☐ Set 1

☐ Set 2

☐ Set 3



Dumbbell Press

40lbs

☐ Set 1

☐ Set 2

☐ Set 3



Dumbbell Fly

☐ Set 1

☐ Set 2

☐ Set 3



Leg Raises

x12

☐ Set 1

☐ Set 2

☐ Set 3



Forearm Plank

☐ Set 1

☐ Set 2

☐ Set 3



Crunches

20x 60lbs

☐ Set 1

☐ Set 2

☐ Set 3



Sit-ups

x12

☐ Set 1

☐ Set 2

☐ Set 3



Bodyweight Twist

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3



Squats ^{60lbs}

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3



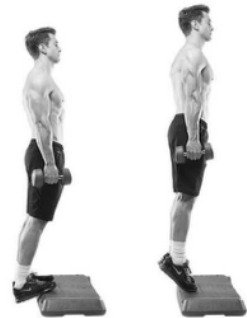
Lunge ^{60lbs}

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3



Calves ^{60lbs}

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3



Pull-ups

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3

Title

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3

Title

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3

Title

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3

Title

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3

Title

- ☐ Set 1
- ☐ Set 2
- ☐ Set 3