

MONDAY

WORKOUT:

PRE:

CREATINE - 5G

DEXTROSE - 40G

GYM:

WHEY - 20G

CREATINE - 5G

Chest:

Flat Bench Press (Center Total)

Warm Up

Set1 (10)

Set2 (8)

Set3 (6)

Incline Dumbbell Press (Upper)

Set

Set

Set

Dumbbell Flies - Drop Sets (Middle)

Set

Set

Set

Dumbbell Straight Arm Pullover (Lower)

Set

Set

Set

Back/Traps:

Seated Cable Rows

Set

Set

Set

Wide-Grip Lat Pulldown (Upper)

Set

Set

Set

POST

WHEY - 20G

CREATINE - 5G

DEXTROSE - 40G

COMMENTS:

SLEEP:

MONDAY

DIET:

WHEY - 20G

MULTI VITAMIN

~7:30AM BF

~10:00AM

~1:00PM LUNCH

~4:00PM

~7:00PM DINNER

~10:00PM 30MIN BEFORE BED:

AT BED: CASEIN - 20G

Nutrition:

Fat: 15% - 416 cal = 46g

Protein: 25% - 702 cal = 175g

Carb: 60% - 1660 cal = 415g

Actual:

TUESDAY

WORKOUT:

PRE:

CREATINE - 5G

DEXTROSE - 40G

GYM:

WHEY - 20G

CREATINE - 5G

Legs:

Barbell Squat (Drop Sets every other Week)

Warm Up

Set

Set

Set

Calves:

Barbel Standing Calve Raises

Set

Set

Set

Quad Extensions Mach.

Set

Set

Set

Lower Back:

Hyperextensions (Lower)

Set

Set

Set

Abs:

Declined Weighted Sit Ups

Set

Set

Set

Hanging Leg Raises

Set

Set

Set

Russians - 1min

Planks 1min

POST

WHEY - 20G

CREATINE - 5G

DEXTROSE - 40G

COMMENTS:

SLEEP:

TUESDAY

DIET:

WHEY - 20G

MULTI VITAMIN

~7:30AM BF

~10:00AM

~1:00PM LUNCH

~4:00PM

~7:00PM DINNER

~10:00PM 30MIN BEFORE BED:

AT BED:

CASEIN - 20G

Nutrition:

Fat: 15% - 416 cal = 46g

Protein: 25% - 702 cal = 175g

Carb: 60% - 1660 cal = 415g

Actual:

WEDNESDAY

CHEAT DAY MOTHA FUCKA

SLEEP:

WEDNESDAY

DIET:

WHEY - 20G

MULTI VITAMIN

~7:30AM BF

~10:00AM

~1:00PM LUNCH

WHEY - 20G

~4:00PM

~7:00PM DINNER

WHEY - 20G

~10:00PM 30MIN BEFORE BED:

AT BED:

CASEIN - 20G

Nutrition:

Fat: 15% - 416 cal

= 46g

Protein: 25% - 702 cal

= 175g

Carb: 60% - 1660 cal

= 415g

Actual:

THOR'S - DAY

WORKOUT:

PRE:

CREATINE - 5G

DEXTROSE - 40G

GYM:

WHEY - 20G

CREATINE - 5G

Shoulders:

Barbell Shoulder Press (Anterior Head)

Warm Up

Set(4-6)

Set

Set

Dumbbell Side Laterals (Middle Head)

Set (10-12)

Set

Set

Sitting/Head on Bench Rear Deltoid Raises

Set (13-15)

Set

Set

Traps:

Dumbbell Shrugs

Warm Up - Light Weight x 2

Set (8-10)

Set

Set

Upright Rows

Set (8-10)

Set

Set

Set

Set

Set

POST

WHEY - 20G

CREATINE - 5G

DEXTROSE - 40G

COMMENTS:

SLEEP:

THOR'S - DAY

DIET:

WHEY - 20G

MULTI VITAMIN

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~10:00AM

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AT BED:

CASEIN - 20G

Nutrition:

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Actual:

FRIDAY

WORKOUT:

PRE:

CREATINE - 5G

DEXTROSE - 40G

GYM:

WHEY - 20G

CREATINE - 5G

Biceps:

Barbell Preacher Curl

Set (4x4)

Set

Set

Inclined Dumbbell Curl

Set (8-10)

Set

Set

Concentration Curls/ Standing Pulley Cable Curls

Set(8-10)

Set

Set

Palm Down Barbel Wrist Curls over Bench

3x Set(8-10)

Palm Up Barbell Wrist Curls over Bench

3x Set(8-10)

Triceps:

Standing Tricep Overhead Dumbbell Extension

Set (8-10)

Set

Set

Cable Rope Tricep Push Down (Drop Sets)

Set (10-12)

Set

Set

POST

WHEY - 20G

CREATINE - 5G

DEXTROSE - 40G

COMMENTS:

Abs:

Declined Weighted Sit Ups

Set

Set

Set

Hanging Leg Raises

Set

Set

Set

Russians - 1min

Planks 1min

SLEEP:

FRIDAY

DIET:

WHEY - 20G

MULTI VITAMIN

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~10:00AM

~1:00PM LUNCH

~4:00PM

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AT BED:

CASEIN - 20G

Nutrition:

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Actual:

SLEEP:

SATURDAY

DIET:

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Actual:

SLEEP:

SUNDAY

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AT BED: CASEIN - 20G

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Actual:

END OF WEEK METRICS

BODY WEIGHT:

BODY FAT % - NOTICE TRENDS

MUSCLE WEIGHT:

DIET ADJUSTMENTS:

CALORIES:

CIRCUMFERENCES:

CHEST:

BICEPS:

R:

L:

ABDOMINALS:

1:

2:

3:

4:

LEGS:

CALVES: