

# Old Man Strength WORKOUT LOG

#1 Salt and Pepper

<http://www.sixpacksmackdown.com>



## Monday

Back Squats 3x3	Warm-up	Warm-up	Warm-up	Warm-up	3	3	3
Power Cleans Heavy 4x3	Warm-up	Warm-up	Warm-up	3	3	3	3
Push Press 3x3	Warm-up	Warm-up	Warm-up	Warm-up	3	3	3
Lunges	#						
<b>Superset x 4</b> 10 GHD 10 Back Extensions 25 Ab Wheels 10 Pull-Ups							

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

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

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

Notes:

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## Tuesday

Front Squat 6x2	Warm-up	2	2	2	2	2	2
Bench Press Pyramid	10	8	6	4	3	2	6
<b>4 Set Superset</b> Incline DB Press x 12 Seated Rows x 12 Incline DB Flyes x 12 Overhand Pull-Ups							
<b>4x Arm Superset</b> Barbell Curl x 12 Rope Press Down x 20							
Lunges	#						
Ab Wheels	#						

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

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## Wednesday

Back Squat 2 Heavy Sets of 7	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	7	7
DeadLift Work up to heavy set of 3	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	3
<b>Superset x 4</b> Max Rep Pull-Up Farmer's Carry 50' :45 Plank Hold							
Lunges	#						
<b>Superset x 4</b> 20 DB Curls 20 Tricep Extensions 25 Weighted Crunches							

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

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

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## Thursday

Squat Pyramid	10	8	6	4	3	2	6
Pyramid Weight:							
Superset Military Press x 6 Tricep Extensions x 20	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	6	6
Bicep Burner							
Lunges	#						
GHD Back Extensions Crunches Pull-Ups							

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

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## Friday

Front Squat	3	3	3	3	1	1	1
Work up to heavy pause single							
Bench Press 5x5	Warm-up	Warm-up	5	5	5	5	5
Superset x 4 1-arm DB Row x 12 Wide Grip Pull-Ups  *pull-ups to failure							
Lunges	#						
Ab Wheels	#						

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

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

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## Saturday

Back Squat Heavy Single <small>*this is not a max</small>	3	3	3	3	1	1	1
Military Press 5x5	Warm-up	Warm-up	5	5	5	5	5
Complete in Order 100 Pull-Ups 100 Push-Ups 100 Sit-Ups							
Lunges	#						
Superset x 4 25 Ab Wheels 10 GHD 10 Back Extensions Max Rep Pull-Ups							

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

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

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

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## Sunday

Lunges	#						
<b>Superset x 4</b> 10 DB Curls 10 Tricep Extension 10 DB Shoulder Press							
<b>Superset x 4</b> 10 GHD 10 Back Extensions 25 Weighted Crunches Max Rep Pull-Ups							

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

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

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

Notes: