



# TOTAL BODY A

Day\_\_\_\_\_

Date\_\_\_\_\_

Time\_\_\_\_\_

Weight\_\_\_\_\_

Sleep\_\_\_\_\_

Stress\_\_\_\_\_

Mood/Notes \_\_\_\_\_

Exercise	Sets	Reps	Notes
<b>A1</b> Barbell to a Box Squats Superset	2	8-10	
<b>A2</b> lying cuff laterals	2	10-12	
<b>B1</b> barbell Thrusts Superset	3	10-12	
<b>B2</b> military press standing	3	6-8	
<b>C1</b> walking lunges Superset	3	20	
<b>C2</b> push-ups	3	10-12	
<b>D1</b> hanging leg raises	2	BW AMRAP	

Start your free trial on Hypertrophycoach to log all of your workouts, nutrition and metrics such as sleep, stress, mood etc in the app!

Join over 10,000 other members getting jacked!