Train the Brain Cross Reflex Breakthroughs ©

Upper Body Strength Report

Today's Date:	Planned End Time:	Time Started:
Day of 84	Planned End Time:	Time Ended:
Upper Body Program	Time to Complete:	Total Exercise Time:

Train the Brain Exercises		**Planned Workout**				**Completed Workout**			
Upper Body Muscle Groups	Exercise	Reps	Weight Lbs.	Minutes Between Sets	Intensity Level	Reps	Weight Lbs.	Minutes Between Sets	Intensity Level
Chest Muscle		12							
		10							
		8							
		6							
Break Through		12							
		12+							
Shoulder Muscle		12							
		10							
		8							
		6							
Break Through		12							
		12+							
Back Muscle		12							
		10							
		8							
		6							
Break Through		12							
		12+							
Triceps Muscle		12							
		10							
		8							
		6							
Break Through		12							
		12+							
Biceps Muscle		12							
		10							
		8							
		6							
Break Through		12							
		12+							

Notes: