

Workout Summary: 10-Nov-13

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elliptical

Set 1, 50(Duration), 4(Resistance), 8(Incline), 500(Calories)



dumbbell bench press

Set 1, 25 lb for 12 reps
Set 2, 27.5 lb for 12 reps
Set 3, 30 lb for 8 reps



cable triceps pushdown

Set 1, 40 lb for 12 reps
Set 2, 60 lb for 12 reps
Set 3, 70 lb for 12 reps



machine triceps extension

Set 1, 18 lb for 12 reps
Set 2, 251 lb for 12 reps
Set 3, 251 lb for 12 reps



triceps kickback

Set 1, 5 lb for 12 reps
Set 2, 7.5 lb for 12 reps
Set 3, 20 lb for 12 reps



machine chest press

Set 1, 40 lb for 12 reps
Set 2, 60 lb for 12 reps
Set 3, 70 lb for 12 reps



dumbbell flye

Set 1, 10 lb for 12 reps
Set 2, 17.5 lb for 12 reps
Set 3, 20 lb for 12 reps