



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

Back Exercises

BACK

EXERCISE SELECTED (select only two)

SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
1	/ 15	/	
1	/ 12	/	
1	/ 10	/	
1	/ 8	/	
1	/ 6	/	
3	/ 10	/	

NOTES

BICEPS

EXERCISE SELECTED (select only two)

SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
1	/ 15	/	
1	/ 12	/	
1	/ 10	/	
1	/ 8	/	
1	/ 8	/	
3	/ 10	/	

NOTES

Bicep Exercises

LEGS

EXERCISE SELECTED (select only two)

SETS	PLANNED WEIGHT/REPS	ACTUAL WEIGHT/REPS	INTENSITY
1	/ 15	/	
1	/ 12	/	
1	/ 10	/	
1	/ 8	/	
1	/ 6	/	
3	/ 10	/	

NOTES

Leg Exercises

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

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