

Training Log Title: Reverse Pyramid Lifting Start Date: _____

Riverland Nutrition & Wellness FOCUS: Arms, thighs STAGE: Intermediate

TRAINING DAYS: **M T W TH F S SU** (This means I am interchanging this workout with 1 other) Training Set: 1 of 2

Exercise	Sets	Rep Goal	Set 1	Set 2	Set 3	Set 4	Notes (Rest)
A1							
Deadlift							
Exercise 1	3	8	6/45 kg	8/45	8 /45	X	This shows reps for each set
Exercise 2			/	/	/	/	And weight used. All exercise 1's
Exercise 3			/	/	/	/	Are for the first training session.
Exercise 4			/	/	/	/	Exercise 2 etc. are for following
A2							
D.bell Split Squat							
Exercise 1	3	8	8/20kg	10 /20	8 /25	X	Here you can see the original
Exercise 2			/	/	/	/	Weight was too light and it was
Exercise 3			/	/	/	/	Increase. Only 3 sets were done.
Exercise 4			/	/	/	/	A1 and A2 are ONE circuit
B1							
Bent over row							
Exercise 1	4	12	10/25	12/25	12/25	12/25	Circuit 2 is B1 and B2
Exercise 2			/	/	/	/	The amount of time for rests
Exercise 3			/	/	/	/	Between sets would be
Exercise 4			/	/	/	/	Noted here.
B2							
Pull ups							
Exercise 1	4	6	4/	4 /	5/	4 /	As body weight was used no
Exercise 2			/	/	/	/	Weight is noted
Exercise 3			/	/	/	/	(Rest 90 seconds)
Exercise 4			/	/	/	/	
C1							
Exercise 1			/	/	/	/	Exercise C1 and C2 would be
Exercise 2			/	/	/	/	The third circuit
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
C2							
Exercise 1			/	/	/	/	
Exercise 2			/	/	/	/	
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
D1							
Exercise 1			/	/	/	/	Exercise D1 and D2 would be
Exercise 2			/	/	/	/	The fourth circuit
Exercise 3			/	/	/	/	
Exercise 4			/	/	/	/	
D2							
Exercise 1			/	/	/	/	The same exercises would be
Exercise 2			/	/	/	/	Used for each routine on each
Exercise 3			/	/	/	/	Training log. The differences
Exercise 4			/	/	/	/	Would be the reps and sets
Exercise 1			/	/	/	/	As abilities increase.
Exercise 2			/	/	/	/	Exercise = training session
Exercise 3			/	/	/	/	A, B, C, D = circuit
Exercise 4			/	/	/	/	

