

Drop SET TRAINING Push Workout

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 Mass or Tone 70%+ 45%+	Date:	Date:	Date:	Date:
Bench Press 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Incline Press 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Shoulder Press 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Triceps Extension 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Chest Fly 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Chest Press 1RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-
Chest Flexor 10RM _____	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure Weight: _-_- -_- -_-	___ x Failure 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					