

Workout Sheet

Workout A (Quadriceps - Chest)

Level Intermediate

Perceived Exertion

Duration 01:30:00

Notes Remember: the purpose is to get the blood into the muscle as quickly as possible, for as long as possible. Very important value for muscle repair. From week to week, feel free to modify the exercise arrangement (by muscle group).

Squat

	Reps	Rest	Intensity	Weight
Set 1	12	2 min max		
Set 2	12	2 min max		
Set 3	12	2 min max		
Set 4	12	2 min max		
Set 5	12	2 min max		
Set 6	12	2 min max		
Set 7	12	2 min max		
Set 8	12	2 min max		

Notes

Leg Press

	Reps	Rest	Intensity	Weight
Set 1	12	1 min 30 s		
Set 2	12	1 min 30 s		
Set 3	12	1 min 30 s		
Set 4	12	1 min 30 s		
Set 5	12	1 min 30 s		
Set 6	12	1 min 30 s		

Notes

Leg Extension

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Bench Press (Barbell)

	Reps	Rest	Intensity	Weight
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	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		
Set 7	12	1 min		
Set 8	12	1 min		

Notes

Fly (Dumbbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Incline Bench Press (Barbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Incline Fly (Dumbbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		
Set 2	12	1 min		
Set 3	12	1 min		
Set 4	12	1 min		
Set 5	12	1 min		
Set 6	12	1 min		

Notes

Pullover (Dumbbell)

	Reps	Rest	Intensity	Weight
Set 1	12	1 min		

Set 2

12	1 min		
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Set 3

12	1 min		
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Set 4

12	1 min		
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Set 5

12	1 min		
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Set 6

12	1 min		
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Notes