

# SPLIT SET TRAINING Push Workout

Name \_\_\_\_\_

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

Exercises type: _____	Date: _____	Date: _____	Date: _____	Date: _____
<b>Chest Press/Bench Press</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Incline Press</b>  1RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Shoulder Press</b>  10RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Triceps Extension</b>  10RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Chest Fly</b>  10RM _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____	___ X ___  Weight: _____
<b>Chest Press</b>  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: _____
<b>Core: Decline</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Plank</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Curl</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
<b>Core: Abs Machine</b>	___ X ___	___ X ___	___ X ___	___ X ___	___ X ___
Instructor signature					