# Day 1: Upper Body

## Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

| Exercise Name | Set 1 | | Set 2 | | Set 3 | |
|---|---|---|---|---|---|---|
| Bent over rear Delt fly | reps x | lbs | reps x | lbs | reps x | lbs |
| DB incline press | reps x | lbs | reps x | lbs | reps x | lbs |
| Db row | reps x | lbs | reps x | lbs | reps x | lbs |
| Leg and hip raise on bench | | reps | | reps | | reps |
| DB Alternating Bicep Curls w/ Twist | reps x | lbs | reps x | lbs | reps x | lbs |
| DB lateral raises | reps x | lbs | reps x | lbs | reps x | lbs |
| Cable Wide Lat Pulldown | reps x | lbs | reps x | lbs | reps x | lbs |
| Plank with shoulder tap | | reps | | reps | | reps |
| Don't forget to + CARDIO | | | | | | |