Genesis Gym Training Program

NAME:					
DATE:					
NOTES:	Each session either increase number of sets OR reduce rest time by 15 seconds. Once 4 sets and 45sec rest are achieved, increase the weights used 5% per session				

DAY A		Training Over 40				Workout Record - Fill In Weight x Reps Completed							
	Exercise	**Set**	**Reps**	**Tem**	**Rest**	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
A1	DB Front Foot Elevated Split Squats	2-4	10-12	3031	45-75								
A2	DB Chest Supported Row to Chest, Neutral Grip	2-4	10-12	3031	45-75								
B1	DB RDL	2-4	10-12	3031	45-75								
B2	DB Flat Bench Press, Neutral Grip	2-4	10-12	3031	45-75								
C1	Front Bridge	2	60 Sec	-	15								
C2	Side Bridge	2	60 Sec	-	15								