Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_

**Work Out Program B**

Do a minimum of **4** of these exercises per day. Feel free to mix up what you do on what day. Be sure to record what you are doing.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   |   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 |
| Bench Press | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| 21s | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Triceps  | Weight |   |   |   |   |   |   |   |   |
| Pulldown | Reps |   |   |   |   |   |   |   |   |
|  | Sets |   |   |   |   |   |   |   |   |
| Leg Raises | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Seated | Weight |   |   |   |   |   |   |   |   |
| Row | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Lunge | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Leg Press | Weight |   |   |   |   |   |   |   |   |
|   | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |
| Good | Weight |   |   |   |   |   |   |   |   |
| Morning | Reps |   |   |   |   |   |   |   |   |
|   | Sets |   |   |   |   |   |   |   |   |