

Date / Week

**Warm-Up**

**Single Set**

Shoulder Press

**15 Reps**

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**Super Set**

Lateral Raise

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Upright Row

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Giant Set**

EZ Bar Underhand Press

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

1,1,2 Front Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Rear Delt Raise

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

Standing Dumbbell Shrug

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Dumbbell Scap Trap

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

**Super Set**

Sagi Six-Way

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Tuck & Roll

**15 Reps**

R \_\_\_\_\_

**15 Reps**

R \_\_\_\_\_

**Cool-Down**

R = reps W = weight RT = right LT = left Sec = time C = completed

**Equipment**

- Bench (or Stability Ball)
- EZ Curl Bar w/Weighted Plates (and Spring Collars)
- Weights

- Worksheet and Pen
- Water and Towel

**Weight Suggestions:**

8 lbs., 15 lbs., 20 lbs.

Weights listed are suggestions only. Please use weights appropriate to your personal fitness and strength levels, and review The Book of Beast before beginning. To reduce injury risk, start with lighter weights.