



UNDER THE WINGS

Steve Cook's and Felix Valentino's 12 Week Plan

WORKOUT LOG

www.shapeyou.de

WORKOUT:	BEINE/LEGS
-----------------	-------------------

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

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

STIMMUNG/MOOD: _____

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

ÜBUNG/EXERCISE	SET #1	SET #2	SET #3	SET #4	SET #5	SET #6
Kniebeugen/ Back Squats 2-3 Warmup-Sets 8-10 Reps 3 Working-Sets 8-10 Reps						
Beinpresse/ Leg-Press 1 Warmup-Set 12 Reps 3 Working-Sets 12 Reps						
Beinstrecker/ Leg-Extensions 1 Warmup-Set 12-14 Reps 3 Working-Sets 12-14 Reps						
Kreuzheben/ Deadlifts 1 Warmup-Set 10-12 Reps 3 Working-Sets 10-12 Reps						
Liegende Leg Curls/ Leg Curls 1 Warmup-Set 10 Reps 3 Working-Sets 12-14 Reps						



UNDER THE WINGS

Steve Cook's and Felix Valentino's 12 Week Plan

WORKOUT LOG

www.shapeyou.de

WORKOUT:	BRUST/CHEST
-----------------	--------------------

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

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

STIMMUNG/MOOD: _____

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

ÜBUNG/EXERCISE	SET #1	SET #2	SET #3	SET #4	SET #5	SET #6
(KH-)Bankdrücken/ (Dumbbell-)Bench Press 2 Warmup-Sets 10-12 Reps 3 Working-Sets 10-12 Reps						
KH-Schrägbankdrücken/ Incline Dumbbell Press 1 Warmup-Set 10-12 Reps 3 Working-Sets 10-12 Reps						
Dips 3 Working Sets bis Muskelversagen/ until failure						
Fliegende am Kabelzug/ Cable Flys 1 Warmup-Set 10-12 Reps 3 Working-Sets 10-12 Reps						



UNDER THE WINGS

Steve Cook's and Felix Valentino's 12 Week Plan

WORKOUT LOG

www.shapeyou.de

WORKOUT:	ARME/ARMS
-----------------	------------------

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

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

STIMMUNG/MOOD: _____

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

ÜBUNG/EXERCISE	SET #1	SET #2	SET #3	SET #4	SET #5	SET #6
Superset: LH Biceps Curls und Trizepsdrücken liegend/ Barbell Curl and Skull Crusher 2 Warmup-Sets 8-10 Reps 3 Working-Sets 12-14 Reps						
Superset: KH Trizepsstrecken und KH Spider Curls/Dumbbell Extension and Dumbbell Spider Curl 1 Warmup-Set 10-12 Reps 3 Working-Sets 10-12 Reps						
Superset: Biceps Curls- und Trizepsdrücken am Kabelzug/ Rope Hammer Curls and Rope Triceps Extension 1 Warmup-Set 10-12 Reps 3 Working-Sets 10-12 Reps						