SUMMER SHREDDER

WEEK 4

DAY 1

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 2

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 3

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 4

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 5

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT

DAY 6

WORKOUT LOG

TOTAL TIME

EXERCISE	TIME	SET 1		SET 2		SET 3		SET 4	
		REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT