



DAY _____ DATE _____ DAY # _____ START TIME _____ FINISH TIME _____

CHEST

EXERCISE SELECTED (select only two) SETS PLANNED WEIGHT/REPS ACTUAL WEIGHT/REPS INTENSITY

Bench Press	Remember: Rest between sets should be no more than 60 sec.	1	/ 15	/	
Dumbbell Bench Press		1	/ 12	/	
Dumbbell Flys		1	/ 10	/	
Cable-crossovers		1	/ 8	/	
		1	/ 6	/	
	②	3	/ 10	/	

NOTES

SHOULDERS

EXERCISE SELECTED (select only two) SETS PLANNED WEIGHT/REPS ACTUAL WEIGHT/REPS INTENSITY

Standing Dumbbell Press		1	/ 15	/	
Dumbbell Side Raises		1	/ 12	/	
Seated Dumbbell Press		1	/ 10	/	
Bent-over Side Raises		1	/ 8	/	
		1	/ 6	/	
	②	3	/ 10	/	

NOTES

TRICEPS

EXERCISE SELECTED (select only two) SETS PLANNED WEIGHT/REPS ACTUAL WEIGHT/REPS INTENSITY

Laying Dumbbell Extension		1	/ 15	/	
Standing Triceps Pushdowns		1	/ 12	/	
Close Grip Bench Press		1	/ 10	/	
Dumbbell Kick-backs		1	/ 8	/	
		1	/ 8	/	
	②	3	/ 10	/	

NOTES

CARDIOVASCULAR TRAINING

GOALS FOR NEXT WORKOUT

Exercise Performed

Training Method HIIT Moderate (HR=70-85% max) Low Intensity (HR=55-70% max)

Start Time _____ am pm Finish Time _____ am pm Total Time _____ MIN

Notes

Goals for next workout section with multiple blank lines for notes.

Notice: The ABSolution Program is intended for healthy adults, ages 18 and over. This book is solely for informational and educational purposes and is not medical advice. Please consult a medical or health professional before you begin any new exercise, nutrition, or supplementation program or if you have questions about your health. As individuals differ, their results will differ, even when using the same program. Copyright © 2002 bestabs.com