Weight Tracking Sheets

Workout: Max Hammer Strength

Date:						
Warmup						
60 Seconds Per Move, then 8 reps with heavy weight						
Reverse Lunge (R)	60 Sec					
	Hvy x 8					
Reverse Lunge (L)	60 Sec					
	Hvy x 8					
Push-Up	60 Sec					
Bench Press	Hvy x 8					
Squat	60 Sec					
Shoulder Squat	Hvy x 8					
Pull-Up	60 Sec					
Pullover	Hvy x 8					
Good Morning	60 Sec					
Stiff Leg Deadlift	Hvy x 8					
Chin-Up	60 Sec					
1-Arm Row (R)	Hvy x 8					
1-Arm Row (L)	Hvy x 8					
Stay Low Sumo	60 Sec					
Sumo Squat	Hvy x 8					
Band Military Press	60 Sec					
Military Press	Hvy x 8					
Split Squat (R)	60 Sec					
Step Up (R)	Hvy x 8					
Split Squat (L)	60 Sec					
Step Up (L)	Hvy x 8					
Ledge Calf Raise	60 Sec					
Calf Raise	Hvy x 8					