

MusclePharm Get Swole Phase 1 Workout Log

<http://www.sixpacksmackdown.com>

Phase 1 – Chest & Back

Week: _____

Date _____

Wide Grip Pull-Ups					
Flat Bench					
Incline DB Press					
Seated Rows					
Wide Grip Pull-Ups					
Chest Flies					

Workout Notes:

Phase 1 – Legs & Abs

Week: _____

Date _____

Squats					
Leg Press					
Straight Leg DL					
Hamstring Curl					
Barbell Lunges					
Weighted Toe Raisers					
Ab Wheel					

Workout Notes:

Phase 1 – Arms

Week: _____

Date _____

Arnold Barbell Curl					
Incline French Press					
Db Curl w/ 5sec twist					
Tricep Pressdowns					
Bench Dips					
Preacher Curl					

Workout Notes:

Phase 1 – Shoulders & Abs

Week: _____

Date _____

Military Press					
Upright Rows					
Lateral Raises					
Front Raises					
Ab Wheel					

Workout Notes: