



Client Strength Block

Week 1-4 printable training sheet

Push Day

EXERCISE	SETS	REPS	REST	NOTES	PROGRESS	VIDEO
Bench Press	4	8	90s	Pause on chest	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Incline Dumbbell Press	3	10	75s	Controlled eccentric	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Pull Day

EXERCISE	SETS	REPS	REST	NOTES	PROGRESS	VIDEO
Pull-Up	4	AMRAP	90s	Full hang each rep	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	