

TOTAL BODY CHISEL

Hammer & Chisel Weight Tracker

Equipment Needed: Bench (or ball), weights.

Date/Week

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Round 1 (3 sets/10 reps)					
Squat					
Bench press					
Reverse grip row					
Round 2 (3 sets/10 reps)					
Reverse lunges					
Incline fly					
Lat pullover					
Round 3 (3 sets/10 reps)					
Step down to cross back					
Incline curl					
Bench triceps dip					