

MusclePharm Get Swole Phase 2 Workout Log

<http://www.sixpacksmackdown.com>

Phase 2 – Chest & Back

Week: _____

Date _____

Chin-Ups					
Incline Bench					
Seated Rows					
Flat Bench					
Lat Pull Downs					
Chest Flies					

Workout Notes:

Phase 2 – Legs & Abs

Week: _____

Date _____

Squats					
Leg Press					
Leg Extensions					
Hamstring Curl					
Calf Raises					

Workout Notes:

Phase 2 – Arms

Week: _____

Date _____

	DB Preacher Curl					
	Straight Bar Preacher					
	Reverse Preacher					
	Bicep Curl Machine					
	Close Grip Bench					
	Tricep Rope Pushdown					
	Bench Dips					
	Straight Bar Pushdown					

Workout Notes:

Phase 2 – Shoulders & Abs

Week: _____

Date _____

Military Press					
DB Military					
Lateral Raises					
Full Frontals					
Barbell Shrugs					
Ab Wheels					

Workout Notes: