

#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>



Monday

3 Set Superset DB Shoulder Press - 10 reps Double DB Curl - 10 reps DB Triceps Extensions - 20 reps					
3 Set Quad Set DB Front Raise - 10 reps DB Side Laterals - 10 reps Concentration Curl - 10 per arm Lying DB Skulls - 10 reps					
Arm Burnout - 5 mins Double DB Curl - 10 reps Banded Triceps Press Downs 20 reps *no rest between sets					
Walking Lunges 400	#				
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>



Tuesday

4 Rounds 25 Air Squats Max Rep Push-Ups					
4 Rounds 30 Calf Raises Max Rep Wide-Grip Pull-Ups					
4 Rounds :30 Wall-Sit Max Rep Chin-Ups					
Weighted Crunches 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:



#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>

Wednesday

REST DAY
-or-
Optional Workout

Work on any weaknesses					
Walking Lunges 400	#				
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:



#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>

Thursday

Conditioning Intervals Accumulate 1-2 miles of running 1:00 fast run/sprint 1:00 walk * after each walk 25 push-ups and 25 air squats					
Ab Definition Circuit 4 Rounds :30 plank 25 weighted crunches					

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>



Friday

<p>Full Body Circuit Complete 3 Rounds</p> <p>Push-Ups - 20 reps DB Curls – 20 reps DB Shoulder Press- 20 reps Lunges - 50 lunge steps Weighted Crunches - 20 reps DB Skull Crushers - 20 reps DB Hammer Curls - 20 reps DB Front Raise - 20 reps DB Tricep Extensions - 20 reps Plank Hold :45 Lunges - 50 lunge steps</p> <p>Rest :90 between sets</p>					
---	--	--	--	--	--

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>



Saturday

REST DAY

Or Optional Workout

Ab Wheels - 100	#						
Lunges - 400	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

#JackedDad WORKOUT LOG

#2 – Dad Bod Gone Bad

<http://www.sixpacksmackdown.com>



Sunday

REST DAY

Or Optional Workout

Ab Wheels - 100	#						
Lunges - 400	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: