

Bodyweight Workout (Upper)

Week 2, Day 1

Workout Notes: Complete the prescribed number of sets and reps, taking rest as listed.

#	Exercise:	Reps:	Sets:	Rest:	Exercise Notes:
1(a)	Neutral Grip Chin-Up or Negative Chin-Up	8-10	4	30 secs	
1(b)	Front Plank	20 second hold	4	30 secs	
1(c)	Push-Up or Incline Push-Up	8-10	4	30 secs	
1(d)	Superman	8-10	4	30 secs	

Record the number of reps you managed in each set under the 'Exercise Notes' column. Use the following format: 10, 10, 9, 8 and so on...