

# SixPack Jacked WORKOUT LOG

#1 Get Jacked

<http://www.sixpacksmackdown.com>



## Monday

<b>Box Squats</b> 3-3-3-1-1-1	3	3	3	1	1	1	
<b>Deadlift</b> Heavy Single	3	3	3	1	1	1	
<b>Flat Bench</b> Heavy Single	3	3	3	1	1	1	
<b>5 Set Giant Set</b> Incline DB press- 6-10 reps Flys- cable or DB- 12 reps Dips- 10-20 reps Shrugs- cable or DB- 20 reps Face Pull- 20 reps							
<b>Superset x 4</b> 10 GHD 10 Back Extensions							
<b>Ab Wheels or crunches</b> 100	#						
<b>Walking Lunges</b> 400	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes:

### Deadlift

- Week 1: conventional stance from a 1-2 plate deficit
- Week 2: sumo stance from a deficit
- Week 3: conventional stance from 2 mats
- Week 4: Sumo stance from 2 mats

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## Tuesday

<b>Pause Front Squat</b> 3 sec pause heavy single	1	1	1	1	1		
<b>Close Grip Bench</b>							
<b>4 Set Tri-Set</b> 3-way skull crushers 10 narrow 10 medium 10 wide Band Press Down 30 reps DB Hammer Curl – 12 reps							
<b>4 Set Tri-Set</b> Tricep Extensions 20 reps Dips 15 reps Barbell Curl 8 reps							
<b>4 Set Superset</b> GHD x 10 Back Extensions x 10							
<b>Ab Wheels</b> 100	#						
<b>Lunges</b> 400	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes:

### Close Grip Bench

Week 1: Up to a 3 rep max

Week 2: 2 stop pause

Week 3: 3 count pause at the chest

Week 4: Touch n go

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## Wednesday

<b>Back Squat</b>							
<b>Speed Deadlift</b> 6x2 use bands if you have them	2	2	2	2	2	2	
<b>Power Clean</b> 4x2 working up to a heavy set of 2	2	2	2	2			
<b>4 Set Superset</b> GHD x 10 Back Extensions x 10							
<b>Ab Wheels</b> 100	#						
<b>Lunges</b> 400	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes:

**Back Squat**  
Use wraps, belt, knee sleeves, whatever you got!

Week 1: 5 count pause- up to a heavy single  
 Week 2: up to a heavy double  
 Week 3: 1 count pause up to a heavy single  
 Week 4: Straight squat, no pause, to a heavy single

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## Thursday

<b>Front Squat</b>							
<b>Bench Press Pyramid</b>	10	8	6	4	3	2	6
<b>5 Set Tri-Set</b> Wide grip lat pull x 12 Shrugs x 20 Db/Cable Fly x 15							
<b>5 Set Tri Set</b> Rows (seated or bent over) x 8 Face Pulls x 20 Db Incline Press x 12							
<b>4 Set Superset</b> GHD x 10 Back Extensions x 10							
<b>Ab Wheels</b> 100	#						
<b>Lunges</b> 400	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes:

### Front Squat

Speed squats. Use bands if you have them-  
2 mini bands per side- use 40% of 1 rep max on the bar.  
If no bands, use 60% of 1 rep max on the bar weight  
5 sets of 2 reps

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## Friday

<b>Front Squat</b> Work up to heavy pause single	3	3	3	3	1	1	1
<b>Military Press</b>							
<b>Weighted Dips</b> 4x10 *last set is heavy...work-up in weight							
<b>4 Set Tri-Set</b> Barbell Curl 5-8 reps DB Skull Crusher x 10 Elboes out press x 10							
<b>8 Set Superset</b> Cable Curls x 15 Rope Pressdown x 15							
<b>4 Set Superset</b> GHD x 10 Back Extensions x 10							
<b>Ab Wheels - 100</b>	#						
<b>Lunges - 400</b>	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes:

### Front Squat

Up to a heavy single  
knee wraps, belt, sleeves, whatever you got!

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## Saturday

### Bodyweight Day

#### 8 Rounds of

Handstand Push-Ups 5-10 reps

Pull-Ups: 5-10 reps

Dips 5-10 reps

Push-Ups 10-15 reps

Bench Dips 10-15 reps

Ab Wheel – 10-15 reps

#### Optional 400 Lunges

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

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## Sunday

REST DAY

Or Optional Workout

<b>4 Set Superset</b> GHD x 10 Back Extensions x 10							
<b>Ab Wheels - 100</b>	#						
<b>Lunges - 400</b>	#						

Date Completed: \_\_\_\_\_

Body Weight: \_\_\_\_\_

Workout Location: \_\_\_\_\_

Notes: