

# EXERCISE JOURNAL

## Front side

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- ALWAYS WARM UP BEFORE WORKOUT (5 minutes minimum)
- ENSURE THAT YOU LEAVE YOURSELF ENOUGH TIME FOR A PROPER COOL DOWN (5 min. minimum)
- STRETCH AFTER EVERY WORKOUT
- IF YOU DON'T MAINTAIN FORM THROUGH THE REPS THEN ADJUST WEIGHT ACCORDINGLY.
- *BW* (body weight), *BB* (bar bell), *DB* (dumbbell), *KB* (kettle bell), *r* (reps), *h* (hold), *SS* (superset)

EXERCISES #1 (3 SETS)	SUGGESTED WEIGHT	NOTES
Flat Chest Press (15-20r)(10-12r) SS Pushups (15r)		SS or superset means the next exercise is done right away without rest
<b>REST 30-40 sec</b>		
Chest flys (12r) SS Burpees with push ups (5r)		
<b>REST 30-40 sec</b>		
Narrow Front Squats DB (15-20r)(10-12r) SS DB Front Raises (15r)		Bands
<b>REST 30-40 sec</b>		
Standing Military Press DB (12r) SS Side to Side Twists (15r)		Bands
<b>REST 30-40 sec</b>		
Incline DB Chest Press (15-20r)(10-12r) SS Lateral Raises with Forward Lunges (20r)		
<b>REST 30-40 sec</b>		
Situps (15-20r)(10-12r) SS V crunches (20r)		
<b>Laying Leg raises 30r</b>		
<b>Tuck jumps 30r</b>		
<b>bicycle crunches 30r</b>		
<b>Jumping jacks 30r</b>		