Name						

**Instructions:** Choose your workout type. Perform a drop set workout by taking each set to failure then decreasing your next set by 5-10%.

Circle ONE	Date:	Date: Date:		Date:	
Mass or Tone					
70%-+ 45%-+					
Back Row	x Failure	x Failure	x Failurex Failure		
1RM	X railure	x railure	X railure	x Failure	
TI((V)	Weight:	Weight:	Weight:	Weight:	
Lat Pull-down					
	x Failure	x Failure	x Failure	x Failure	
1RM	Weight:	Weight:	Weight:	Weight:	
Biceps Curl					
	x Failure	x Failure	x Failure	x Failure	
10RM	Weight:	Weight:	Weight:	Weight:	
Upright Row	weight	Weight	weight	Weight.	
opg	x Failure	x Failure	x Failure	x Failure	
10RM	Weight:	Weight:	Weight:	Weight:	
Reverse Fly	x Failure	x Failure	x Failure	x Failure	
10RM	Weight:	Weight:	Weight:	Weight:	
Deltoid	x Failure	x Failure	x Failure	x Failure	
Rotation					
	Waisht	Weight:	Weight:	Weight:	
1RM	Weight:				
	x Failure	x Failure	x Failure	x Failure	
	Walaka	Walakt	Walaka	Maisha.	
10RM	Weight:	Weight:	Weight:	Weight:	
			x		
	x	x		x	
1RM	Weight:	Weight:	Weight:	Weight:	
Instructor	**C'Bilt	vvcigitt.	**C'Bilt	Weight	
signature					

Core Training: Treat all core training like tone and definition Training

Exercises:	Date:	Date:	Date:	Date:	Date:
Core: Decline	X	X	X	X	x
Core: Plank	X	X	X	X	X
Core: Curl	X	X	X	X	X
Core: Abs Machine	X	X	X	X	X
Instructor signature					