

Order	Exercise-Settings NOTES	(rep pattern)	wkout	Sets	Rep Range	Load	Tempo	Rest	uni or bi	Date																			
										Sets	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
a	Fast & Furious Total Body Barbell Workout 1 Video Demonstration									wt																			
										Reps																			
										Note																			
a1	bb overhead press		1	3	5	15		2	0	1	15	30	1	wt															
			2	3	5	15		2	0	1	15	30	1	Reps															
			3	3	5	15		2	0	1	15	30	1	Note															
a2	bb reverse grip bent ove lat row		1	3	5	15		2	0	1	15	30	1	wt															
			2	3	5	15		2	0	1	15	30	1	Reps															
			3	3	5	15		2	0	1	15	30	1	Note															
a3	bb front squats		1	3	5	15		2	0	1	15	30	1	wt															
			2	3	5	15		2	0	1	15	30	1	Reps															
			3	3	5	15		2	0	1	15	30	1	Note															
a4	bb clean grip deadlifts		1	3	5	15		2	0	1	15	30	1	wt															
			2	3	5	15		2	0	1	15	30	1	Reps															
			3	3	5	15		2	0	1	15	30	1	Note															
a5	bb ab rollouts		1	3	5	15		2	0	1	120	240	1	wt															
			2	3	5	15		2	0	1	120	240	1	Reps															
			3	3	5	15		2	0	1	120	240	1	Note															
b	Note: Beginner target reps: 5,10,15,10,5; Novice: 5,10,15,15,10,5; ADVANCED: 5x15.										wt																		
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