

#JackedDad WORKOUT LOG

#4 – No Turning Back

<http://www.sixpacksmackdown.com>



Monday

5 Set Superset Push-Ups - 20 reps Bent over DB Row - 20 reps					
4 Set Superset DB Flat Bench Press (or floor press): 15 reps DB Front Raise - 10 reps DB Chest Flyes - 10 reps :30 rest between supersets					
Walking Lunges 6-12 minutes	#				
Weighted Crunches 100					

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Tuesday

DB Lunges 5x12 (6 per leg)					
5 Set Superset 25 Air Squats 20 Walking Lunges					
Weighted Crunches 100					

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Wednesday

5 Set Superset Double DB Curls: 20 reps Alternating DB Hammer Curls: 12 reps DB Tricep Extensions - 20 reps					
5 Set Superset DB Curls: 21s (7 half reps bottom 7 half reps top, 7 full reps) DB Skull Crushers - 15 reps					
Core Stability Accumulate 5:00 in plank					
Walking Lunges 6-12 minutes					
Ab Wheel 100					

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Thursday

6 Set Superset DB Deadlift - 15 reps DB Goblet Squats 15 reps					
Walking Lunges 400	#				
Sit-Ups 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Friday

5 Set Superset Push-Ups - max reps Chin-Ups - max reps					
5 Set Tri-Set DB Shoulder Press - 12 reps DB Front Raise - 12 reps Lateral Raise - 12 reps					
8 Set Superset Alternating DB Curl - 20 reps Tricep Kickbacks - 20 reps *no rest					
Walking Lunges 6-12 minutes	#				
Weighted Crunches 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Saturday

REST DAY

Or Optional Workout

Pull-Ups
100

Walking Lunges
400

Weighted Crunches
100

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Sunday

REST DAY

Or Optional Workout

Ab Wheel 100	#					
Walking Lunges 400	#					

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: