Phase 3 – Upper-Body (Strength)

Date:	Weight	Reps	Date:	Weight	Reps	Date:	Weight	Reps
Deadlift								
Deadlift								
Deadlift								
BentRow								
BentRow								
Pull Ups								
Pull Ups								
Bench Press								
Bench Press								
Bench Press								
Incline DB Press								
Incline DB Press								
Shoulder Press								
Shoulder Press								
Shoulder Press								
BB Curls								
BB Curls								
BB Curls								
Skull Crushers								
Skull Crushers								
Skull Crushers								