

TRAINING JOURNAL

PUSH DAY – CHEST, SHOULDERS, & TRICEPS

DATE: _____
WEEK / DAY: _____

WARM-UP & MOBILITY

- **Cardio:** 5 mins incline treadmill walk (get heart rate to ~110 bpm)
- **Mobility:** Banded pull-aparts (2 × 15), shoulder dislocations (2 × 10)
- **Activation:** Scapular push-ups (2 × 12), light dumbbell external rotations

DAILY METRICS

 **Weight:** _____ kg/lbs
 **Sleep:** _____ hrs | **Quality:** 1 2 3 4 5
 **Energy:** 1 2 3 4 5 6 7 8 9 10

EXERCISES

Exercise	Sets	Reps	Weight	RPE	Notes / Targets
Barbell Bench Press	4	6–8	185 lbs	8.5	Rest 3m. Focus on control.
Overhead Press (Barbell)	3	8	115 lbs	8	Keep core tight.
Incline DB Flyes	3	10–12	45 lbs	9	Deep stretch at bottom.
Cable Lateral Raises	4	12–15	20 lbs	9	Slow 3s eccentric phase.
Rope Tricep Pushdowns	3	12	60 lbs	8.5	1s pause at bottom.
Overhead DB Tricep Extension	3	10	55 lbs	9	Keep elbows tucked in.

CARDIO & CONDITIONING

Activity: Stationary Bike (HIIT)
Duration: 15 mins total
Intervals: 30s sprint (Lvl 14) / 60s recovery (Lvl 6)
Target HR: 150–170 bpm
Stats: _____ km/miles **Cal:** _____ kcal

SESSION NOTES & REFLECTIONS
