

Muscle Up Challenge Log

Name:	Goal:
Date:	Mood:
Level:	Notes:

Quads, Glutes & Hammies - Video 1

Exercises	Sets	Reps	lbs/kg	Rest	RPE
Suitcase Squat					
Romanian Deadlift					
Sumo Deadlift					
Split Squat (per leg)					
Reverse Lunge (per leg)					
Goblet Squat					
Good Morning					
Wide-Leg Deadlift					
Wide Glute Bridge					

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Chest & Back - Video 2

Exercises	Sets	Reps	lbs/kg	Rest	RPE
Push-Up					
Chest Fly					
Reverse Fly					
Underhand Back Row					
Narrow Chest Press					
Pull-Over					
Renegade Row					
Superman					

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Biceps & Triceps - Video 3

Exercises	Sets	Reps	lbs/kg	Rest	RPE
Standing Tricep Ext.					
Regular Bicep Curl					
Tricep Kickback					
Hammer Curl					
Overhead Tricep Press					
Supine Curl					
Long-arm Kickback					
Wide Bicep Curl					

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Abs, Delts & Calves - Video 4

Exercises	Sets	Reps	lbs/kg	Rest	RPE
OH Shoulder Press					
Calf Raise					
Pull-Over Ab Squeeze					
Lateral Shoulder Raise					
Toes Out Calf Raise					
Dumbbell Toe Touches					
Reverse Fly					
Toes In Calf Raise					
Russian Twist					

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Abs, Delts & Calves continued

Exercises	Sets	Reps	lbs/kg	Rest	RPE
Front Shoulder Raise					
Toe Hops					
Weighted Waterwheel					

Training Notes: