Mannheim Bison Weightlifting

A	B	C	D
Squats (3 sets of 8 – 6 – 4, increasing weight)	Bench Press (3 sets of 8 – 6 – 4, increasing weight)	Leg Press (3 sets of 8 – 6 – 4, increasing weight)	Dead Lift (3 sets of 8 – 6 – 4, increasing weight)
Leg Curls (3 sets of 10)	Incline (3 sets of 10)	Calf Push (3 sets of 10)	Arm Curls (3 sets of 10)
Leg Extensions (3 sets of 10)	Chest Butterflys ((3 sets of 10)	Leg Curls (3 sets of 10)	Lawn Mowers (3 sets of 10)
Groin (3 sets of 10)	Military Press (3 sets of 10)	Leg Extensions (3 sets of 10)	Upright Rows (3 sets of 10)
Calf Raises (3 sets of 10)	Lat Pulls (3 sets of 10)	Necks (3 sets of 10)	Reverse Arm Curls (3 sets of 10)
Lunges (3 sets of 10)	Close Grip Bench (3 sets of 10)	Crunches (100 reps)	Tricep Pulldowns (3 sets of 10)

Daily Log

Name _____

1. Date: _____ Lift #: _____ Sign: _____
2. Date: _____ Lift #: _____ Sign: _____
3. Date: _____ Lift #: _____ Sign: _____
4. Date: _____ Lift #: _____ Sign: _____
5. Date: _____ Lift #: _____ Sign: _____
6. Date: _____ Lift #: _____ Sign: _____
7. Date: _____ Lift #: _____ Sign: _____
8. Date: _____ Lift #: _____ Sign: _____
9. Date: _____ Lift #: _____ Sign: _____
10. Date: _____ Lift #: _____ Sign: _____
11. Date: _____ Lift #: _____ Sign: _____
12. Date: _____ Lift #: _____ Sign: _____
13. Date: _____ Lift #: _____ Sign: _____
14. Date: _____ Lift #: _____ Sign: _____
15. Date: _____ Lift #: _____ Sign: _____
16. Date: _____ Lift #: _____ Sign: _____
17. Date: _____ Lift #: _____ Sign: _____
18. Date: _____ Lift #: _____ Sign: _____
19. Date: _____ Lift #: _____ Sign: _____
20. Date: _____ Lift #: _____ Sign: _____
21. Date: _____ Lift #: _____ Sign: _____
22. Date: _____ Lift #: _____ Sign: _____