

SPLIT SET TRAINING Pulling Workout Name _____

Instructions: Choose your workout type then label the sets and reps based on your training style.

Circle ONE Mass or Definition 70-85% 45%-65%	Date:	Date:	Date:	Date:
Back Row 1RM _____	___ X ___ Sets Reps Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Lat Pull-down 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Biceps Curl 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Upright Row 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Reverse Fly 10RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____ 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
_____ 1RM _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____	___ X ___ Weight: _____
Instructor 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					