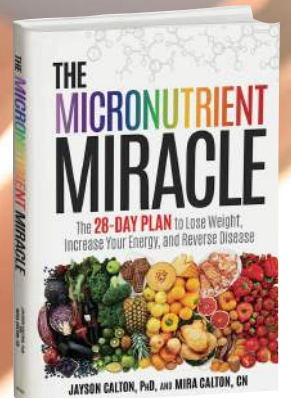


THE MICRONUTRIENT MIRACLE

One Set To Failure Workout Journal



Chest

Choose 3 - Beginner - Intermediate

Choose 4 - Advanced

- Push Ups
- Machine Flyes
- Incline Dumbbell Press
- Dumbbell Flyes
- Machine Chest Press
- Cable Flyes



Bicep

Choose 2 - Beginner - Intermediate

Choose 3 - Advanced

- Rope Cable Bicep Curl
- Dumbbell Concentration Curl
- Bicep Curl Machine
- 1 Arm Alternating Hammer Curl
- Alternating Dumbbell Curls
- Dumbbell Bicep Curls
- Barbell Curl



DAY 1: Chest & Biceps	position notes seat etc.	week 1 Weight/ Reps	week 2 Weight/ Reps	week 3 Weight/ Reps	week 4 Weight/ Reps
Chest Exercises					
Bicep Exercises					

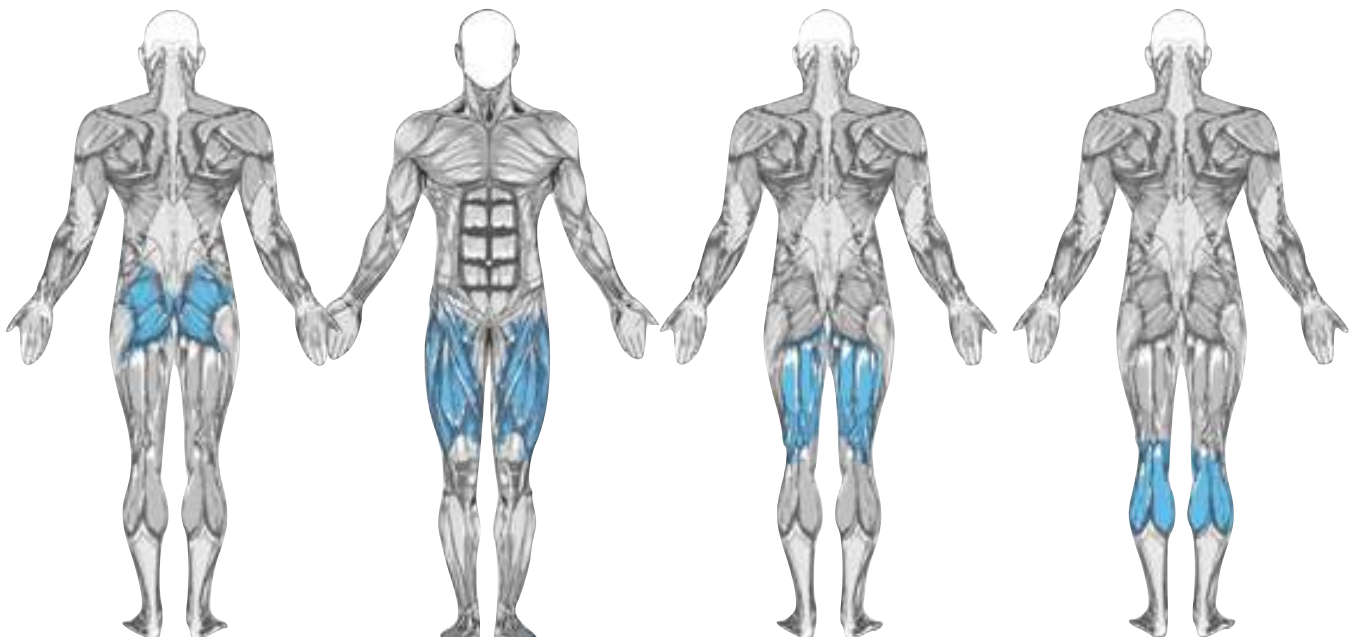


Legs

Choose 4 - Beginner - Intermediate

Choose 6 - Advanced (Do the 4 mandatory and choose 2 others)

- Standing Lunges
- Seated Hamstring Curls
- 1 Legged Standing Calf Raises
- Leg Press Calf Raises
- Leg Press
- Bench Step Ups
- Beginner Seated Squats
- Leg Curl



DAY 2: Legs	position notes seat etc.	week 1	week 2	week 3	week 4
		Weight/ Reps	Weight/ Reps	Weight/ Reps	Weight/ Reps
Leg Exercises					

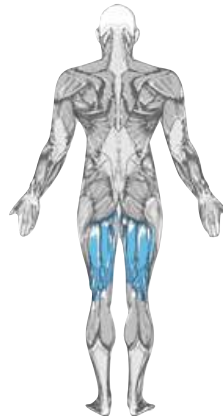
Glutes



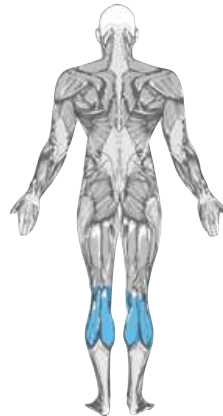
Quads



Hamstrings



Calves



Shoulders

Choose 3 - Beginner - Intermediate

Choose 4 - Advanced

- Shoulder Press Machine
- Rear Delt
- 1 Arm Front Shoulder Raise
- Dumbbell Side Laterals
- Dumbbell Shoulder Press



Triceps

Choose 2 - Beginner - Intermediate

Choose 3 - Advanced

- Cable Tricep Pushdowns
- 2 arm overhead Tricep Extensions
- Tricep Machine
- 1 Arm Overhead Tricep Extension
- Push Up Close Position



DAY 3: Shoulder & triceps	position notes seat etc.	week 1 Weight/ Reps	week 2 Weight/ Reps	week 3 Weight/ Reps	week 4 Weight/ Reps
Shoulder Exercises					
Tricep Exercises					



Back

Choose 3 - Beginner - Intermediate
Choose 4 - Advanced

- Machine Lat Pulldown
- Superman
- Stiff Legged Deadlifts
- Seated Row
- 1 Armed Dumbbell Row
- Lower Back Machine
- Hyperextension
- Deadlift



Abdominals

Choose 2 - Beginner - Intermediate
Choose 3 - Advanced

- Knee Up Abs
- Sit Ups
- Side To Side Abdominals
- Machine Abdominals



DAY 4: Back & Abs	position notes seat etc.	week 1 Weight/ Reps	week 2 Weight/ Reps	week 3 Weight/ Reps	week 4 Weight/ Reps
Back Exercises					
Abs Exercises					

