

QUANTIFY YOUR TRAINING

Core, Chest, Arm (Full UB) Workout

DAY: _____ **DATE:** _____ **TIME:** _____ am/pm

LENGTH OF WORKOUT:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3
Ab Crunches			
Seated Dumbbell Curls			
Stability Ball Rollout			
Dumbbell Row			
Stability Ball Double Leg Drop			
Tricep Kickback			
Hammers			
Seated Shoulder Press			
C's Ab-Leg Bung-Crunch			
Lying Dumbbell Fly			

Nutrition, rest, workout notes: