



HEART OF A CHAMPION

RYAN TERRY 12 Week Trainer

WORKOUT LOG

WORKOUT DAY 1:	BACK / RÜCKEN
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #4	SET #5
Wide grip pull up / Weite Klimmzüge Superset: Close grip seated row / Enges Rudern im Sitzen 3 Working Sets 12-15 Reps					
Close grip pull up / Enge Klimmzüge Superset: Wide grip pull down / Weites Latziehen 3 Working Sets 12-15 Reps					
Bent over row (overhand + underhand grip) / Vorgebeugtes Rudern (Überhand + Unterhand Griff) 3 Working Sets 10-20 Reps					
Deadlift / Kreuzheben 3 Working Sets 10-20 Reps					



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WORKOUT DAY 2:

SHOULDERS / SCHULTERN

TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #4	SET #5
Shoulder press / Schulterdrücken Superset: Front raise / Frontheben 2 Warm Up Sets 3 Working Sets 10-12 Reps					
Reverse dumbbell flys / Reverse KH Fliegende Superset: Reverse cable flys / Reverse Kabel Fliegende 3 Working Sets 10-20 Reps					
Ascending side lateral raises into partials / Seithaben mit aufsteigenden Gewichten 3 Working Sets Reps 15 / 12 / 10 / To Failure					
Smith machine shrugs / Nackenziehen 4 Working Sets (Last Set = Dropset) 8-15 Reps					
Reverse smith machine shrugs / Hinteres Nackenziehen 4 Working Sets (Last Set = Dropset) 6-12 Reps					



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WORKOUT DAY 3:	ARMS & ABS / ARME & BAUCH
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #4	SET #5
Weighted tricep dips / Trizeps Dip mit Gewicht 2 Warm Up Sets 3 Working Sets (Last Set = Drop Set) 8-12 Reps					
SZ barbell curl / SZ Langhantel Curls 1 Warm Up Set 3 Working Sets 8-12 Reps					
Cable push down with wide grip / mit weitem Griff 3 Working Sets 12-15 Reps					
Hammer curl with dumbbells / mit Kurzhanteln 4 Working Sets 10 Reps each arm / 5 Reps together					
Single arm skullcrushers / Frenchpress einarmig 3 Working Sets 10 Reps each arm					
Dumbbell curls / Kurzhantel Curls Superset: isolation curls / Konzentrations-Curls 3 Working Sets 10 Reps each arm					
Hanging leg raises / Hängend Beinheben 3 Working Sets To Failure					
Weighted cable crunch / Crunch am Seilzug 3 Working Sets 8-10 Reps					
Wood-Chops / Holzfäller 3 Working Sets 10-12 Reps					
Plank + side planks / Unterarmstütz + seitlicher Stütz 3 Working Sets 60 Seconds each					



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WORKOUT DAY 4:	LEGS / BEINE
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #4	SET #5
Squats / Kniebeugen 2 Warm Up Sets 3 Working Sets (Last Set = Drop Set) 10-12 Reps.					
Single Leg Lunges / Ausfallschritte 4 Working Sets 10-12 Reps each Leg					
Leg Extension / Beinstrecker 4 Working Sets 10-12 Reps					
Hamstring Curls / Beinbeuger liegend 1 Warm Up Set 3 Working Sets 10-12 Reps					
Calf raises sitting + standing / Wadenheben sitzend + stehend 1 Warm Up Set 3 Working Sets 10-12 Reps sitting + 3 x 7 Reps standing					



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WORKOUT DAY 5:

CHEST / BRUST

TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3	SET #4	SET #5
Incline bench press / Schrägbankdrücken 1 Warm Up Set 3 Working Sets (last Set = Dropset) 10-15 Reps					
Incline dumbbell flys / Fliegende auf der Schrägbank 3 Working Sets 10-12 Reps					
Flat bench press / Flachbankdrücken 3 Working Sets (last Set = Dropset) 10-12 Reps					
Cable flys / Fliegende am Kabelzug 4 Working Sets 10-12 Reps					
Overhead press / Überzüge Superset: Pushups / Liegestütze 3 Working Sets 10-12 Reps (Pushups to Failure)					



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WORKOUT DAY 7:	FULL BODY CIRCUIT
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TAG/DAY: _____ GEWICHT/WEIGHT: _____ CARDIO? JA /YES NEIN/NO

DATUM/DATE: _____ UHRZEIT/TIME: _____ WORKOUT-DAUER/DURATION: _____

How-To: You've done a set with 100kg 10 times. Note it like this → 100kg x 10

EXERCISE/ÜBUNG	SET #1	SET #2	SET #3
Legs: Squats – Lunges – Calf raises Beine: Kniebeugen – Ausfallschritte – Wadenheben 3 Working Sets 20 Reps each Superset			
Chest: Incline dumbbell press – Cable Flys – Push ups Brust: Schrägbankdrücken mit KH – Fliegende am Kabelzug – Liegestütze 3 Working Sets 20 Reps each Superset			
Back: Pull Downs – Seated Row – Bend over row Rücken: Latzug – Rudern Sitzend – Vorgebeugtes Rudern 3 Working Sets 20 Reps each Superset			
Shoulders: Barbell Shoulder press – Dumbbell Raises – Reverse Cable Flys Schultern: Schulterdrücken – Kurzhantel Seitheben – Reverse Cable Flys 3 Working Sets 20 Reps each Superset			
Arms: Biceps Cabel Pull Ups – Triceps Cabel Push Downs Arme: Bizeps Curls am Kabelzug – Trizeps Push Downs am Kabelzug 3 Working Sets 20 Reps each Superset			