(a) Lower-Body - (Volume)

Date:	**Weight**	**Reps**	**Date:**	**Weight**	**Reps**	**Date:**	**Weight**	**Reps**
Squat								
Squat								
Squat								
Squat								
Squat								
Hack Squat								
Hack Squat								
Hack Squat								
Hack Squat								
Seated Hamstring Curls								
Seated Hamstring Curls								
Seated Hamstring Curls								
Seated Hamstring Curls								
Seated Hamstring Curls								
Ham Curls								
Ham Curls								
Ham Curls								
Ham Curls								
Ham Curls								
Calf Raises								
Calf Raises								
Calf Raises								
Calf Raises								

(b) Lower-Body - (Volume)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Stiff Leg Deadlift								
Stiff Leg Deadlift								
Stiff Leg Deadlift								
Stiff Leg Deadlift								
Stiff Leg Deadlift								
Hamstring Curls								
Hamstring Curls								
Hamstring Curls								
Hamstring Curls								
Front Squat								
Front Squat								
Front Squat								
Front Squat								
Front Squat								
Lunges								
Lunges								
Lunges								
Lunges								
Calf Raises								
Calf Raises								
Calf Raises								
Calf Raises								

(a) Upper-Body – (Volume)

Date:	**Weight**	**Reps**	**Date:**	**Weight**	**Reps**	**Date:**	**Weight**	**Reps**
Bench								
Bench								
Bench								
Bench								
Bench								
OHP								
OHP								
OHP								
Incline DB Press								
Incline DB Press								
Incline DB Press								
Lateral Raises								
Lateral Raises								
Lateral Raises								
Pushdowns								
Pushdowns								
Pushdowns								
Pulldown								
Pulldown								
Pulldown								
Seated Rows								
Seated Rows								
Bicep Curl								
Bicep Curl								
Shrugs								
Shrugs								

(b) Upper-Body - (Volume)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
BOR								
BOR								
BOR								
BOR								
BOR								
Pull Ups								
Pull Ups								
Pull Ups								
BB Curls								
BB Curls								
BB Curls								
Face Pulls								
Face Pulls								
Face Pulls								
DB Press								
DB Press								
DB Press								
Chest Fly								
Chest Fly								
Shoulder Press								
Shoulder Press								
Shoulder Press								
Rear Delt Raises								
Rear Delt Raises								
Rear Delt Raises								
OH Triceps								
OH Triceps								
OH Triceps								