

Date / Week

## Warm-Up

### Single Set

Dumbbell Chest Press

**15 Reps**

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

### Super Set

Incline Dumbbell Fly

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

Incline Dumbbell Press

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

### Giant Set

Close Grip Press

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

Partial Chest Fly

W \_\_\_\_\_

W \_\_\_\_\_

W \_\_\_\_\_

Decline Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

### Single Set

Tricep Extension

**15 Reps**

W \_\_\_\_\_

**12 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

**8 Reps**

W \_\_\_\_\_

### Super Set

Single Arm Kickback

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

LT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

RT: W \_\_\_\_\_

Tricep Push-Up

R \_\_\_\_\_

R \_\_\_\_\_

R \_\_\_\_\_

### Super Set

**60 Sec.**

Dips on Bench

R \_\_\_\_\_

In and Outs

R \_\_\_\_\_

## Cool-Down

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

### Equipment

- Bench (or Stability Ball)
- Sturdy Chair
- 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.