


Workout							
Date: June 7, 2024							
Muscle Group(s): Chest, Biceps							
Warm-Up							Running on the spot, shoulder shrugs, knee-ups (5 minutes)
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
Bicep Curl	8	8	6				
	10	10	10				
Hammer Curl	8	8	5				
	12	12	12				
Preacher Curl (barbell)	6	6	5				
	30	30	30				
Chest Press	12	8	8				
	70	80	80				
Decline Chest Press	8	8	8				
	60	60	70				
Incline Chest Press	8	6	5				
	45	45	45				
Cool-Down:	Light jog, Static stretching						
Stretching (y/n)? Type:	Yes, wide chest, arms						
Cardio:	20 minutes, treadmill 5mph on 3 incline						
Comments:	Struggled last set of hammer curls at 12lbs. Standard chest press did 12 reps at 70lbs, increase weight to 115lbs.						
Mood: (Before/After)	Tired/ Happy and invigorated						
Food: (Before/After)	Apple, peanut butter sandwich / Chicken breast & broccoli						
Supplements: (Prior/during/After)	None/multi-vitamin shake/whey protein (1 scoop)						
Sleep:	6 hours						
Length of workout:	1 hour, 15 minutes						
Location of workout:	at home						