				Daily	Work (Out Log	3					
	Date:	6-Feb-2025	Day:									
		EXERCISES		SET 1		SET 2		SET 3		SET 4		ET 5
Body Part:	Upper		REPS	WEIGHT	REPS	WEIGHT		WEIGHT		WEIGHT		WEIGHT
	1.	Bench Press										
	2.	Bench Press (Decline)										
	3.	Bench Press (Incline)										
	4.	Bent Over Row										
	5.	Upright Row's										
	6.	Shoulder Press										
	7.	Preacher Curl's										
	8.	Tricept Extension's										
	9.	Reverse Preacher Curl'										
	Date:	6-Feb-25	Day:	TUESDAY								
	EXERCISES		SET 1		SET 2		SET 3		SET 4		SET 5	
Body Part:	Lower		REPS	WEIGHT	REPS	WEIGHT		WEIGHT			REPS	WEIGHT
	1.	Squat's				11210111		11210111		11210111		11210111
	2.	Standing Calf Raises										
	3.	Deadlift's										
	4.	Leg Extension's										
	5.	Sit-Up's										
	6.	Twisting Sit Up (Incline)										
	7.	Side Bent's (Barbell)										
	8.	Seated Calf Raises (Plate)										
	9.	Good Morning's										
	10. 11.	Lunge's										
	11. 12.											
	12.											