

#JackedDad WORKOUT LOG

#1 – My Dad Can Beat Up Your Dad

<http://www.sixpacksmackdown.com>



Monday

Walking Lunges 400	#				
5 Set Superset 20 DB/KB Curls 12 Tricep Extensions 25 Weighted Crunches Max Rep Pull-Ups					
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Tuesday

Walking Lunges 400	#				
5 Set Superset 12 Dumbbell Shoulder Press Max Reps Push-Ups 20 Side Lateral Raisis Max Reps Wide Grip Pull-Ups *1:00 min rest between rounds					
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:



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Wednesday

Walking Lunges 400	#				
8 Set Superset 25 Push-Ups Max Rep Wide Grip Pull-Ups					
Weighted Crunches or Sit-Ups 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:



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Thursday

Walking Lunges 400	#				
5 Set Giant Set 20 DB/KB Curls 12 Tricep Extensions 12 DB Shoulder Press 25 Weighted Crunches Max Rep Pull-Ups					
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Friday

Walking Lunges 400	#				
8 Set Superset 25 Push-Ups Max Rep Wide Grip Pull-Ups					
Weighted Crunches or Sit-Ups 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Saturday

Walking Lunges 400	#				
Ab Wheels 100	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Sunday

REST DAY

Or Optional Workout

Ab Wheels - 100	#						
Lunges - 400	#						

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: