

#JackedDad WORKOUT LOG

#3 – Dad Bod Gone

<http://www.sixpacksmackdown.com>



Monday

As Fast as Possible 150 Air Squats					
5 Set Superset Max Rep Pull-Ups Max Rep Push-Ups					
5 Set Superset Floor Press - 15 reps Double DB Rows - 20 reps					
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps					
Walking Lunges 400	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes:

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Tuesday

As Fast as Possible 150 Air Squats					
5 Set Superset Double Arm Curl - 10 reps Tricep Extensions - 20 reps DB Shoulder Press - 10 reps					
5 Set Superset Side Laterals - 15 reps Hammer Curls - 20 reps Single Arm Tricep Extensions - 10 reps					
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps					
Walking Lunges 400	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Wednesday

6 Set Superset 30 Air Squats 30 Calf Raises :45 Wall Sit						
5 Set Superset DB Lunges - 12 reps (6 per leg) 10 Squat Jumps (no weight)						
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps						

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Thursday

As Fast as Possible 150 Air Squats					
5 Set Superset DB Fly - 15 reps Wide Grip Pull-Ups - Max Rep					
5 Set Superset Leg Elevated Push-Ups DB Shoulder Press					
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps					
Walking Lunges 400	#				

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Friday

As Fast as Possible 150 Air Squats					
5 Set Superset Alternating DB Curl - 20 reps DB Shoulder Press - 20 reps					
5 Set Superset Front Raises - 20 reps Tricep Extensions - 20 reps Alternating DB Curl - 20 reps					
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps					
Walking Lunges 400	#				

Date Completed: _____

Body Weight: _____

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Saturday

REST DAY

Or Optional Workout

REST DAY Or Optional Workout						
4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps						
Walking Lunges 400	#					

Date Completed: _____

Body Weight: _____

Workout Location: _____

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Sunday

REST DAY

Or Optional Workout

4 Set Superset Floor Back Extensions - 20 reps Weighted Crunches - 20 reps						
Walking Lunges 400	#					

Date Completed: _____

Body Weight: _____

Workout Location: _____

Notes: