



Date: \_\_\_\_\_ Time Started: \_\_\_\_\_  Warm-Up/Stretch

Weight: \_\_\_\_\_ Time Finished: \_\_\_\_\_  Cooldown

<b>Workout 1</b>	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
Dumbbell Bench Presses				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Shoulder Presses				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
One-Arm Dumbbell Triceps Extensions				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Lateral Raises				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
<b>Workout 2</b>	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
One-Arm Dumbbell Rows				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Curls				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Step-ups				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
<b>MUSCLETECH® SUPPLEMENTS USED</b>				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



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Dumbbell Bench Presses				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Shoulder Presses				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
One-Arm Dumbbell Triceps Extensions				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Lateral Raises				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
<b>Workout 2</b>	Weight (lbs.)	Reps (Target)	Reps (Completed)	Notes
One-Arm Dumbbell Rows				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Curls				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
Dumbbell Step-ups				
SET 1		10 to 12		
SET 2		10 to 12		
SET 3		10 to 12		
<b>MUSCLETECH® SUPPLEMENTS USED</b>				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____